

During Lockdown and moving forward into recovery

Since lockdown began Stirling Carers Centre: Young Carers Service has had to quickly adapt the support they offer to young carers. The usual ways of engaging with young carers had to be put on hold and support services moved to online platforms.

The service has started holding weekly **Zoom groups** for different age groups where young carers can come along and take part in **fun activities** with their peers and have some form of respite, such as, scavenger hunts, home-made bingo and games such as stop the bus.

YC staff have also been able to continue provide online **1:1 support** for those whose caring roles have increase since lockdown began or who find having someone to talk to a useful coping strategy during these uncertain times.

Stirling Carers Centre has been fortunate to have received additional funding which enabled them to deliver **arts and crafts packs** to all young carers engaging with the service. These packs include: mindfulness colouring; scratch art rainbows; create your own bookmark; and lots of other goodies for the young carers to do at home.

Staying Connected: Delivering the packs also allowed staff to catch up with families (observing social distancing rules).



Carers Week Activities

During Carers Week Stirling Carers Centre will be busy trying to **make carers visible** across Stirling.

- The Centre has created a window sticker for all carers across Stirling to put in their windows to raise awareness of unpaid carers in the area.
- They have a movie extravaganza planned for their primary school group with snacks provided to all young carers involved.
- The secondary school group will be taking part in their favourite activity, an escape room online.
- The service will also be **engaging** with professionals from education, social work and other third sector organisations through an online information session and Q&A about young carers and the services provided in Stirling.

