

# 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.**

**Caring for carers**

## Be Healthy!

- Help GP surgeries and other healthcare professionals to support young carers through the Young Carers' Neighbourhood Charter
- Promote healthy eating and nutrition for positive wellbeing
- Free gym passes and swimming through DCC offers – ensure these offers 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

## 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
- All schools to have at least 1 member of staff as a young carer lead but to provide this support as a whole school approach
- More regular meetings for Ambassadors – on zoom or in person, where possible. More opportunities to meet with other young carers to get their ideas.

## Be Strong!

- Opportunities for different groups of young carers to meet – explore options for young carers across the county to meet
- Webpage for Carers Card to know what discounts are available, which can be regularly updated & include more young person friendly discounts
- 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