

Young Carers: Our Plan on a Page

Purpose - To have clear actions of support for children and young people who have caring responsibilities in County Durham. Ensuring there are 'No Wrong Doors' for young carers and their families.

Caring for carers

Be Healthy!

- Help GP surgeries and other healthcare professionals to support young carers to look after their own health needs
- Help sports clubs to make sessions accessible as this is an important way young carers can stay healthy and reduce stress
- Link in with Wellbeing, Sport and Leisure partners to ensure offers and opportunities are promoted so young carers are aware of them

Be You!

- Promote the importance of young carers caring for themselves, as well as the person that they care for – share useful strategies to do this
- Schools and other professionals to help support young carers with their mental health
- Schools to **consistently** help provide direct support to young carers – they can do this by implementing the criteria set out in the Young Carers Charter which has been co-produced by young carers
- Schools to know who their young carers are and get permission to share this information during times of transition.

Be a Voice!

- Use awareness days/forums to connect young carers so that they know that they're not alone – provide opportunities for young carers of a similar age to get together
- Continue to deliver training to school staff and other professionals
- Continue to involve Young Carer Ambassadors in training and provide opportunities for them to deliver young carer assemblies in schools
- More regular meetings for Ambassadors on zoom, in person 'and during school holidays' where possible
- Provide more opportunities for Young Carer Ambassadors to meet other young carers to gather their ideas and views

Be Strong!

- Opportunities for different groups of young carers to meet – explore options for young carers across the county to meet
- Young Carers Discount Card – Enhance the discounts offered to make them more suitable for young carers and ensure a list of participating businesses and organisations is given when the card is allocated
- Promote careers events and focus on aspirations – link in with the North East Raising Aspiration Partnership

Be Safe!

- All young carers to be given emergency numbers and have an emergency plan created for them if they feel this is needed
- All young carers to be given the 'Staying Safe and Well' leaflet
- Opportunities for young carers to learn First Aid skills