



COVID-19 contingency

Supporting Young Carers and their Families

We have put together a package of support for the Young Carers and their families whilst we are facing these times of great challenge.

Although the Young Carers will categorise as Vulnerable Children, we feel not all will be accessing school over the coming weeks so we need to ensure that we are working together with all services to safeguard them. We will be working, as ever, with Children's Social Care, Stockport Family, Health and Education to ensure we offer the best possible support.

We recognise that the caring role for many of our Young Carers is going to increase significantly and the pressure of the emerging situation is going to have a huge impact on the health of the people they are caring for.

Can we ask all Young Carer School leads to keep in contact with the Young Carers and Families, where possible? If you have any information that would be useful for us to know please pass that on ASAP as we can offer direct support. There will be some Young Carers who are not accessing our service as they didn't meet criteria or they didn't want the service- can we please ask that you stay in contact with them or pass the information on to us so we can assist.

As Key workers we can continue to support the children and families but in the same way as everyone else, we have had to adapt the in which we work. We are planning on no face to face contact to ensure that we are keeping everyone in and outside the organisation safe.

For the Young Carers:

- Support via Phone, Text, Email (all contact info can be found at the bottom of this document)
- Access to virtual/online support groups
- Peer Mentoring
- Mindfulness Videos and Podcasts
- Our fully trained counsellor will continue working with Young Carers over the phone
- Support for parents and family

For the Families:

- Support via Phone, Text, Email (all contact info can be found at the bottom of this document)
- Our Family Counsellor will also be offering support to some of our parents
- We are going to be contacting all our families to 'check in' on a weekly/fortnightly basis

- Assessing and triaging family's needs and working alongside Adult/Children's Social Care
- Offering pick-up and delivery service of essential items (food, prescriptions etc.)
- Support for the Children

We all have access to our laptops and mobile phones and we are looking to have a divert system put in place for our Office Number in the event that we can no longer work from that location.

Contact Information

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Please encourage any Young Carer or their family to get in touch if they need any support and we will endeavour to support them in the best way we can with the resources we have available.

We thank you for your ongoing support for Young Carers and would kindly ask that you share this document with all staff.

Best Wishes

The Signpost Young Carer Team