

COVID-19 (Coronavirus)

We are immensely proud of our amazing Carers during a most challenging time. Our service is available for Carers across Warrington to receive 1 to 1 Emotional Support, Practical Advice and Advocacy via the telephone or video link. Whatever your worry or concern is, we are here to help. We continue to work collaboratively with other partners across Warrington to ensure that you and your families are safe and feel supported.



Young Carers during lockdown

Our Young Carers have been extremely creative during lockdown. Some of the activities that they have engaged in include on-line Art Classes, Poetry, Baking, Craft Sessions and Exercise. We have some very talented Young Carers in Warrington.

Coronavirus Poem by Jess

Corona virus has come
 It's made everybody scared
 People are getting sick
 But our whole country cares

We stand on our doorsteps
 Every Thursday night
 We clap and we cheer
 For the NHS fight

My mummy could get sick
 So I can't see my dad
 It's things like this
 That really make me sad

I know it's because they love me
 And are trying to keep me safe
 But Being inside all day
 Makes me want to escape

While we can't go out
 We'll make memories at home
 And talk to our family
 And friends on the phone

One day this will be over
 And we'll be happy once more
 But until that day
 We'll stay behind the door



By Katie



Thank You NHS Rainbow By Jess

National Carers Week 8 – 12 June 2020

To celebrate our amazing Carers we have organized a week of fun, informative engagement and learning via Zoom. Wired will invite appropriate age groups via an email link to the below activities. Please check your/ your parent's emails for invites later this week. If you do not receive an invite or you have a new email, please call Tel: 01925 633492 to speak to The Young Carers Team. We will then invite you. **During the session you can listen in or take part, it is up to you.**

DAY	TIME	ACTIVITY	AGE GROUP
MONDAY 8 th June	1.30 & 2.00 PM	2 X KOOTH.COM ONLINE SUPPORT FOR YOUNG PEOPLE PRESENTATIONS	AGED 11-18
MONDAY 8 June	3.00 PM	2 X POP/ENTERTAINMENT QUIZ -BRING ALONG A DRINK AND BISCUITS (£20 Amazon voucher for the winners)	AGED 11-18 AGED 19-25
TUESDAY 9 June	11.30 AM	2 X (20 MINS) CHAT – SHARE SOMETHING THAT YOU ARE PROUD OF	AGED 11-18 AGED 7-11
WEDNESDAY 10 June	1.30 PM	(20 MINS) CHAT – SHARE SOMETHING HAVE MADE, WRITTEN OR DRAWN.	AGED 7-11
THURSDAY 11 June	1.30 PM	2 X (20 MINS) CHAT – BRING ALONG A PET	AGED 11-18 AGED 7-11
THURSDAY 11 June	3:00 – 4:00 PM	3 X GUITAR LESSONS WITH WIRED GUITARS (lessons at 3:00pm, 3:20pm & 3:40pm)	AGED 7- 18
FRIDAY 12 June	11.30 AM	2 X (20 MINS) CHAT – BRING ALONG A SIBLING	AGED 11-18 AGED 7-11



Alice and Abi engaged in a rainforest research project for school and made a jungle scene out of paper and card.



By Jess

Jess has been following an artist called Rory McCann and completing how to paint tutorial sessions. Here are some of the pictures she has painted.

Dragons Eye



Fantasy Space Scene



The Rotary Young Citizen Awards 2020

Wired Young Carers were nominated by Newton and District Jubilee Rotary Club for the Rotary Young Citizen Awards 2020. We were not among the six overall winners. However, we have been awarded a certificate of participation to recognize the wonderful initiative, service, commitment and personal giving of our Young Carers. Well Done you are all winners!

Kooth.com



Online support for young people

Our online service supports the **wellbeing** and **resilience** of young people.

Kooth is a web based confidential support service available to young people. It provides a safe and secure means of accessing mental health and wellbeing support designed specifically for young people. Kooth offers young people the opportunity to have a text-based conversation with a qualified counsellor. Counsellors are available from 12noon to 10pm on weekdays and 6pm to 10pm at weekends, every day of the year on a drop-in basis. Young people can access regular booked online counselling sessions as needed. Outside counselling hours' young people can message our team and get support by the next day.

When young people register with Kooth they will have support available to them now and any time in the future. Support can be gained not only through counselling but articles, forums and discussion boards. All content is age appropriate, clinically approved and fully moderated.

To find out more visit [kooth.com](https://www.kooth.com) where you can register and find out more about the service.

Jess's Cooking Column

CHOCOLATE SWEETIE CUP CAKES



Makes: 18	<u>Ingredients</u>	1 tablespoon milk
Ready in 1½ hour	175g butter, softened	1 tablespoon golden syrup
Price per cake 18p	125g castor sugar	175g icing sugar
Fat per cake 8g	2 Large eggs	150g chocolate beans
Calories per cake 180	100g self-raising flour	
	¼ tsp baking powder	
	40g cocoa powder	



Method **Please Note: you may need adult supervision**

- 1 Preheat the oven to 190C/Gas 5/Fan 170.
- 2 Put 18 paper cake cases into bun tins.
- 3 Weigh out 50g of butter and set aside to make the icing.
- 4 Add the remaining 125g to the castor sugar and beat together until light and creamy. Beat in the eggs, one at a time, beating well between each addition, and adding 1 tablespoon flour with last egg.
- 5 Sift together the remaining flour, baking powder and 25g of the cocoa powder, then fold into the cake mixture.
- 6 Divide the mixture between the cake cases and bake for about 15 minutes, or until they spring back when lightly pressed with your finger.
- 7 Remove from tin and place on a wire rack and leave to cool.
- 8 To make the icing, put the remaining butter in a small pan with the milk and golden syrup and heat gently until the butter just melts. Remove pan from the heat and sift in the icing sugar and remaining cocoa powder. Beat to make it a thick, glossy icing.
- 9 Spoon a little icing on each cake and decorate with the chocolate bean.

Handy hint: Children love this icing! It is easy to make, yummy and rich, and when you put chocolate beans on top, the colour from the sweets doesn't run into the icing. It also freezes well, so you can make the cakes in advance.

Children's Safeguarding/Social Work Team on **01925 443322**.

Access to Social Care (First Response Team) **01925 443322** Monday to Friday (8.30am-5.00pm). The out of hours service **01925 443322** is open 5.00pm-8.30am, on weekends and public holidays.

The NHS **111** service is staffed by a team of fully trained advisers, supported by experienced nurses and paramedics.

If you believe a crime has been committed contact the police on **101**.

If you believe the child/adult is at immediate risk of harm dial **999**.

If you need to talk to someone you can ring:

The Samaritans **01925 23500**, Childline **08001111**, NSPCC **0808 800 5000**.

There is also online support from Kooth (Kooth.com), Papyrus Helpline UK **0800 068 4141**, text **07786209697**, email **pat@papyrus-uk.org**, Monday to Friday **10am—10pm**. Weekends and Bank Holidays **2pm—10pm**.

Warrington's mental health awareness site www.happyoksad.org.uk has a page for children and young people. Go to www.happyoksad.org.uk. Click the blue button "children and young people". Then click the drop down heading "information about local and national services and support". Alternatively if support is needed urgently click "I need urgent help".

CAMHS Response Team Contact: **CAMHS 9-5pm - 01925 575904**. Urgent contact only - **01744 627618**. **5-9pm weekdays and 9am-9pm weekends**.



Coronavirus

Wash your hands with
soap and water more
often for 20 seconds



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Use a tissue to turn off the tap.
Dry hands thoroughly.



Please join us on Facebook for up-to-date information on events and activities. It really is the best way to check event details, times and location!



Just search **@WIREDYoungCarers** on Facebook or
@Wired_yc on Twitter to find us.

