



# Young Carers' Forum

## August 2024

This month's focus: Supporting other Young Carers coming into the service.

During this session we discussed the benefits of having a Young Carers' handbook

We reviewed a Handbook already created from another charity provision which we took inspiration from.

The members shared how worrying it can be joining new groups for the first time or asking for/ receiving help from services.

What they thought would benefit others:

Inspirational words such as:

**“Your Dedication and Kindness are Admirable”.**

**“Taking time for yourself is just as important as caring for others”.**

Some Ideas were:

- Using bright colours
- Having the name and contact details of your support worker
- Introduction to the service
- A guidance section
- Picture and doodles sections for them to use
- Content to explain each section
- Useful numbers and signposting information
- Resource to help with emotions: Anger Iceberg, breathing techniques, reminders of not being alone, tips on coping, Mental Health and Wellbeing guidance.
- Support Group Info
- Pages for them to add their own information/ notes
- Plans for the future