

January to March 2021

Happy New Year and welcome to our third e-bulletin. We hope this finds you safe and well in these challenging times.

Hello to all the Young Carers and Young Adult Carers (both new and existing members).



It's been a difficult year for our Young Carers Project due to us not being able to provide the usual social & fun activities that we would usually do. It has also impacted on us not being able to have face to face contact with you and your families which we have really missed. We have of course been running the zoom meetings for you to attend and we will continue with these but now the **Good News!**

We are now able to set up group sessions - but with a difference! We now have three venues rather than one, which may be more convenient for you. Due to Coronavirus restrictions we are unfortunately unable to pick up & drop off in staff cars or the mini bus so we therefore ask if you are able to make your own way there & back with parental/guardian supervision unless it is age appropriate and you can do this safely alone. The venues will be COVID safe and risk assessments will have been completed for the safety of all of us. Initially we will start off with new introductions & catch up and then go forward with suggestions and ideas of what you would like to do in future sessions. We can also use the space for 1-2-1 sessions if required and booked in advance.

Please contact us if you would like to find out more about our groups and come along, our contact details are below.

Andrea and Sheila
Young Carers Practitioners

Please contact **Andrea Ashton mobile: 07874 631 951** **Sheila Allmond mobile: 07874 616 214**
ashton@rochdalecarers.co.uk or sallmond@rochdalecarers.co.uk

Or you can find us on Facebook or Instagram Instagram - @YoungCarersHubRochdale

Please contact us if you would like to speak to us about attending, information about sessions or requiring support for your caring role. We look forward to seeing everyone soon 😊

Young Carers' Hub Rochdale

ZOOM MEETINGS

We will continue with the zoom meetings should you prefer to attend a group virtually

Monday Evening Group – Young Carers staff and Youth Service staff.

Monday 18th January / Monday 15th February / Monday 15th March - 7pm-8pm

Drop in online and meet the staff, bring in your group questions and share what's going on in the community.

<https://zoom.us/j/96767522250?pwd=R0xUb3VLR2haVGRuZEdlVjBqT3h6Zz09>

Meeting ID: 967 6752 2250

Passcode: 950068

Young Carers and family Group – suitable for Young Carers and their families

Wednesday 13th January – Wednesday 17th February - Wednesday 17th March - 4pm

Join in for a chat, a game of Bingo, Quiz or anything you want to choose as a fun game for everyone.

<https://zoom.us/j/98833067706?pwd=cWN6bFV2Ukg4R0xIK01NM2M3Mk16dz09>

Meeting ID: 988 3306 7706

Passcode: 350075

If you have any problems with Zoom contact the Carers Hub' Rochdale and we will try to help

Instagram

The Young Carers' Hub are now on Instagram! Please take a look and follow us by searching for **@youngcarershubrochdale**. Please tag us in your posts too and look out for challenges and polls from us. We would love to hear your ideas on what you would like to see on our Instagram feed too.



Young Carers' Hub Rochdale

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Crafts for Young Carers

Would you like to receive a craft activity pack and take part in a Zoom session with other Young Carers? We plan to host live Craft Sessions this year where a crafty expert will send you a pack with everything you need, and you then join us online and we all have a go at the craft together! If you would like to join in on these sessions, please let us know (Andrea or Sheila) and we will let you know the dates, Zoom link and get the pack sent out to you!

Useful sites...

Here are some sites that you may find useful for support:

Hopwood Hall College is a main provider of post 16 education in Rochdale, there are two campus areas delivering many different courses. This year has been difficult for year 11 students moving on and those wanting to start a new course at the college. Hopwood Hall has put together this excellent online support for those students who want to know more or feel they may need some support around attending or signing on for September 2021.

Here is the link to their Preparing for College page: www.hopwood.ac.uk/about/preparing-college this is a fantastic guide for school leavers with lots of useful information.

Look after your mental health, Kooth is online to support

Kooth <http://www.kooth.com> (support on line)

Kooth is available if you're aged 11 to 18 years, and offers:

A live chat function so young people can contact a qualified counsellor*, Scheduled and drop-in counselling sessions available all year round (including evenings and weekends). *Chat forums with other young people * Crisis information*Self-help resources

The Mix

The Mix provides free confidential support to young people under 25. Its website has information about your rights and how to look after yourself during Coronavirus, and specific information for young carers and young adult carers. It also has a crisis messenger service, a helpline and online 1-2-1 chat if you need to talk to someone. <https://www.themix.org.uk/>

Young Minds

Young Minds is a charity focusing on children and young people's mental health and wellbeing. The website can help you if you are struggling with your mental health and has specific blogs to help you to cope with the Coronavirus situation. <https://youngminds.org.uk/>

YACbook

YACbook is an online community and resource space for and led by young adult carers. A young adult carer has written up their tips for coping in the current situation.

Young Carers' Hub Rochdale

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<https://www.yacbook.co.uk/post/it-s-okay-not-to-be-okay-tips-for-being-kind-to-yourself-during-lockdown-staysafe-stayhome>

Childline

Childline's website has information and tips to help you to cope with the Coronavirus situation. You can also call the helpline on 0800 1111. <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Honeypot

Honeypot is a children's charity that has compiled a list of tips for children and young people who are isolating at home. <https://www.honeypot.org.uk/news/honeypots-tips-coping-isolation/>

Explore our new Loneliness resources



New Loneliness resources

Free mental health and wellbeing tools to help reduce loneliness

The coronavirus crisis has left many of us experiencing increased feelings of loneliness and isolation. With changes to routine, limited opportunities for social interaction and plans cancelled, many are left feeling alone and unsure about what the future holds.

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Tackling Loneliness Digitally is a programme created by the British Red Cross and funded by the Department for Digital, Culture, Media and Sport and, between now and the end of the year, we will be creating online resources specifically designed to open up the conversation and remove the stigma around loneliness.

Please do take a look at our resources as we add more over the next few weeks and please do share with your networks and anyone that you think may find these useful. We have resources designed for adults and young people.

[Find out more](#)

New podcast

Our new podcast series, *The kind place*, features members of the public talking about how loneliness affects them and their strategies for coping with it. [Find out more.](#)



Loneliness resources

Six ways to tackle loneliness

Discover ways to build young people's confidence, develop meaningful connections

Wellbeing activities

Quick activities using a series of animated videos to help young people manage their worries and

Download a resource pack

Explore information and activities to boost your confidence and skills if you or someone you know

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and have tools to cope with change.

> Read more

understand stress.

> Read more

is feeling lonely or isolated:

> Read more



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Recipe to try

Chocolate Biscuits

Ingredients

- 250g [butter](#), softened
- 350g [light soft brown sugar](#)
- 2 [large eggs](#)
- 350g [self-raising flour](#)
- 100g cocoa powder
- 200g [chocolate chips](#) or chopped chocolate chunks, or 400g for optional dipping (choose your favourite type)



Method

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1. Beat the butter and sugar together with a wooden spoon in a bowl until light and fluffy, then beat in the eggs with a whisk or spoon one at a time. Sift over the flour and cocoa powder and beat into the butter mix, then fold through the chocolate chips. Put mix in the fridge for an hour.
2. To bake, heat oven to 190C/170C fan/gas 5 (ask an adult for help). Make small balls (approx 40g) and press them down slightly with the palm of your hand. Bake for 12-15 mins until spread out and crusty around the outside. Leave to cool slightly and enjoy warm, or leave to cool completely and eat cold. The biscuits will keep in a tin for three days.
3. The biscuits can also be dipped in chocolate. To do this, melt your chosen type of chocolate in the microwave. Leave to cool a little, then dip half of each biscuit in the chocolate and leave them on parchment-lined trays somewhere cool to set.

Useful numbers:

Rochdale Carers' Hub

0345 0138 208 (*Monday to Friday 9:00am until 5.00pm*)

Email enquiries@rochdalecarers.co.uk

Rochdale Children's Social Care

0300 303 0440

Young Carers' Hub Rochdale

Tel: 0345 0138 208

Email: enquiries@rochdalecarers.co.uk

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