

WAKEFIELD YOUNG CARERS TOP TIPS for Surviving Lockdown

LOCKDOWN SUCKS RIGHT!?!?

Try to
schedule some
**ME-time every
day!**

LOOKING AFTER YOURSELF IN LOCKDOWN

Make Time for Self-Care

Everyone needs to look after their own health and wellbeing during these tough times – especially if you're looking after others. It's important to make time for self-care. Some young carers advise using a timetable to help plan your day and ensure you have some valuable ME-TIME.

Are you doing more to help at home in lockdown?

Because many services that usually provide help to families have closed during lockdown, lots of young people are now providing more care to family members or helping out more around the house.

You may be supporting someone in your family who has physical or mental health difficulties or someone who is managing an alcohol or drug addiction.

Whatever your situation, we understand that caring for someone at home can often feel like a full-time job. You might be feeling frustrated, exhausted & alone?

Are you starting to feel like life will never return to normal ...especially if you can't get a break and get out of the house much at the moment?



Life in lockdown brings extra challenges for young carers so it's important to know where to find support during this tough time.

YOU ARE NOT ALONE!

Head to  **WWW.WF-I-CAN.CO.UK**

WF-I-CAN

USEFUL INFORMATION

Check out the NEW online resource for young people
WWW.WF-I-CAN.CO.UK

- You will find lots of helpful stuff including:
- TOP TIPS from other young carers
 - Ideas for coping with lockdown
 - Information on finding help
 - Chat service - Give us a call!

Helpful Newsletters for you & your family

We have put together some useful information for you. Check out the June 2020 Young Carers' Newsletters.

- Looking after your health & wellbeing in lockdown.
- Coronavirus Bulletin for useful information for you and your family during this difficult time
- Help with FOOD shopping or MEDICATION Support
- Support around managing money & finances
- Where to get help for you and your family

IF YOU'RE FINDING THINGS PRETTY TOUGH AT THE MOMENT, YOU'RE NOT ALONE.

Having a bad day??

Drop in and chat to a Youth Worker.

NEED A CHAT?

Talking can be a way to cope with a problem or share a worry, and can improve how you feel.

Talk to someone

**WE'VE
GOT YOUR
BACK!!**

WF-I-CAN

Drop in and Chat Service
Monday – Friday
1pm – 5pm & 7pm - 9pm
Weekends - TBC

HAVE YOUR SAY!

GET INVOLVED In the Wakefield Young Carers Youth Forum

WE NEED YOU!

We need young people like YOU (with experience of helping to care for others) to HELP us to MAKE THINGS BETTER for all Young Carers in Wakefield. We want to hear your ideas and opinions!! To register your interest and to find out more about the projects you can support us with get in touch with us on: youngcarers@wakefield.gov.uk

