

What's next?

The first step is to make contact with us to let us know that your child is/ may be a young carer.

[It might be that we have contacted you as your child has told us that they are/ may be in a caring role]

If you are happy/ able to come into school we will have a chat about how we can support you and your family.

We can then start the referral process and send this off for assessment. Someone from Derbyshire Young Carers will contact you to discuss support.

Useful links:



[Young Carers Service Derbyshire \(derbyshirecarers.co.uk\)](http://derbyshirecarers.co.uk)

[Contact us or make a referral \(derbyshirecarers.co.uk\)](http://derbyshirecarers.co.uk)

Derbyshire Young Carers
Tel: 01773 833833

What support can Derbyshire Young Carers give?

Following a successful referral to Young Carers, a support worker will be allocated and various levels of support may be offered:

Level 1

- 1 to 1 sessions
- Access to fun activities and groups to meet other young carers

Level 2

- Access to monthly sessions
- Access to fun activities and groups to meet other young carers

Level 3

- All of the above
- Access to holiday activities



Dallimore
Primary and
Nursery School

Young Carers



Information for
parents/ carers



What do we mean by 'Young Carer'?

A young carer is aged 5–18 and helps to look after someone who has a disability, illness, long term health condition, mental health problem, or a drug or alcohol problem.

Many young people don't realise they're a Young Carer, it's just something they do.

Most Young Carers help to look after their mum or dad, brother or sister, but it could be a grandma, grandad, aunt or other family member that needs some help and support.

It is important to remember that we are here to support families and not to criticise or make judgement about individual circumstances.



What might a young carer be doing?

As a general rule, a Young Carer may have to do things at home that other children of their age don't really do much of.

This could be:

- helping with cooking or cleaning
- helping someone have a bath or go to the toilet
- helping someone take medicine
- helping someone move around the house. Like getting out of bed
- making sure someone is okay and they are not sad
- helping with doing the shopping.



What can we do to help?

It is important that we identify any children who may be in a caring role.

This is so that we can offer support in school and make any appropriate adjustments to ensure that their emotional wellbeing and learning is not impacted.

It is also important that relevant staff in school are aware of any children who may be a young carer.

We can also make a referral to Derbyshire Young Carers which can bring additional support, help and advice for both adults and children.

