

How to access our support

For more information and regular service updates

derbyshirecarers.co.uk/daacss

To submit a referral on someone's behalf or make a self-referral to the Derbyshire Young Carers Service

derbyshirecarers.co.uk/registration-and-referral

Our Carer Helpline is open Monday to Friday 9am-5pm

01773 833 833

The Derbyshire All Age Carers Support Service is delivered by Derbyshire Carers Association on behalf of Derbyshire County Council and Derby and Derbyshire Integrated Care Board.

The new service has been designed to deliver the Derbyshire Carers Strategy ensuring Young Carers, Young Adult and Adult Carers have access to preventative, timely, appropriate and person centred support.



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Derbyshire Carers Association

3 Park Road, Ripley, Derbyshire
DE5 3EF

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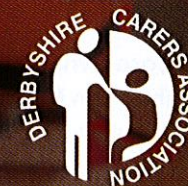
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Derbyshire All Age Carers Support Service

Derbyshire Young Carers

Children & young people aged 5-16

A Young Carer is someone who helps to care for a family member who has a physical disability, chronic illness, learning disability, mental illness or drug and alcohol addiction.



What Young Carers do

If you are a Young Carer you may be helping a family member or friend with tasks such as:

- Shopping
- Dressing
- Housework
- Bathing
- Preparing meals
- Listening
- Communication
- Paying bills
- Helping someone to feel OK
- Giving medication or treatments

You are not alone

You may sometimes feel sad, tired, guilty or maybe strong and confident. You may feel as though you are quite alone as it is not easy to meet others in the same situation.

You are not alone. There are hundreds of Young People living in Derbyshire helping to care. We are here to support you.

Any Young Carer who cares for a family member can talk to a support worker to see what help and support you and your family need.

Support

We are here to help. We will work out a plan of support that will best suit you and your family.

Support could include:

- Completing a Young Carers Assessment with you and your family
- 1 to 1 support sessions
- Family support and help
- Help with finances and accessing other services
- Social groups and activities
- Support in school
- Support in moving to college and training opportunities when leaving school
- Information / advice regarding plans for the future
- Careers support
- Befriending support to link you with other Young Carers
- Help going to hobbies and activities in your own area
- Support with emotions and understanding your family's situation

All our support links in with your needs and aims to make things easier for you as a family and a Young Carer.

Activities

Alongside our support programme, Young Carers may be offered activities after school and during the holidays.

These include activities such as:

- Sports activities
- Visits to local attractions
- Bowling / cinema
- Workshops – cooking, arts and crafts, music and wellbeing
- Swimming / hiking and orienteering
- Forest skills and camping adventures
- Meals out
- Family activities

