

I'm a Young Carer, what can I expect?

There's no one group of people that help young carers in Lincolnshire, everyone does. Here are the ways we will help support you when you need it:

Young Carer's Register

When you are identified as a young carer, you will be added to the young carers register. This is a list of all children in Lincolnshire that care for someone. Don't worry, we won't share this information with anyone unless you want us to.



Young Carers Groups

Across Lincolnshire there are young carer groups for children aged between 5 and 18. At group you will get a chance to make friends with other young carers and be able to share your experiences. You will get opportunities to learn new skills and try new activities in a safe and supportive place with people who understand what being a young carer is like. Lots of schools have groups but if you'd prefer not to attend a group at your school you can ask to attend one run by Lincolnshire County Council. They also have lots of activities in the holidays for 8 – 18 year olds and for mini young carers (5 – 8 year olds). As a young carer you are allowed to come to all of the HAF activities during the school holidays and your school can provide you with a voucher code so you can book on them.

Young Carers Card

We want all of our medical professionals to listen to young carers under the age of 19. We hope that when you attend appointments or visit hospital with the person you care for your views are asked for and listened to. The Young Carers card helps doctors, nurses, paramedics and other professionals to understand you are a young carer.



"Making friends at group and having fun is the best thing!"



Young Carers Newsletter

Once a year we will email your parent (and you if you have an email address) to share with you what other young carers have been doing in Lincolnshire and remind you of what support is available to you.

Emergency Planning

All professionals in Lincolnshire can help you and your family with planning for what to do when the person you care for becomes unwell.

Young Carers Champions



These are adults across children's services who listen to and speak up for young carers. They work with lots of different professionals like schools, hospitals, GP surgeries and the police.

Transition Conversation

As you turn 16 you will be offered something called a transition conversation. This is a set of questions to help young carers get ready for changes as they grow older. It's a way for adults to find out what help you might need in the future, what you're good at, what you want to do such as go to college, university or work and how to make sure you feel supported to be able to do this. So, it's like making a plan together to help you feel ready and safe to go into adult life.

Early Help Assessment

If you or your family have a problem, sometimes a professional like a teacher or a family Help worker will complete an Early Help Assessment. They will ask questions and help you, your family, friends and anyone else who is supporting you to come up with a plan of how to help make caring easier for you and support everyone in your family. You can use this time to tell someone how caring makes you feel and what difference this makes to your daily life.

Young Carers Facebook Group

We have a facebook page just for young carers in Lincolnshire. Here you can connect with others, get advice or just see what other young carers have been doing. If you'd like to be part of the group please send a friend request to Lincolnshire Young Carers. It looks like this:



Young Carers Survey

Once a year we send out a questionnaire to all of our schools, parents and children on the register so we can understand any challenges Young Carers are facing, what things are really helping and try to better support Young Carers.

If you would like to get any of the support named in this leaflet please speak to an adult who supports you or email youngcarers@lincolnshire.gov.uk

