## cate YOUR EDUCATION MAILING LIST



2020 has been an unusual year and for those of you at Young Carers, we know it may have been particularly difficult. For many people, education has been turned upside down!



With having to learn from home, sometimes with limited internet, resources or teacher's input, some of you might be feeling more pressure than usual with your studies...



A lot of young people are feeling anxious about the virus and being in school, about their exams or next steps in September...



Some of you may have fallen out of a routine with school and are finding it difficult to attend at the moment....



It might be hard being separated from usual friendship groups due to Covid bubbles....





## **WHAT'S THIS ALL ABOUT?**

It has been a really tricky year to navigate and if you've found it challenging, please know that you are not alone! This is why I've reached out with this mailing list. I hope to contact as many of you as possible in case you're feeling like you need some extra support at the moment, or would just appreciate the occasional check in and hello!

The purpose of this is to cover issues related to education that might have come up during 2020 and into 2021, so we can explore them together. I will be sending one every two weeks, so keep an eye on your inbox! If you have any suggestions for topics you want me to cover, please email and let me know!

If you've received this; it's because I've either worked with you in the past in some way, you've requested education support at some point, or a colleague thought you might like to hear from me. If you don't want to be on the mailing list that's fine - please drop me a message to let me know. If you feel like you might want some 1:1 support around your education, please get in touch.



Hi, I'm Anya!
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Who am I?