

Issue
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EDINBURGH YOUNG CARERS

YOUNG CARER COORDINATOR E-NEWSLETTER

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FOCUS ON: 16+ RESIDENTIAL

BY LEE MACKENZIE 16+ DEVELOPMENT WORKER EYC

For **Young Carers Awareness day** this year the 16+ took part in an overnight residential to Pilton Retreat. We did loads of fun activities such as making pizzas, The EYC Quiz of The Year and most importantly some of us learnt 'The Worm'. The 16+ really loved this break as it gave them the chance to have a short break from their caring role as well as loads of fun with their peers.



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SCHOOL AWARENESS CAMPAIGN UPDATE

BY JENNIFER LEWIS- SCHOOL PROJECT MANAGER EYC

Edinburgh Young Carers is **still open for referrals**, advice and guidance but we cannot wait to get back into school with you all! Over the past few weeks I have been checking in with all schools taking part in the We Care Award and there will be a Zoom meeting for all Young Carer Coordinators on **Friday 29th May at 2pm**. If you would like to be involved then please just send an email! In the meantime, I will be contacting all coordinators individually for a catch up and to answer any questions or concerns you may have. It's been great to hear all the examples of great practice done in schools and your dedication is amazing and will undoubtedly help our children get through these difficult times.



A BIG THANK YOU FROM EVERYONE AT EYC

We would like to say a huge thank you to Cash for Kids (Radio Forth) who have helped us to provide for some of our most vulnerable families on this difficult time.

Funding from them has meant that we have been able to provide food vouchers to help people who are isolating at home or are really struggling.



GOOD NEWS STORIES

BY CHLOE SKLAROFF - FINANCE/ADMIN & HR EYC



The challenges of keeping in touch with our young people and ensure they are supported during this difficult time has led Edinburgh Young Carers to turn more to technology and embrace the various social media channels. For many of our young people, internet access and either a tablet or laptop is a vital link to not only the charity but also their school, friends and wider family.

Therefore, we were hugely grateful to have obtained funding to give 70 young carers a brand-new

Android tablet which will allow them to engage with us and their peers, to keep in regular communication which will help battle feelings of isolation and anxiety. The tablets can also be used for home schooling and can aid the young people to complete school work which is being offered online and to access wider educational resources. Not to mention accessing the web and playing games to help keep families entertained and create a much-needed break from the current situation.





FOCUS ON: CHILD WELL-BEING

by Jennifer Lewis, EYC with Nicola Collins from ST George's School for Girls, Edinburgh

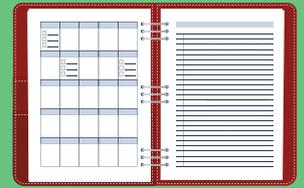
St George's School for Girls has taken a great approach to understanding the needs of their young carers and vulnerable children. Faced with the constant dilemma of ringing a family on a regular basis but feeling that they aren't getting to grips with the child's true worries and issues; the school have developed a series of Well-being Questionnaires. These are sent to the children to complete and has allowed the school to identify key issues and to offer the most appropriate support. Each child receives an individual pastoral reply and this has led to children receiving 1-1 support through Teams and focused pastoral and tutor meetings.

The questionnaires are based around focused questions where the children pick a number on a scale of 1-10, (10 being the highest). Examples of questions include:

I am managing to access the work set by teachers

I am having online contact with my friends

I am going to bed at a sensible time



DATES FOR YOUR DIARY

29th May

Young Carer Coordinator
Zoom Meeting

3rd June

Child Safety Week

8th June

Children's Art Week

8th June

Carers Week

30th July

Friendship Day

13th September

Roald Dahl Day

October

Black History Month

October

The Big Draw

12-16th October

National Libraries Month

15-21 November

Enterprise Week
Anti-Bullying Week

YOUNG CARER COORDINATOR E-NEWSLETTER

There's been quite a few changes in the Edinburgh Young Carers office. We have appointed a new Under 12s worker, Drug and Alcohol worker and Schools Project Manager. Please feel free to get in touch if you need any advice or support at this difficult time and we will do our best to help!



My name is Mel and I have just started at Edinburgh Young Carers as the new **Under 12s Worker**. I have worked with children, young people and families since I was 18 and I have loved every minute of it! I studied Community Education at Edinburgh Uni. My favourite part of the job is being getting to know loads of young people and support them with whatever is going on for them in that moment. I enjoy anything arty and creative and like to have fun (especially if it involves getting up to lots of mischief and silliness!) I am so excited to be starting with Edinburgh Young Carers and cannot wait to meet the team and young carers in person! In my spare time I like to go on long walks, eat chocolate and then settle in to watch Netflix in my pyjamas... bliss!



I am Laura and I am the new **Drug and Alcohol Development Worker**. I have been living in Edinburgh for more than six years. I was born in Italy, in a small town near the sea. I have a Master in Developmental Psychology and studying towards a Diploma in CBT counselling. I love art, especially drawing and painting, and I have a soft spot for animals. My favourite is the capybara :) I have always worked with children and young people, providing emotional support, although in the last two years I worked mainly with young adults with Autism and learning disabilities, which I loved. I look forward to meeting all the team in person, considering we are working remotely, and working and having fun with the amazing children and young people at EYC.



I'm Jenny and I am really excited to join the charity as the **Schools Project Manager**. I am originally from Durham and in a previous life I taught English abroad and Primary in London before making the move to Edinburgh! I love working in schools, delivering assemblies and meeting such dedicated teachers and staff. I really enjoy delivering Philosophy for Children lessons and hearing the voices and experiences of young people. I am a really keen cook and love making and eating Italian food and plan my summer holidays based on what I can eat! In my spare time I am obsessed with home plants (the current total is 50!) and collect succulents and cacti. I am the proud owner of a very grumpy border terrier named Freddie and we love hiking and long walks in the countryside.



MORE GOOD NEWS!

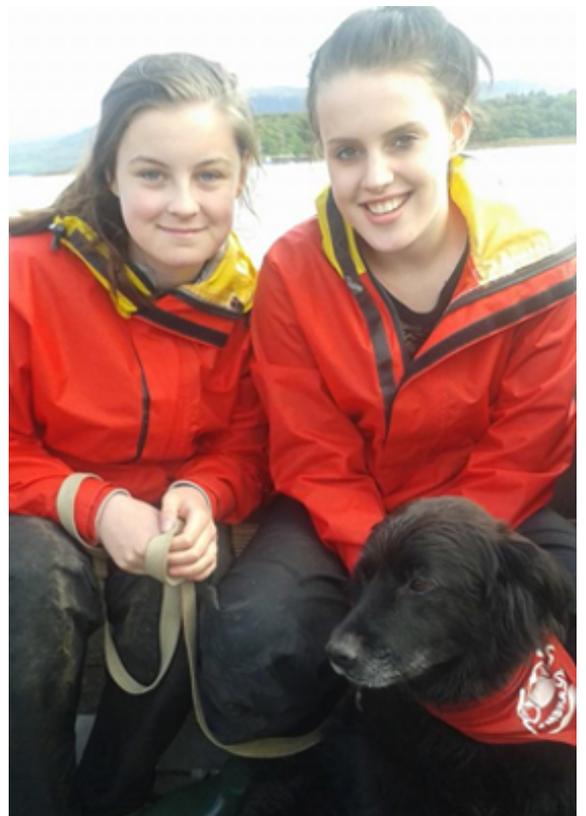
Thank you so much to Maria and her team at 'For the Love of Gowns'. They are a small army of volunteers who are working around the clock to provide PPE, masks, gowns and scrubs to those in need during the crisis. After listening to 'Women's Hour' and finding out more about the plight of young carers the company contacted us to donate 100 masks to the charity. These will be donated to families in need of PPE. Thank you Maria!

UPDATE ON: SIBLINGS RESEARCH PROJECT

by Tracey Stewart, Operations and Development Manager at EYC

We have joined forces with Napier University to deliver the research phase of our siblings project – listening to the experiences of young carers who are providing care for a brother and/or sister, and using these experiences to tailor and adapt support. Unfortunately we had to cancel our launch event in April, due to the current circumstances, but we have been able to continue with some of our research using digital technologies, videos, as well as paper based activities.

When we are all back to normal and able to meet face to face again, our plan is to begin to put some of our research into action – making sure that the support that we, and other professionals, are delivering to sibling young carers, meets their unique support needs and personal outcomes. Our plans also involve communicating with education, health and social care staff to listen and better understand the complexities of delivering support to young carers and their siblings with healthcare needs. If you would like to feed into this research, or find out more, please get in touch with me by email: tracey.stewart@youngcarers.org.uk.



HINTS AND TIPS TO SUPPORT YOUNG CARERS DURING COVID-19

USE TECH!

Encourage young people to meet friends online to reduce isolation. Creating quizzes, sing along groups or playing a game together all helps.

But be mindful that not every home has WIFI, try and provide some resources through the post.

WE ARE OPEN!

Refer any young people to Edinburgh Young Carers who are not already receiving support. Caring roles can become more heightened and easily identifiable as young people spend more time at home. We are here to help!

ASK QUESTIONS

- Do you need PPE?
- What food do you have?
- Do you need to talk about anything?
- How can we practically help?
- Do you want to contact Edinburgh Young Carers and /or other services for support

EVOC and SCVO information databases:
<https://covid-19.scvo.org.uk/> and
<https://directory.evoc.org.uk/>

THINK FINANCIAL

Lockdown has had a huge financial impact on our families who could least afford it. Food costs, WIFI and reduced wages are all commonplace. Contact City of Edinburgh Council for an appointment to discuss welfare rights:
<https://www.edinburgh.gov.uk/debtwelfarebenefitsadviceform>

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KEEP INFORMED

Where possible and according to the families wishes, keep everyone in the chain up to date. This way all agencies involved can provide maximum help.

CHECK IN WITH FAMILIES REGULARLY

Remember parents may need a listening ear just as much as their young people. Offer opportunities for digital parenting support and classes but be mindful of conflict. Continue to refer to social care as appropriate and follow the guidance for Young Carers to access hubs.

CARER'S CARD

Speak to Kelly at Edinburgh Young Carers to access a digital Carer's Card which will help provide greater access to supermarkets and pharmacies. Contact kelly.dunnett@youngcarers.org.uk