

## WAKEFIELD YOUNG CARERS – CORONAVIRUS BULLETIN

HELP &amp; SUPPORT IS AVAILABLE - USEFUL INFORMATION FOR YOU &amp; YOUR FAMILY

## Help with FOOD shopping or MEDICATION Support?

**MUTUAL AID** groups support families who need help with shopping or collecting prescriptions during the lockdown. If you need this kind of help for someone you care for at home – Find your local group. **Enter your postcode:**  
[www.covidmutualaid.org/local-groups](http://www.covidmutualaid.org/local-groups)

**NHS RESPONDERS** If you need some help with shopping, a prescription collection or a friendly chat then NHS Volunteer Responders are ready to help.

If you are a Carer you can make a referral for someone you care for. Check if you qualify for this help - call **0808 196 646**  
[www.royalvoluntaryservice.org.uk](http://www.royalvoluntaryservice.org.uk)

## UNSURE about what help you need?

Call **Wakefield Council Helpline** on **0345 8 506 506**  
(Choose option 3)



## An APP that Delivers!!

If anyone in your family needs regular medication but it's difficult to get to the chemist to collect prescriptions at the moment...

Don't worry – there is an app that you can use to get support with the delivery of medication & prescriptions

Download the **ECHO Pharmacy App**  
[www.nhs.uk/apps-library/echo](http://www.nhs.uk/apps-library/echo)

If you're worried about someone's vulnerability and they have not received an **NHS letter** (advising them to SHIELD) contact your GP for advice.



## Do you have Free School Meals in school?

If YES - your parents should be receiving the £15 per week Government voucher to help them purchase food for lunches during lockdown. Parents should contact school if they have not yet received theirs.



## USEFUL WEBSITES &amp; FREE APPS

**Kooth** - a confidential & anonymous online service for young people (11-18 years old). Chat with trained counsellors until 10pm, 365 days a year.

**Meetwo** - Offers peer support, expert help, educational and creative resources plus links to UK charities and helplines.

**Mind of My Own One App** - If you're finding it hard to talk to a social worker or teacher, One App is a great way to put down your thoughts and send them to those who need to hear from you.

[www.wf-i-can.co.uk](http://www.wf-i-can.co.uk) - Find information and advice as well as self-help tips that can increase your confidence and resilience. Chat to online youth workers if you need to talk using the Drop In & chat Service  
Mon – Fri: 1pm-5pm & 7pm-9pm WKDS: TBC



## PROBLEMS WITH MONEY?

Are you worried about money because of coronavirus or just in general?

Contact Cash Wise on **01977 724651**  
Find out where the **FOODBANKS** are:  
[www.trusselltrust.org/get-help/find-a-foodbank](http://www.trusselltrust.org/get-help/find-a-foodbank)

## Are you or your family SHEILDING?

Does someone in your household have a high-risk medical condition or have they been advised by their doctor to shield from coronavirus?

If YES, you can get EXTRA support:

- get a **weekly box of basic supplies**
- get **priority** for supermarket deliveries
- ask for help meeting basic care needs

Young Carers can register for someone else. (you need the person's NHS number)  
[www.gov.uk/coronavirus-extremely-vulnerable](http://www.gov.uk/coronavirus-extremely-vulnerable)



## Are you worried about your own health or of someone in your family?

Contact your named Keyworker or Social Worker to ask for support.

Speak to a Youth Worker via the Drop in & Chat service on [www.wf-i-can.co.uk](http://www.wf-i-can.co.uk)

If you are worried that you or someone you look after may be at high risk from coronavirus, Call **NHS 111**. Call **111** if symptoms become severe, and let them know you are a Young Carer.

If there is a medical emergency call **999** immediately.