

Newsletter

March 2021 - Carers Northumberland



Hi Everyone. Who else is happy that lockdown will soon be over? I am and I can't wait to start having some fun again. I bet you all do too! In this newsletter we are asking to hear from you as there are some competitions to enter on page 4 and I would also like to ask you all what kind of events and activities the Young Carers Project should do when lockdown is over?

You can contact me by:

Text or WhatsApp to 07500 886 319

Telephone at 01670 320025

Email: info@carersnorthumberland.org.uk

Take care *Anne-Marie*

Loan a Chromebook

Do you need to access your online school work but don't have access to your own computer?



Our friends at Northumberland County Council have access to some Chromebooks that can be used by Young Carers. This is completely free. If you would like a Chromebook delivered to you at home, please get in touch, but be quick as there are limited numbers available!

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We now have a closed Facebook group. It's completely private and you have to request to join. I will be sharing information and available to have a chat too. If you

would like to join please search:

Young Carers – Northumberland

We have some group rules, like no swearing, no sharing outside of the group, but mostly BE KIND...

We would love to hear from you, if you are having trouble finding the page, please drop me a text and I can send you a link.

Are you registered?

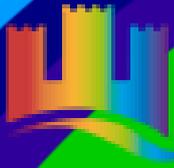
I may have written out to you with registration forms, if you haven't had a chance to complete these, don't worry!

You can do them online at

<https://tinyurl.com/yxj57dny>

Or Scan the QR code.





Northumberland Pride

Northumberland Pride is a county wide charity set up to raise awareness of Lesbian, Gay, Bisexual & Transgender (LGBT+) culture and heritage.



Northumberland Pride provide safe spaces which break down barriers, that promote inclusion and support across Northumberland. Their vision is to celebrate LGBT+ life with our allies through events, project work and the delivery of services.

You can find out more about them at :

www.northumberlandpride.org.uk

LGBT+ Friends - online virtual group

Northumberland Youth Service has an online virtual LGBT group for young people age 13-19.

The group is open to young people who identify as lesbian, gay, bisexual, transgender, young people who may be questioning their sexuality, young people who do not conform to traditional gender stereotype and other young people who support LGBT and would like to come along to support their friends.

Activities – Peer led drop-in style sessions, Key fund, information sessions, group discussions, peer support.

Session is weekly via zoom.

For my information contact Natalie Richards
Email natalie.richards@northumberland.gov.uk

Mermaids supports transgender, nonbinary and gender-diverse



children and young people until their 20th birthday, as well as their families and professionals involved in their care.

Transgender, nonbinary and gender-diverse children and teens need support and understanding, as well as the freedom to explore their gender identity. Whatever the outcome, Mermaids is committed to helping families navigate the challenges they may face. More info at:

www.mermaidsuk.org.uk



Stonewall's Information Service

Help with any issues affecting LGBT people or their families. Whatever your situation, you're not on your own. Stonewall do what they can to help, or point you in the right direction of someone who can. **FREEPHONE 0800 0502020**, lines are open 9:30 - 4:30 Monday to Friday (answerphone available outside these hours) or Email: info@stonewall.org.uk



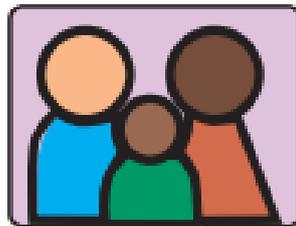
Distraction Activities

If your child is feeling bored, lonely, sad or scared in lockdown, doing a fun activity to distract them from their difficult feelings can really help. Here are a few to try. There are many more ideas online, such as craft activities and games. Make sure all the activities follow our Golden Rules: What I choose doesn't hurt me or anyone else.

After they've finished, you can ask them: Did that help you to feel better?

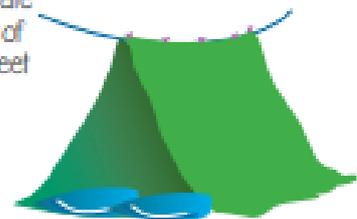
Family portrait

Draw a picture of everyone in your home with you.



Build a den

Make your own private place using a couple of chairs and an old sheet or towel.



My favourite song

Make up a dance to your favourite song. If you want you can perform it to the rest of the family!



Same colour or letter

Make a list or draw a picture of all the things in your home which start with the same letter or are the same colour.



Beat your own record

Run up and down your stairs or living room. Start with 10 times, and then do more each day so you beat your record each time.



Three things

Stop and keep very still. Listen – what are three things you can hear? Look – what are three things you can see? Feel – what are three things you can touch?



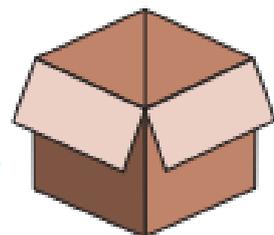
Pebble art

On your next walk, look for a nice smooth pebble. Decorate it when you get home using paints, paper, glue and felt-tips.



Drive-in movie

Take a big cardboard box and decorate it to look like a car. Put a cushion inside, sit in front of your screen and enjoy your favourite film, TV show or game.



Young Carers Action Day - 16th March 2021

Young Carers Action Day takes place this year on the 16th March 2021. The theme is: **Protect Young Carers Futures**. To support this theme, Young Carers aged over 16 will be able to access support and advice to discuss their future options. Leanne from Carers Northumberland will be available to discuss further education, help with CV's and discuss career options. If you would like to make an appointment with Leanne, please get in touch!



We would also love to hear from you about what it's like to be a young carer. The winning entry will be shared on our website blog and also win a £20 Amazon voucher!



GET CREATIVE

Are you feeling creative?

Send me your best creations and we will share them in the next newsletter. You could win a £20 Amazon voucher.

It can be anything! A photo, a drawing, poem or short story, anything you feel proud of.

Send me your creations!

DID YOU KNOW?

Fun fact of the month...

Did you know it's almost impossible to lick your own elbow?

You tried to lick your elbow, didn't you? 😂😂😂

If you can do it, let me know, I would love to see a photo!
We can even put it in the next newsletter

Share your experiences

The first week in February sees two important campaigns around mental health, Time to Talk on 4 February, a day which encourages the nation to get talking about mental health and , Children's Mental Health Week between 1 to 7 February which is an opportunity to shine a spotlight on children and young people's mental health. Healthwatch Northumberland is supporting both campaigns and would love to hear from young people in Northumberland about their experiences of health and social care in relation to mental health services.

If you are aged 13 to 25 we would love to hear from you. We have devised a short survey and we would really appreciate if you could complete this. The survey is open until 31st March 2021 and the link is <https://www.surveymonkey.co.uk/r/YoungPeopleMH>

How to get in touch

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