

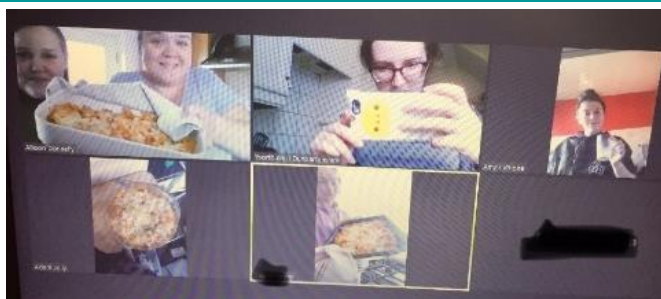
Since lock down we have been providing online support and activities to our Young Carers such as:

Y Sort It Online Activity Plan – June 1st till June 5th

Monday	Tuesday	Wednesday	Thursday	Friday
10am Live Workout on Facebook & Instagram (Allan)	2pm Photography on Zoom (Mic/Allan)	10am Workout (Lyndsey)	2pm CV Building on Zoom (Alan/Elizabeth)	10am Workout Video (Alan)
2pm Job & Life Skills Workshop on Zoom (Georgia/Allan)	4pm Learn Italian on Zoom (Marilisa/Alan)	2pm STEM Video – Make your own Hovercraft (Allan)	4pm Gardening on Zoom (Mic/Allan)	2pm Young Carers Youngers Group on Zoom (Elizabeth/Alan)
4pm Mac n Cheese Cooking Video (Marilisa)	4pm Bonhill Youth Club (Mic/Georgia)	4pm Overs Youth Group – 14+ on Zoom (Georgia/Allan)	6pm Sexual Health Workshop on Zoom (Georgia/Allan)	4pm Live Cupcake Making with Mentees (Marilisa/Allison)
	6pm Dancing on Zoom (Lottie/Lyndsey)		7pm YAC Group (Allison/Elizabeth)	

Zoom Cook-alongs

Many of our young carers are often responsible for preparing family meals or just generally enjoy cookery or Home Economics when they are at school. We have been doing one live cookery lesson each week via Zoom. We also consulted the young people on what they would like to cook. Some of the dishes we have prepared are: Smoky Tomato Pasta, Spaghetti Bolognese, Brioche Bread



Pudding and flapjacks. Prior to the activity taking place we purchase all the ingredients and drop them off to the young carers (we make sure there is enough for the whole family) with a list of utensils that they require so that they are prepared. Its great fun and the young people love getting involved. All the recipes are homemade and cheap and simple to make.

STEM Activities

We have also been posting a STEM based activity to our YouTube and social media channels – each activity has been chosen to try and utilise items people may have around the home in order that they do not need to go out and purchase materials to take part. Each activity has been chosen to be fun but also have a small educational element; the activities have also been chosen to enable them to be done together as a family or with older siblings/parents/carers/guardians helping younger children to take part. We are also building STEM activity packs that will be distributed soon which will provide all of the materials to young people in order that they can try out all of the activities we have recorded. Activities include: Non-Newtonian Fluids, Balloon Rocket, Hovercraft, Fingerprints, Catapult building, and What's on your hands?

Digital Inclusion

As well as this we have also been working closely with the Education Department arranging and collecting Chrome Books on behalf on our young carers to allow them take place in our activities and also work on their class work via Google Classrooms.

Other Activities and Resources

Other activities have included: Bike Maintenance, issue based workshops and creative arts and crafts. Videos of our activities can be found on our Facebook page <https://www.facebook.com/ysortit/>