

Coronavirus and Caring

Updated 26 March 2020

The Young Carers Development Trust are closely monitoring the developing situation regarding coronavirus (COVID-19) and are following Government advice. This page will be updated regularly. We are acutely aware that this is a very worrying time for you and the people that you care for.

Our support for you

Following the statement by the Government and the increased risk of infection from Covid-19 we are taking the following action:

- All face to face contact will be suspended with immediate effect. This includes tuition, Development Manager meetings, group activities, and home visits.
- YCDT and Development Managers will be in contact on a very regular basis – weekly - via phone and internet calls.
- We have set up a series of regular skype group meetings for all YCDT young carers to join in and provide peer support for each other.
- We are setting up a series of webinars for all young carers in any location, more information to follow.
- YCDT is open as normal 9am -5.30pm Monday to Friday and will be available to support you.

Please call us on **07368 366660** or email us info@ycdt.org.uk if you need support or advice and cannot reach your Development Manager.

Support in your local community / National and local help and support

All voluntary and community organisations are working hard to support all the people they work with as best they can.

If you are a young carer and you need support you can use the following:

- Go to <https://111.nhs.uk/> or call 111 for medical advice and assistance (in an emergency, call 999)
- www.nextdoor.co.uk – a social media platform connection neighbours. After making an account, you will be able to search for people in your locality offering their services and support to access food and supplies for families self-isolating.
- Your local Young Carer Agency
 - Bristol and South Gloucestershire – 0117 958 9980
 - Bath and North East Somerset – 0800 0388 885 / 01761 431388
 - Wiltshire - 01380 729 813
 - North Somerset - 01275 398265
- Call your local social services team if you are under 18 and worried about yourself or your family for advice and support (non-medical)

- Bristol – First Response 0117 903 6444 (or 01454 615 165 out of office hours)
- South Gloucestershire – Access and Response Team 01454 866000 (or 01454 615165 out of office hours)
- Bath and North East Somerset – Children’s Social Work Services [01225 396312](tel:01225396312) / [01225 396313](tel:01225396313) (or 01454 615 165 out of office hours)
- Wiltshire – MASH 0300 4560108 (or 0300 456 0100 out of office hours)
- North Somerset – Child Protection 01275 888 808

Where to go for more information

The situation is changing rapidly and you can follow the most [up-to-date Covid-19 information at the gov.uk website.](#)

If you are visiting your loved one, we recommend following [NHS hygiene guidelines](#) to help prevent the spread of the virus. This [NHS video shows how to properly wash hands.](#)

The government has issued [advice for any households that think they might be infected with Covid-19.](#)

Carers UK has also produced some [helpful guidance specifically for carers.](#)

Wishing you all the best at this time – stay home and stay safe.