

YOUNG CARER NEWSLETTER

YOUNGCARERS@LINCOLNSHIRE.GOV.UK

Spring 2025



Message from the Team

Welcome to our first newsletter of 2025. While we hope to include information that is helpful to you, if anyone has any ideas of anything they would like to be included, please do let us know.

Some exciting news to share that we now have over 3000 identified Young Carers across Lincolnshire. This continues to show the commitment agencies across Lincolnshire have to ensuring YCs are recognised for the support they provide. A massive thank you to you all for the part you have played!

Top News

Message from the Team

Young Carer's Action Day

Lumi Nova App

Resources

Young Carers Workshop

Young Carers sessions in schools

Each of your settings has their own Early Help Consultant who will be able to support with Young Carers as well as Early Help Assessments and Team Around the Child.

If you are not certain who your Early Help Consultant is, please pop an email to youngcarers@lincolnshire.gov.uk

Young Carers Action Day

CARERS TRUST

Wednesday 12 March 2025

Give Me A Break!

Are you under 18 and looking after a family member because of illness, disability or addiction? Or does this sound like one of your friends?

Young carers have so much responsibility on their shoulders. They need a break from caring to have time for themselves - maybe for a hobby, or just hanging out with friends.

Help us **give young carers a break.**



Download our social media assets to get involved: carers.org/ycad #YoungCarersActionDay



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Young Carers Action Day

Young Carers Action Day 2025 is coming soon and this year's theme is "Give Me A Break", focusing on the importance of rest and respite for young carers.

Mark your calendars for Wednesday, 12th March 2025!

We would love to hear anything that you might be doing to raise awareness.

[Young Carers Action Day 2025: Resources](#)

RESOURCES

Lumi Nova App

We know that young carers may feel anxious or upset due to someone's poor health. Lumi Nova is a therapeutic game that helps children aged 7-12 self-manage worries and build resilience and is free for all Lincolnshire families.

[Lumi Nova: Tales of Courage](#)

Young Carers Challenge

Supports settings in the challenge to recognise children and young people who have a caring role. Free resources available at the link below.

[Young Carers Challenge – Young Carers in Schools](#)



Young Carer Lead Badge

Our Young Carers told us that it would really help them if they know who to talk to. These will help you be easily recognisable to students in your setting.

These badges are available via your Early Help Consultant. (There is no cost involved).

Workshop : Young Carers in substance misuse households

Thursday 13 March 2025

This online workshop will explore how children who live in households where someone misuses substances could be a Young Carer. The workshop will cover:

- Identification of young carers in substance misuse households
- Misconceptions about behaviours of young carers
- Case studies
- Best questions for practitioners to use

[Booking are via LCSP](#)

Additional Young Carers E-learning is available for all via Enable.

Young Carer sessions in schools:

We really want to hear from you!

To help us understand the support available across our county to Young Carers, we are really interested to hear from you about how you support Young Carers in your settings.

We will shortly be contacting all settings to find out what your Young Carer offer looks like, we want to know if you provide 1-1 support, if you have any Young Carer Groups or if you provide any other support to Young Carers – there's no right or wrong answer, you know your Young Carer needs better than anyone.

youngcarers@lincolnshire.gov.uk