

Tips and resources to help young carers keep healthy and occupied during self-isolation

We know that this is a time of challenge for a lot of us; spending more time at home and away from others. Whether we are social distancing or in self-isolation, below are some resources to help keep busy, healthy and feeling good. Please do share with us any suggestions you may have via email at young.carers@carersinherts.org.uk or phone 01992 58 69 69.

You may want to check our website for information and activities for young carers as we will be adding updates there – www.ycih.org/activities-for-young-carers



Mental health and wellbeing

- Tips for parents of anxious young carers when talking about coronavirus. <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>
- Young Minds resources and ideas about things adults and young people can do to manage stress and anxiety they may experience in relation to coronavirus: <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
They also have a mental health advice line available for parents operating between 9:30am and 4pm, Monday- Friday: 0808 802 5544.
- Young Minds link on how to look after your mental health when self-isolating: <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-selfisolating/>

Keeping active

- Joe Wicks 'The Body Coach' live P.E. lesson at 9am each day (Monday – Friday) on YouTube. Suitable for all ages and abilities.
- Herts Sports Partnership has a great list of different ways to get the whole family moving. Follow the link and scroll down, includes Kids Yoga, Disney Dance-Along and Premier League Primary Stars: <https://sportinherts.org.uk/coronavirus/#>



Staying Safe

- Online safety guides for parents of primary and secondary aged children: <https://www.thinkuknow.co.uk/parents/>

Indoor activities

- 'Scouts: The Great Indoors': Includes activities for age 6 – 14 year olds www.scouts.org.uk/the-great-indoors/
- Travel the world's museums from your sofa: www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours



Indoor activities continued

- Reading, including e-books.

If you have an account (library card) with Hertfordshire Libraries then you should be able to borrow ebooks and audiobooks online for free. Find out more at www.hertfordshire.gov.uk/services/Libraries-and-archives/Books-and-reading/Ebooks-and-Audiobooks/ebooks-and-audiobooks.aspx

Audible is also providing children's books for free whilst schools are closed. You can find out more at <https://stories.audible.com/start-listen>

We have also launched a **Young Carers Virtual Book Club** for young carers aged 13+. Each month we'll pick a book and you can then email us your book reviews, telling us what you liked and didn't like about the story.

We're also planning a virtual meeting via Zoom for young carers that are registered with us and interested in discussing the book. To be involved in this please get in touch so we can send you further details.

The first book to read in April 2020 is *Noughts and Crosses: Book 1* by Malorie Blackman (please note that this book explores racial inequality and violence.) The deadline for reviews is Thursday 30th April 2020. Send your reviews via email to young.carers@carersinherts.org.uk with the subject line *Virtual Book Club* and include your full name and age.



Cleveland the cat, our Young Carers Service mascot.

- Take part in our competition for young carers registered with Carers in Hertfordshire. It involves sharing your experiences of this time with either:
 - A picture you have drawn or painted;
 - A photo you have taken (with a caption);
 - Pictures of anything you have created (with a caption); or
 - A story, poem, or piece of writing you have done.

There are prizes to be won – a £20 voucher for the best work and £10 for one that's a close second! The deadline for entries is **Friday 17th April 2020 at 5pm**. To enter send your submission via email to young.carers@carersinherts.org.uk and put 'competition' in the subject line and include your name (first name and surname) and age in the email.

- Science experiments (Key Stage 1 – Key Stage 4):
<https://learning-resources.sciencemuseum.org.uk/resources/?type=at-home>

