

What does our Service aim to do?

1. Raise awareness of our service with YC
2. To ensure our service is accessible to YC to hear their voice.
3. To raise awareness of the needs of YC in schools and the wider community
4. To work with schools and the wider community to identify YC so that they can access support

Definition of a Young Carer

“A young carer is a young person, under the age of 18, who has a caring responsibility. This is usually for a family member who has a disability, long term illness, mental illness (including depression, anxieties) or drug/alcohol substance misuse”. (Caring Together)

There are about 700,000 young carers in the UK. It has also been estimated that 1 in 5 households in the UK may contain a carer.

How do we hear the voice of Young Carer's?

Attend YC County Forum

Attend YC groups and events

Make sure Young Carers know how to access our service/ChatHealth (11-19 years).

Offer time for YC to be able to talk about their own health needs. Eg individual slots at a group

How does Norfolk HCP ensure the needs of YC's are considered?

Our HCP YC Champion makes sure staff are updated and support local events & groups

County meetings (Partnership Group & Steering Group) are attended.

Attend YC awareness raising events

Attend YC groups when invited

Help YC understand the health needs of those they care for.

How can we work together?

YC to help design service flyers and resources for display boards/themed drop in's in schools.

Suggestions how our HCP Locality Teams can raise awareness within schools?

- School Assemblies
- Poster Boards in school about the HCP service
- YC Themed topic in school/themed drop in
- Ensure schools fully understand role of HCP team
- Use promotional video how to identify a Young Carer/ What a YC is - “Out of the Woods” NHS

How can the HCP team identify YC ?

By being curious and asking the question

Letter sent to families moving into Norfolk

Transition to High School questionnaire

When we carry out assessments/ChatHealth

Working with the Whole Family

Raising Awareness

Website

Health Passport (16-19 years)

Suggestion Box in schools (discuss with schools) so YC can self-identify.