

Gaddum ... Carers

Hi, I'm Gaddum. Let's catch up.

You are not alone and the team here at Gaddum are here to help.

Our team are working our usual hours but just a little differently from our homes to help keep everyone safe.

It can be hard being apart and you may be feeling a little unsettled at the moment with so many changes happening.

However lots of you are responding to the lockdown with creativity and great ideas. Please continue to let us know what you are getting up to so that we can share your ideas with other young carers. Send them via email, text or WhatsApp to your young carers worker.



Relaxing Colouring

Colouring Heroes (who make posters for lockdown) have made some for young carers!

Jen has made a start colouring in hers to go in her window.

The colouring sheets are free to download and share you can find them here:

<https://www.colouringheroes.com/>



Really simple,
colour the
petals, fold them in
and lay in water;
watch them
'bloom!'



What would you like in your updates?

Let me know...

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What have you been up to?

This week we've been building dens.

Dens are great spaces for letting your imagination run wild.

It is so easy to build dens anywhere— outside or in!

Your den could be a place to chill or maybe a pirate hangout, or a fairy castle... its up to you...

Nicola's Den

Nicola our Young Carers Support Worker has been enjoying making blanket dens in the house and in the garden for her and her little girl to enjoy! She gathers all her blankets and cushions, some clothes pegs, chairs, a table and a pole (a broom handle in the picture) and likes to make it as cosy as possible. She finds it is really nice to chill out in and have her lunch.



Rosie's Den

Rosie one of our Young Carers has also sent us in a wonderful picture of herself in her den. We'd love to see any dens that you have made in your own homes and gardens! Send a picture to your Young Carers Worker.



Thank you Chloe

Chloe helped us paint our new Salford Carers base then started volunteering weekly at one of our carers coffee mornings where she built great relationships with carers and now calls these carers every week. Just wanted to take a moment to thank her.

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Carers week, It's on it's way

Carers Week is coming: Monday 8-Friday 14 June. It is an annual campaign to raise awareness of caring, highlight the challenges unwaged carers face, and recognise the contribution they make

This year's theme is Make Caring Visible, we will be doing this by supporting you to share your story, to be seen and be heard. Let us know what making caring visible means to you.

Stay Connected

Join us for a young carers group support session via Zoom.

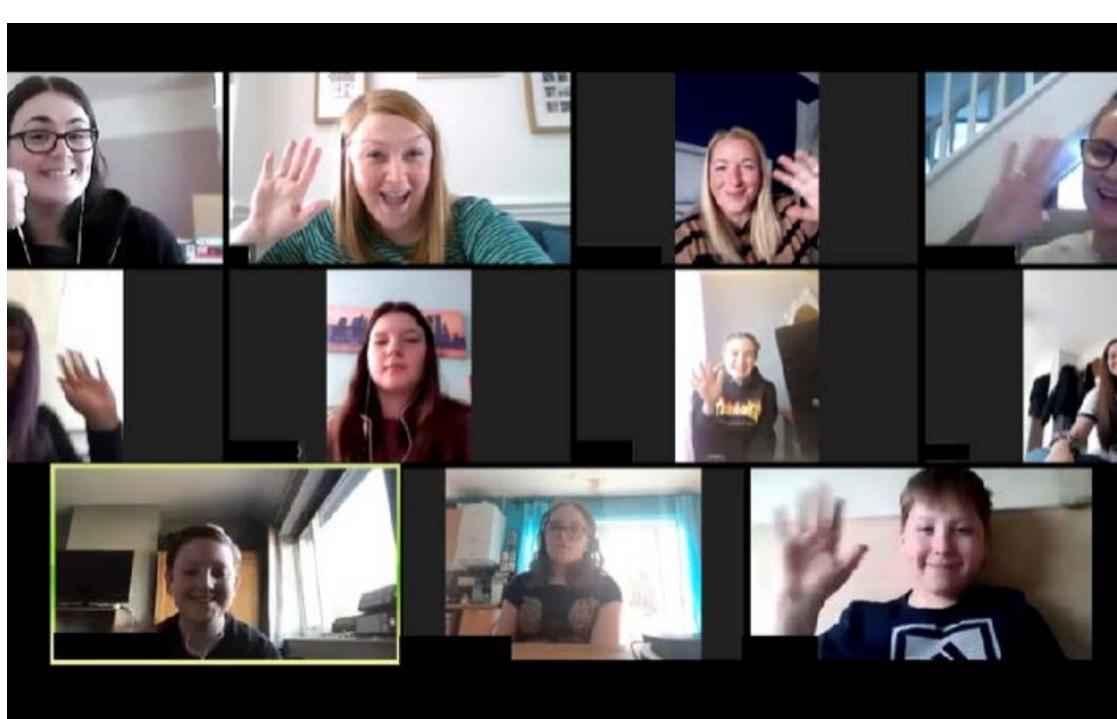
The next groups are:

- 5.30pm on Monday 8 June
- 3pm on Wednesday 10 June

We can't wait to see you!



Express yourself in video, voice clips, photos, art, writing and send them to us. Send them via email, text or WhatsApp to your Young Carers Worker.



Who Cares Campaign

The Who Cares Campaign was founded in 2019 from Who Cares – a documentary play based on 4 interviews with Young Carers from Salford created by The Lowry, LUNG in partnership with Gaddum. Check out social media during Carers Week to see films and stories from our Young Carers Group.



Don't forget
young carers.

whocarescampaign.co.uk

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Advice and support

There are lots of ways you can get extra advice and support during this time at home. As always our team are here to support you where we can, but some of these links might be of use to you. Especially in the evenings and weekends.

Money Advice and Welfare Benefits

Universal Credit: 0345 328 5644

Salford Welfare Rights: 0800 345 7375 (Mon-Fri 10am-12pm)

Citizens Advice Bureau: 0300 3309 074 (Mon-Fri 9am-4pm)

Spirit of Salford Helpline: 0800 952 1000 (Monday-Friday 8.30am to 6pm and Saturday 9am to 1pm)

Need to Talk?

NSPCC: 0808 800 5000 (24H)

Action on Elder Abuse: 0808 808 8141

Childline: 0800 1111 (24H)

Mind: 0300 123 3393 (Mon-Fri 9am-6pm)

National Domestic Abuse Helpline: 0808 2000 247 (24H)

Kooth, online counselling support: www.kooth.com

Spirit of Salford

The Spirit of Salford Network is a group of lots of different organisations and volunteers across Salford, and it's here to help you during lock down. Whether it's practical help while you are self isolating, or support with your well being, the Spirit of Salford is available to you and the people you live with. Contact details are to the left to the left.

If you need to self-isolate and need help,
call **The Spirit of Salford Helpline** on

 **0800 952 1000**

(Monday – Friday, 8.30am – 6pm).

Or go to www.salford.gov.uk/spiritofsalford



**Want to help put our next update together?
Give me a text or call...**

**Here to help our young people.
Usual hours & friendly faces. Yours, Gaddum.**