

April, 3rd 2020

Dear Parents/Guardians,

I am contacting you from East Sussex Young Carers.

We know that this is a worrying and difficult time for everyone, and we hope that you and your loved ones are safe and well.

We want to make sure that we can offer our service in a way that is safe for Young Carers, families and staff, so for the time being we will not be offering face-to-face support so that we can minimise the risk of COVID-19. The best advice really is to stay at home. We are thinking creatively about how we can continue to support Young Carers and will be in contact via email/phone/text/video chat. It will take us a while to contact everyone, so please bear with us.

In the meantime, if you have immediate concerns, please let me know, my direct contact number is 07702335462 or alternatively contact our hub team on 0300 111 1110.

We hope that the home schooling is going well, this week you will receive our Newsletter with some resources that could help. We are advocating schooling but also know how stressful this time is and if the work provided by schools is not engaging your child, then do contact school for alternative work. Do remember teachers are still working.

For Young Carers aged 16+ we would like to refer them to Young Adult Carers, they support Young Carers aged from 16 – 24 years and offer different support to us. Now is a great time to access the support out there to continue positive wellbeing. Young Adult Carers offers Facebook, and other social media platforms for carers to access and communicate with one and other. **Email me** and I can make the referral for your teen.

I hope to speak to you and your Young Carers soon.

Take Care,
Kind Regards,

Emma Murphy

Hastings and Rother Children and Young Person Coordinator
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