



NEXUS

**The
Children's
Society**



Young carers in armed forces families relocation passport

Helping young carers find
support when they move.

Moving advice from young people



Moving can bring lots of different feelings. Here are some things other young people said can help make moving a little easier.

Before you move



Talk to someone about your worries. If you're not comfortable talking to someone you know, you can try **Kooth.com/mod** for free, anonymous support.



Choose something special to keep close by. This could be a favourite book, cuddly toy, or something else that makes you feel comfortable. Ask for it to not be packed away.

Telling your friends you're moving

There's no one right way to tell your friends.
Young people suggested:

"In the kindest way possible"

"Pull them aside to talk about it"

"If you can, say it to their face. if you can't, write them a note and give it to them"

"Don't worry about it too much"

"Use humour and make it silly all the way!"

When you move

Moving somewhere new can feel strange at first. Here are some things that can help you find your way.

Settling in

- Find out what school you'll be going to.
- Find the young carers service where you're moving to.
- Join a club or sports team to meet new people.



Staying in touch

- Create a group chat with your friends.
- Stay in touch as pen pals.
- Put your friend's numbers in your phone or in a notebook.
- If you don't have a phone, make sure your parents or carer keeps in touch with their parents.



Keep the good times close

Make a moving basket of things that help you remember the people, places, and memories that are important to you.

You could include:



A photo book, with lots of pictures of you and your friends

A box of memories, full of things that remind you of good times



A worry monster, that can help hold or share your worries

Other special things, anything that makes you feel comfortable and good.



Keep your basket close before and during the move, rather than packing it away.



Scan the QR code to find out about young carers support in your new area

**Moving to a new place can be an adventure,
but it's normal to feel sad or scared too.
If you're finding it hard to ask for help, try
filling out the letter below.**

Cut along the dotted line and give it to your local community development worker, young carers service, teacher, or GP – they can talk to you about any support you might need.

My name is _____

My date of birth is _____

I have had to move _____ times.

I have been to _____ schools.

Someone in my family serves in the:

RAF / Royal Navy / Army / Royal Marines

(circle the one that's right for you).



For me, this means: (circle all that apply)

**I don't have many
friends here yet**

**I struggle
in school**

**I miss friends
and family**

**I don't know where
I belong**

I worry a lot

**I find it hard when
a parent is away**

**I don't know where
to find help when I
need it**

I look after _____ ,

who has a health condition called _____

To help them, I ...

Sometimes, I find it difficult to ...

I would like help with ...

