

I'm a Young Carer, what can I expect?

There's no one group of people that help young carers in Lincolnshire, everyone does. Here are the ways we will help support you when you need it:

Young Carer's Register

When you're recognised as a young carer, you'll be added to a register (a list of young carers in Lincolnshire). Don't worry—your info stays private unless you say it's okay to share.



Young Carers Groups

If you're aged 8–18 and help look after someone at home, there are groups just for you across Lincolnshire. These groups are a great way to:

- Make friends with other young carers
- Share your experiences
- Try out new activities and learn new skills
- Hang out in a safe, supportive place with people who get what it's like to be a young carer

"Making friends at group and having fun is the best thing!"



Lots of schools have young carer groups, but if you'd rather not join your school's group, you can go to one run by Lincolnshire County Council. There are also loads of fun activities during the holidays for ages 8–18, and even for "mini" young carers (5–8 years old). Plus, you can join all the HAF (Holiday Activities and Food) sessions in the school holidays—just ask your school for a voucher code to book.

Young Carers Card

This card lets doctors, nurses, and other professionals know you're a young carer, so they'll listen to your views when you go to appointments or hospital with the person you care for.



Young Carers Newsletter

Once a year we will email your parent (and you if you have an email address) to share with you what other young carers have been doing in Lincolnshire and remind you of what support is available to you.

Emergency Planning

Professionals can help you and your family plan what to do if the person you care for gets unwell.

Young Carers Champions



These are adults who listen to young carers and speak up for you. They work with schools, hospitals, GPs, and even the police.

Transition Conversation

When you turn 16, you'll get a "transition conversation"—a chat to help you get ready for changes as you get older, like going to college, uni, or work. It's about making sure you feel supported for adult life.

"Being with other young carers like me."

Getting help

If things get tough, a teacher or a Family Help worker might do an assessment with you and your family. They'll help you make a plan to make caring easier and support everyone at home. It's a chance to talk about how caring affects you and what would help.

"I love young carers. Group gives me time away from worrying about home."

Young Carers Facebook Group

There's a Facebook group just for young carers in Lincolnshire. You can connect, get advice, or see what others are doing. Want to join? Send a friend request to "Lincolnshire Young Carers."



Young Carers Survey

Once a year, there's a survey for all young carers, parents, and schools to help improve support and understand what's working (and what's not).

If you would like to get any of the support named in this leaflet please speak to an adult who supports you or email youngcarers@lincolnshire.gov.uk

