

## MYTime Young Carers: Letter to young carers COVID-19

To all our young carers,

We wanted to take the opportunity to reach out and update you on how MYTime Young Carers is responding to the COVID-19 pandemic. This letter will explain everything that we at MYTime are doing right now to try and support you.

We understand that this is a worrying situation and we at MYTime Young Carers want to reassure you we are thinking of you at this difficult and confusing time. You as a young carer play such a crucial role in supporting your family and the rest of society - you are amazing, and it is more important than ever that you look after yourself as well.

There's so much information being circulated online at the moment we wanted to make sure you have a safe place to go to find out what's really happening. The advice below includes and follows the latest UK Governments public health advice; MYTime Young Carers will review it regularly and it will be updated when necessary.

Advice to young carers:

- You are not alone, the ongoing situation is unlike anything many of us have had to cope with before. It's ok to feel worried, anxious and stressed out, we are going to share strategies with you to help with this
- Reach out to your family, friends and neighbours, and your local community organisations and ask for help or support if you need it. We'll be sharing with you activities and resources to help you think about your personal network and who you can share your worries with at this time
- Make the most of technology that can keep you in touch with the person for whom you care, or keep them in touch with others
- Keep up to date with MyTime online, we're updating our website to make sure we've got you covered with everything you're going to need to keep happy and healthy at home

- Ask that carers and people coming into your home follow hygiene and infection guidelines issued by the UK Government and NHS England
- Make sure you have all the key information about the person you care for
- We recommend that you save the following links to favourites and follow all public health advice that is released by the UK Government

(<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>) and NHS England (<https://www.nhs.uk/conditions/coronavirus-covid-19/>)

We wanted to give you more information on the steps we are taking to make sure you can still use this time to take some time out for yourselves. Sadly, as a result of this situation we have had to cancel all of the activities we had planned for you over the Easter break. So we've decided to bring the activities straight to you online and at home. Our team is currently putting together an exciting programme for you, which we look forward to sharing with you soon. Make sure you keep an eye on our socials to find out more about 'MYTime at Home'.

Please be assured that as soon as we are able to, we will rearrange all of our face to face young carer activities – we can't wait to see you again when this is all over.

We realise that the schools closing may have a significant effect on you. It is important that you try to stay as connected as possible with your friends and other young carers.

To help you keep positive and inspired during this time we will be getting busy on our socials sharing the good stuff you might be missing including videos, GIFS, life hacks, photos and activities you can do at home. We might even upload our TikTok attempts!! Follow us on Facebook, Instagram and Twitter pages to check all of this out and find out more about MyTime at Home - our online programme designed just for you.

Stay safe and well

Krista, Ellie, Wendy, Gemma, Penny, Karen and Emma  
(The MYTime Young Carers Team)

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