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Cambridge CB1 1JX

Helpline: 0333 4141 809

youngcarers@centre33.org.uk

www.centre33.org.uk

Dear Young Carers,

Centre 33 Young Carers Project

Centre 33 understands that Young Carers may be living in families that are potentially more vulnerable during this period. We have therefore taken the decision to move to delivering all of our young carers support remotely for the foreseeable future. We will be continuing to offer one to one support, to young people via phone, email and video calling.

Centre 33 are not an emergency service but we would like to continue to offer our support where we can, please email us at youngcarers@centre33.org.uk or contact us via front line 0333 4141809 to request phone support in place of attending your regular young carers session.

Other useful numbers to contact if you need someone to talk to...

We understand that this might be a difficult time for you and your family, and that you might not be in school or might not be seeing your friends or other support networks as much as normal. Below are some other numbers you can call if you feel like you need someone to talk to.

Please remember emergency support should young people need it is listed on our website here:

<http://centre33.org.uk/help/need-help-now/>

Here is a link to further government advice for those caring for anyone vulnerable:

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

<https://covidmutualaid.org/> supporting local community groups organising mutual aid throughout the Covid-19 outbreak in the UK, focusing on providing resources and connecting people to their nearest local groups, willing volunteers and those in need.

Samaritans for all ages

The Samaritans offer confidential support by trained volunteers that are available all day, every day. If you need help urgently it is best to **call their helpline which is free: 116 123** or the **national helpline 08457 90 90 90**.

24 hrs a day, 365 days a year. 116 123 (UK Freephone)

Email: jo@samaritans.org

Free and confidential information and support for young people in Cambridgeshire and Peterborough

Childline for aged up to 19

You can call Childline if you need to talk with someone, 24 hours a day.

Freephone 0800 1111 or chat via email. Find more information about chatting via email here:
www.childline.org.uk/get-support/contacting-childline/

NHS advice and guidance...

You can contact **NHS 111** if you have concerns about your health or the health of a member of your family (specific to any underlying health condition) and they can provide you with advice and guidance on what to do next. Visit <https://111.nhs.uk/covid-19/> for advice.

You can contact **NHS 111 option 2** for support in a mental health crisis.

In an emergency call **999** for emergency services.

Take Care and keep in touch,

Best Wishes,

Kate Rees
Young Carers Service Manager
Centre 33