



**Gweithredu
dros Blant**



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Hywel Dda
University Health Board



Ceredigion Young Carer Service delivered by Action For Children Support during current COVID-19 crisis

Last updated: 31st March 2020

Ceredigion Young Carers (CYC) service is commissioned by Hywel Dda University Health Board and Ceredigion County Council to deliver a Young Carers Information and Outreach Service in Ceredigion.

As a service provided by Action for children We protect and support children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives. Last year, we helped more than 387,000 children and families across the UK.

Whilst our office is closed to the public due to the COVID-19 situation. CYC will continue to run as full a service as possible within the guidelines according to government/NHS advice. Young Carers in Ceredigion will continue to have a dedicated service, providing information and support to help them in their caring role as follows:

- Regular phone and/or Skype video calls to 'check in' with service users
- Regular updates on our Facebook page including link shares and up to date Government information.
- Wellbeing and mindfulness updates and tasks for our Young Carers to complete.
- Continuing to accept referrals from other agencies and self-referrals.

To find out more, please call **07843 643012** or email

Vikki.booth@actionforchildren.org.uk or visit www.afcwestwales.co.uk

Other useful websites / online resources:

- youngminds.org.uk - UK's leading charity fighting for children and young people's mental health
- mentalhealthwales.net – key information on carer's assessments and the Social Services and Wellbeing Act
- carersuk.org/wales – advice and information for carers in Wales
- nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/benefits-for-carers/ - information on benefits for carers
- <https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/> the latest updates on the coronavirus outbreak and information on how to stay safe from Public Health Wales
- actionforchildren.org.uk – advice for parents and activities for young people