

Dear Alan Campbell and Mary Glindon,

We are a group of young carers from North Tyneside Carers Centre. Young Carers are young people aged five to eighteen who care for a family member with a physical disability, health condition or mental illness. We are members of the youth forum who aim to enable young carers to have a voice and support them to have a role in decision making.

We are writing to you as young carers are experiencing difficulties accessing the shops and getting supplies during the COVID-19 pandemic. We understand that key workers and certain vulnerable groups are able to access specified shopping hours, and we wondered if young carers could be included in this group.

We have discussed the issues and difficulties when shopping with other young carers, and the main points that have been raised are; increased anxiety when unable to access vital supplies and needing to visit several shops, this takes time away from our caring roles and supporting our families.

The positives of being included in the shopping hour include; less stress on young people and families, a decrease in anxiety and ability to access food needed to ensure we are able to eat healthily and stay well.

We hope you are able help and support us with this issue and we look forward to hearing from you,

Yours sincerely,

North Tyneside Carers' Centre Young Carers Forum