



L&W LEARNING AND
WORK INSTITUTE

MANAGING MYSELF ACTIVITIES

Young Adult Carers – Making the Transition to Adulthood

ACTIVITY 12

Managing money card game – Managing money

This activity can be used in a group or when working one-to-one with a young adult carer. The aim is to encourage young adult carers to share ideas and experiences and to learn from each other through discussion.

Start by photocopying the managing money cards shown below, and cut them into individual cards.

Each card features a question on one side, which begins with either HOW, WHAT or WHY.

The words HOW, WHAT or WHY could be printed in large letters on the other side of the card or colour coded to represent each category of question e.g. HOW could be blue, WHAT could be green and WHY could be yellow.

The game can be played in a number of ways depending on how well the group know each other. You could:

- Deal the cards out at random amongst the group.
- Get each player to take it in turns to draw one card from each category.
- Take it in turns to nominate another person to answer a card.

The questions can be used to prompt a whole group discussion, or the individual young person who picks up the card can answer the question. If the rest of the group think they have given a good answer they get to keep the card. The person with the most cards at the end wins.

Not all young adult carers are comfortable or confident about discussing money matters in a group. This game can also be played individually, with a member of staff and a young adult carer taking cards and asking each other questions.

Extension activity

Ask the young adult carers to take one card from each category (HOW, WHAT and WHY) and give them fifteen minutes to produce a 3 minute presentation (1 minute per card), either individually, in pairs or small groups. Participants could use a computer to research the subject.

For more information:

<https://www.moneyadvice.service.org.uk/en/corporate/young-people-and-money-toolkit-yphub>

<https://www.moneysavingexpert.com/family/young-adults-moneysaving>

<https://www.princes-trust.org.uk/help-for-young-people/tools-resources/money-management>

Managing money cards

How can you get a student discount card?	How can you tell which size item is best value for money in the supermarket?
How do you open a bank account?	How can you make sure that you are paying the cheapest possible price for the things you want to buy?
How do you know if you can afford to do or buy something?	How could you start a savings account?
How do people get paid by their employers? And how often?	How can you get advice if you have a query about your wage slip or salary?
How can you check information relating to tax and national insurance?	How could you find out more about carers allowance?
How can you get advice about benefits and help with applying for them?	How would you make a complaint about your bank?
How can you identify what are essentials and what are luxuries?	How could you make a monthly budget?
Why do people have loyalty cards for different shops? Is it a good idea?	Why should you pay your bills on time and keep on top of them?
Why should you have your own bank account?	Why do people say you shouldn't live beyond your means?
Why do some people prefer to rent rather than have a mortgage?	Why shouldn't you work for cash in hand?

Why is it important to make sure that you are on the correct tax code?	Why is it a good idea to have a pension?
Why are student loans so popular?	Why is it a good idea to try and save up for the things that you want?
What is income tax?	What are websites like 'Money Saving Expert' and are they useful?
What are "monthly outgoings" and can you give an example	What information would you expect to see on a wage slip?
What methods are available to pay for your gas and electricity?	What are "utilities"?
What do you spend your money on?	What bills do most households have to pay?
What is a credit card?	What is national insurance?
What is an overdraft?	What is the difference between your net and gross income?
What can you do if you think you are paying too much for your bills?	What does pro rata mean?
What does budgeting mean? And why is it important?	

ACTIVITY 13

Stress bucket – Keeping healthy and feeling well

Sometimes, the pressures of caring can have a negative impact on young adult carers' physical and mental health. This activity is designed to help young adult carers to find ways to manage stress. It is most effective when delivered with a small group. Begin by asking the group 'what is stress?' If needed, ask follow on questions such as:

- How does stress feel in your body?
- Do you or have you ever experienced stress?
- Do you think other people experience stress?
- How do people act when they're stressed?

Introduce the 'stress bucket'. This can be an actual bucket, or a bucket cut out of card, labelled 'stress'. Provide the young adult carers with small pieces of paper/ card and ask them to anonymously write down the things that make them feel stressed. Or, if members of the group are comfortable to, feedback verbally to an allocated writer. This could include individual 'stresses' and those specific to being a young adult carer. Place the 'stresses' in the stress bucket.

The support worker reads out a selection of 'stresses', using these to prompt a discussion about why they cause stress. Explain that when the bucket is full, it is important to recognise this and find ways to 'release' stress.

Ask the young adult carers to write down on different coloured paper (or via discussion) things that help them de-stress. The support worker reads out the 'de-stressors' placing them outside the stress bucket. The 'de-stressors' can also be matched with the 'stresses', e.g. 'being tired' with 'sleep', 'caring role' with 'asking for help'.

Once they have done this you can move on to look at ways to recognise, manage and reduce the impact of stress.

Possible 'stresses' are listed below:

- Financial responsibilities
- Lack of money
- Concern about own mental health
- Dealing with medical emergencies
- Feeling isolated
- Feeling lonely
- Feeling trapped in caring role
- Not being able to go out
- Lack of friends
- Travelling

- Work
- College / School / University
- Friends not understanding
- Relationships
- Family
- Lack of time for you
- Being tired

Possible 'de-stressors' are listed below.

- Sleep
- Healthy eating
- Exercise
- Music / films / tv / gaming
- Talking
- Having things to look forward to
- Having fun
- Seeing friends
- Engaging with your local carers centre
- Asking for help
- Meditation

Some key points for support workers to raise / address with young adult carers:

- The link between physical and mental health and the importance of taking care of both.
- The importance of asking for help – support workers can help and signpost to local services or national websites
- Knowing when to ask for help – before the bucket is full!
- You should also lead a discussion about fun things people in the group do / want to do to help relieve stress (this could be an idea for future trips!)
- Finally, it's important that the support worker checks in with everyone after this activity, as it could raise important issues that individual young adult carers need help and support to deal with.

For more information:

www.mind.org.uk

www.youngminds.org.uk

www.nhs.uk

www.mentalhealth.org.uk

www.samaritans.org.uk

ACTIVITY 14

Healthy young adult carer smoothie – Keeping healthy and feeling well

Young adult carers spend a lot of time looking after and thinking about the wellbeing of the person they care for and can find it difficult to make time to look after themselves and consider their own needs. This activity aims to help young adult carers to focus on their own health and wellbeing, to reflect on how caring can affect this, and to think about ways to improve and maintain their health and wellbeing.

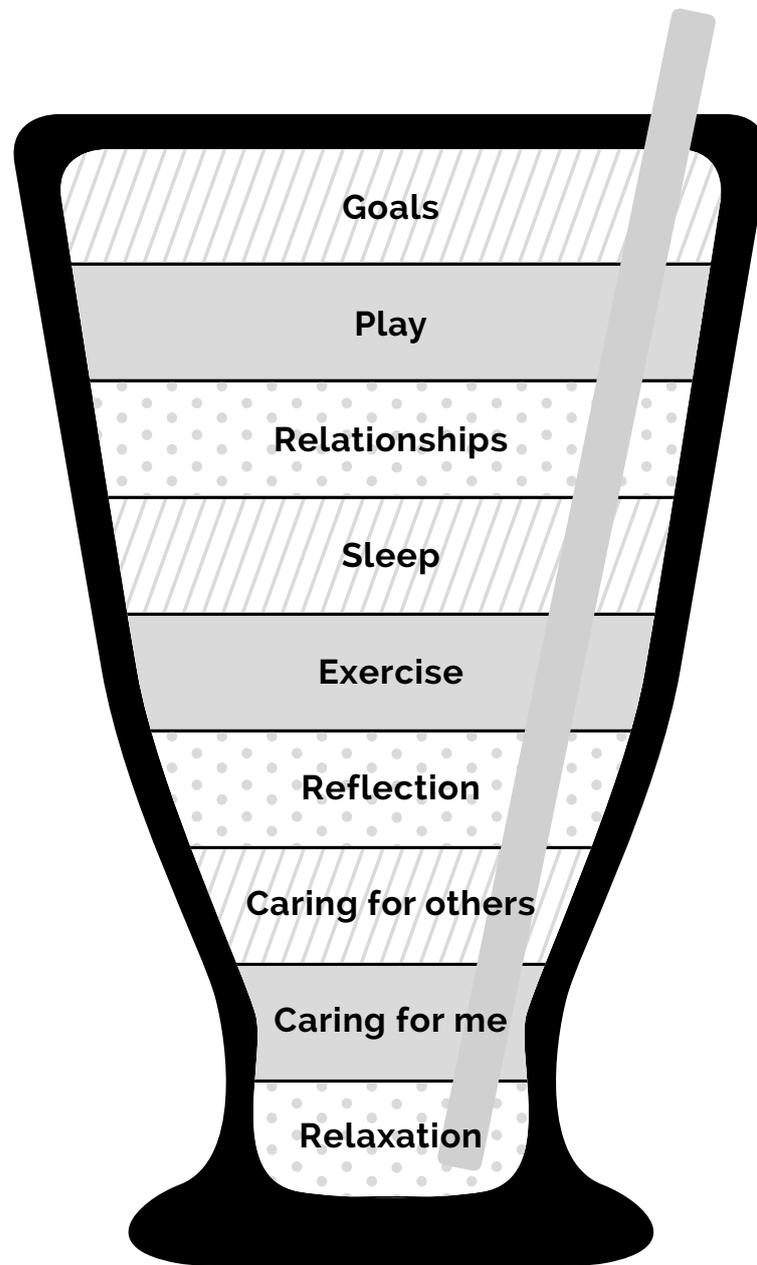
We've all seen the 'healthy eating' platter at school, but what's less common is knowledge of the 'healthy mind platter'. There are now lots of different versions on the internet (google 'healthy mind platter') and you, as a support worker, can choose which one is most appropriate for the young adult carers you are working with. In this activity, the healthy mind concept has been adapted to create a *Healthy young adult carer smoothie* which shows how the different 'ingredients' of health and wellbeing, when combined, help to keep young adult carers healthy and feeling well.

The activity is designed for working one-to-one with a young adult carer but it can also be used as an extension activity with the *Stress bucket*.

1. Introduce the Healthy young adult carer smoothie diagram to the young adult carer or group. Use the ingredients in the smoothie diagram to prompt discussion with young adult carers about the different aspects of health and wellbeing:

- How do they think the different ingredients contribute to their health and wellbeing?
- Do any of the ingredients surprise them?
- Which of these things do they already do to protect and maintain their wellbeing?
- Do they think there are any ingredients missing?
- What else do they do to protect and maintain their health and wellbeing?

The healthy young adult carer smoothie



Ingredients:

Goals	Thinking about and working towards hopes and dreams
Play	Taking part in fun activities
Relationships	Connecting with other people and with nature
Sleep	Taking time for the body and mind to recharge
Exercise	Going for a run or a walk, playing sports
Reflection	Quiet time to think about how we are feeling
Caring for others	When we look after a partner, family or friend
Caring for me	Doing things we enjoy that make us feel good
Relaxation	Time to rest, unwind and refresh ourselves

2. Choose up to four of the ingredients in the smoothie and think about what you can do under these headings to improve your health and wellbeing:

My health and wellbeing

Ingredient	Ingredient
Ingredient	Ingredient

ACTIVITY 15

Snakes and ladders - Housing and accommodation

This activity is based on the game of snakes and ladders, exploring positive and negative scenarios applicable to young adult carers who might be exploring living independently. The activity can be done in a group, with multiple players, and will provide lots of opportunity for discussion. The activity can be extended by following up any questions the young adult carers have, or supporting them to find more information. For example, each person could go away and research an unfamiliar term (e.g. deposit, landlord, tenancy agreement), then come back together to discuss what they have learnt.

This activity can also be used when working one-to-one with a young adult carer by picking out any scenarios or phrases on the board that the young person is unsure about or unfamiliar with, or selecting some of the basic terms and phrases for initial discussion (e.g. landlord, rent) and then in another session looking at more complex issues (e.g. budgeting, legalities etc.)

If possible, you may want to enlarge the board on a photocopier before you play.

For more information:

Local authority housing office

<https://www.gov.uk/find-local-council>

Property search websites

<http://www.rightmove.co.uk/>

<https://www.primelocation.com/>

<https://www.zoopla.co.uk/>

Advice services

<https://www.citizensadvice.org.uk/housing/>

https://england.shelter.org.uk/get_help

<https://www.childline.org.uk/>

Other

<https://www.moneysavingexpert.com/>

<https://www.uswitch.com/>

<https://www.energyhelpline.com>

Snakes and Ladders

- Throw a six to start
- If you land on a square with a snake or a ladder, read out the text and go up the ladder or down the snake
- Use the scenarios on the snake or ladder squares to have a discussion between players
- The first player to reach 100 wins. The game is over.
- You will need a counter for each player and a dice.

100 FINISH

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97 Your landlord evicts you

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95 You spend your monthly wages straight away and have no money left for the rest of the month

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88 You move out of a flat and your landlord provides you with a glowing reference

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90 You've been renting for a year and the landlord increases the rent by 5%

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79 You get a reduction on your TV and broadband.

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65 Your landlord turns up to inspect the property and you weren't expecting him

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60 You move in with your partner, but it is six miles away from the person that you care for

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56 The person you care for tells you they can't cope without you

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54 You get a flat in the town centre so it's easy to get to work

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45 Your mum says she can't afford for you to move out

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31 You visit the housing office to complain about the repairs that are needed on your property

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23 You visit a letting agent and they tell you there is a signing up fee of £150

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25 The boiler is broken and the landlord sends round a plumber on the same day to fix it

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17 Your home is overcrowded and you are mostly sleeping on the sofa

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14 A friend tells you how to get on the council's housing list

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10 You speak to your family about your plans to move out and they all offer to take over more of the caring role

ACTIVITY 16

Managing Myself action plan

Use this plan to write down your goals. It could be a goal you want to reach within the next few months, the next year or within the next few years. You don't need to write them all down now, you can add to this as you have new ideas. It's a good idea, after a few weeks or months to review your goals, ask yourself how far you've got and decide if you want to keep or change your goal.

My goal (What do I want to achieve?)	How will I get there? (What do I need to do? what help do I need?)	When will I get there? (Is it a short, medium or long-term goal?)

MANAGING MYSELF

Other resources

Sections of the RUBLE which can be used with the Managing Myself framework:

Section	Pages	Activity
Positive Statements	10 - 12	Use with the Stress bucket and Healthy young adult career smoothie activities (Activity 13 and 14)
Looking after your money	116 - 128	Useful information to use with the Managing money card game (Activity 12) including a budget planner
Looking after your health, well-being and happiness	55 - 64	Useful activities to use with the Stress bucket and Healthy young adult carer smoothie activities (Activity 13 and 14)

Sections of the Learning, Work and Wellbeing Toolkit that can be used with the Managing Myself framework.

Section	Pages	Activity
Thinking	23	Activities to enable young adult carers to think about the wider aspects of wellbeing, to identify areas to work on and complete an action plan.

Apps to support you and help you in your caring role...

Although apps and websites are never a replacement for the help of a professional or a friend's compassionate ear, they can be helpful starting points or building blocks for personal development.

As young adult carers, we might sometimes forget to take care of ourselves or think that we do not have the time or the opportunity. Apps and websites can help us make time for this. And if you don't have a smart phone or internet connection at home, taking the time to go to the library and checking out some of the websites can be a great use of 'me time'. Here are some that you might find useful.



App: **DocReady**

Website: **www.docready.org**

We can sometimes feel nervous speaking about mental health. We may feel anxious about a visit to the GP and worried about what they might say. Doc Ready is an app and a website for young people that can help you or someone you care for prepare themselves for an appointment at the GP to talk about mental health. It offers information on what to expect, a checklist tool and tips for preparing for your appointment.



App: **HeadSpace**

Website: **www.headspace.com**

Headspace describes itself as gym membership for the mind. Based on mindfulness techniques and practices to reduce stress, tension and worry, all of which can be side effects of taking on a caring role.



App: **MoodPanda**

Website: **www.moodpanda.com**

MoodPanda is a friendly mood tracker which also links into a community of other people tracking their moods and learning about themselves. If you don't want to join the community that's fine too – you can just use it to record your moods, see patterns and make changes.



App: **MindShift**

Website: **<http://www.anxietybc.com/mobile-app>**

MindShift is an app specifically to help young people deal with anxiety and fear. It's about turning towards the anxiety and facing it head on, changing our relationship with the anxiety and learning strategies to help deal with it.

MANAGING MYSELF FRAMEWORK

Young Adult Carers – Making the Transition to Adulthood



App: **SAM (Self-help for Anxiety Management)**

An app only, for anxiety management. It's user friendly and has great graphics to help you relax and manage your anxiety. It includes simple meditations, an anxiety tracker, hints and tips and other resources to help you build your own anxiety toolkit!



App: **Stop, Breathe and Think**

Website: **www.stopbreathethink.org**

This is a great mindfulness app that encourages you to stop, breath and think! You can input how you're feeling in your body and mind, pick up to five feeling words and the app will suggest a relevant meditation to help you.



App: **App4Care**

Website: **www.app4care.com**

One of the only apps out there designed specifically for Carers, it is designed for the carer to keep in touch with the person they care for whilst they are away. This is the one I haven't tested out but the only one I could find specifically for carers... I see a development opportunity here!



App: **GetConnected**

Website: **www.GetConnected.org.uk**

Get Connected is the free helpline for young people under the age of 25 who need help but do not know where to turn. The website lists useful organisations and websites that you can turn to.

Other useful websites include:

www.YoungMinds.org.uk

www.HeadMeds.org.uk

www.Mind.org.uk (also see www.LeedsMind.org.uk)

<https://matter.carers.org/> (the social network for Young Adult Carers)

www.mindmate.org.uk

MANAGING MYSELF FRAMEWORK

Young Adult Carers – Making the Transition to Adulthood

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