

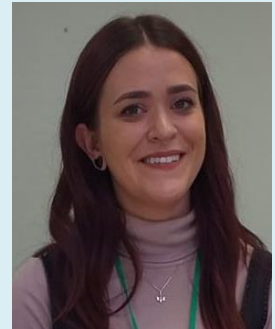
Young Carer Newsletter

March 2022



We would like to start this newsletter by introducing Rachel Stokes, our wonderful Young Carer Administrator

I help advise and support professionals with identifying Young people who may have extra responsibilities within the home due to their caring role. I also assist Young Carers and their family members to access any support they feel they need. All Young Carers are entitled to an assessment, which should be completed with a professional that they are happy and comfortable to speak with about what life is like for them, and what kind of support would help them. I enjoy working in Young Carers as it's great to see the awareness of Young Carers grow, and for Young people with additional responsibilities to know they are not alone and feel proud of their role. Also, as I was a Young Carer myself growing up, I feel this has a special place in my heart. I understand the additional pressures they may face and how Young Carers support can help, which makes me feel proud to be a part of the team.



This newsletter has come to you because we have been told you're a Young Carer, which means you help someone because they are unwell, disabled or you help your parent or Carer due to their drug or alcohol use or struggles with their mental health. If you think there's been a mix up and you aren't a Young Carer – please let us know by emailing YoungCarers@lincolnshire.gov.uk or calling us on 01522 553275

We love to celebrate our amazing Young Carers – there are over 2100 of you that we know living in Lincolnshire, so you definitely know you are not alone!

To make sure we are offering you the right support at the right time, we've put together a **Young Carers Survey** which we would like as many Young Carers as possible to complete. www.letstalk.lincolnshire.gov.uk/Young-Carers-survey

Deadline for the survey has been extended to 18th March 2022

If you would like us to post you a copy of the Survey or the Newsletter please let us know or send us your email address and we will email you a copy.

Young Carers Action Day is March 16th 2022

This year's focus all about reducing isolation. Young Carers share that they often feel lonely, and their friends don't always get what life is like for them, or they don't feel able to talk to their friends about being a Young Carer. Covid has meant it was much harder to meet up with others, particularly if you were worried that someone at home could become very poorly if they caught it! We know that School Young Carer Groups can be helpful – are there any other things you've found that work? Please let us know, 01522 553275

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Young Carers Card

A Young Carers Card can be a helpful way to help your school understand that you are a Young Carer. It can also be useful if you are going to a doctor or hospital appointment, it will help the professionals understand what you do to help the person you care for. You can apply for your Young Carers card here <https://www.lincolnshire.gov.uk/xfp/form/481>



Young Adult Carers

Some Young Carers are worried about what support might be available for them once they get too old for Young Carers. We work closely with **Carers First** to make sure no one falls through the gaps. **Transition** means moving from children's and Young People's services to a service supporting Young adults and adults. We aim to contact every Young Carer after they turn 16 to offer a Transition Assessment. This is a chance to talk about what life is like for you and what you would like to happen in the future. This can be completed by anyone you feel happy talking with. You could also choose to get this done by Carers First or an Early Help Worker. If you are over 16 and don't think anyone's been in touch and think this would be helpful, send an email to YoungCarers@lincolnshire.gov.uk or ring us on 01522 553275

Your Voice – how you can be heard?

We are looking for Young people who would like to help shape future support. We are looking for Young people with lots to say. Young Carers are the experts in what it's like to be a Young Carer and we want to make sure that others listen to what you have to say. If you are interested or want to know a bit more – please phone 01522 553275 or speak to your Young Carers worker or school.

Young Carers in Schools

We are happy to share that 255 Lincolnshire schools now have a named **Young Carers Lead**. This means it should be easier for you to find the right person to speak to in school if you are worried about your caring role. If you are struggling to find the right person, Please email us YoungCarers@lincolnshire.gov.uk and we will try to help you find the right person.

Young Carers Facebook Page

This is a Private Group for Young Carers aged 13 and over and their parents. Professionals who are supporting Young Carers can also join. We try and share information about resources for families and some of the fun things happening in our Groups. We would LOVE to have more posts from Young people or parents so that it feels more like YOUR page. If you want to share some good info or just have a message you would like to share with other Young Carers – please feel free to put together a post.

<https://en-gb.facebook.com/groups/298427744493375/about/>

Links you might find useful

www.kooth.com – online mental wellbeing community

www.Youngsibs.org.uk - online support service for children and Young people who have a disabled brother or sister.

www.Youngminds.org.uk - a mental health charity for children, Young people and their parents, making sure all Young people can get the mental health support they need