

## LAUNCH OF EXCITING OVERSEAS ADULT CARERS PENPAL SCHEME

With lock down restrictions, a lot of carers maybe feeling the strain more than usual as well as isolation from friends and family. Scarborough & Ryedale Carers Resource (SRCR) have a fantastic **free** international carers penpal scheme.

Together SRCR and Carers Western Australia, Perth have expanded on their very successful links and are now offering a penpal scheme for unpaid adult carers as well as young carers.



Carers often consider having a penpal for lots of different reasons but here's the top 5 advantages that having a penpal may bring:

1. **Friendship**—a way of gaining a pal even when face to face isn't an option
2. **Connectivity**—ability to link with others in a different way either by snail mail or email
3. **Creativity**—be this with stationary, or discussions about all sorts of amazing things!
4. **self care**—something we all need a bit of help with now & again
5. **Awareness**—increasing global awareness & finding out more about what life is like elsewhere.



We know that linking to other carers who may be in similar situations can bring some real positives. Having common ground and someone who can empathise and understand some of the difficulties that can arise from caring can really help. Its great to get something nice in the post too!

The adult carers team have been running the penpal scheme for 2 months now and we have had several matches so far. "Often carers are worried they would have nothing to write about but it is amazing what sort of things come forward when you have the opportunity."

SRCR also help penpals with some topic ideas as well as the first few stamps, envelopes and writing paper to help get you get started!

*"...Caring for others often means I don't always consider myself. Having a penpal has been a real highlight of these difficult few months"*

**Any unpaid family carers living in Ryedale, Whitby or Scarborough who are interested in finding out more about our Penpal scheme or the support available at Scarborough & Ryedale Carers Resource please do get in touch with a member of the adult carers team on 01723 850155 or by emailing us at [staff@carersresource.net](mailto:staff@carersresource.net)**