

YOUNG CARERS OFFER

Supporting Young Carers and Their Families in Lincolnshire

A Young Carer is a child or young person who helps to care for a family member with a physical or mental health condition, disability, or substance misuse issue. In Lincolnshire all services work together to offer a range of support to help young carers and their families thrive.

Young Carers Register

All local authorities are required by law to maintain a Young Carers Register. When a child is identified as a young carer, they are added to the register to ensure appropriate support is offered. Information is held securely and only shared with consent.

Young Carers Groups

Groups are available across Lincolnshire for children aged 5–18. These provide opportunities to build friendships, share experiences, learn new skills, and take part in enjoyable activities in a safe and supportive environment.

Groups are run in schools and by Lincolnshire County Council. During school holidays, additional activities are available, including access to HAF (Holiday Activities and Food) programmes. Schools can issue voucher codes to support bookings.

"The kids love coming to group. We were reluctant at first but the difference it's made to them is the reason they've been coming for 6 years."

– Lincolnshire parent

Young Carers Newsletter

An annual newsletter is sent to parents (and young carers with email addresses), sharing updates, stories, and reminders about available support.

Young Carers Card

This card helps medical professionals recognise and support young carers during appointments or hospital visits. It encourages professionals to listen to the child's views and involve them in discussions about the person they care for.



Emergency Planning

Professionals can support families to create emergency plans, including contact details, medication lists, and steps to take if the cared-for person becomes unwell or needs hospital care.

Young Carers Champions

These are designated professionals across children's services who advocate for young carers and work with schools, health services, and other agencies to ensure their voices are heard and their needs are met.

Young Carers Survey

An annual survey is distributed to schools, parents, and young carers to gather feedback, identify challenges, and improve support services.

Transition Conversation (Age 16+)

As young carers approach adulthood, they are offered a transition conversation. This helps plan for future goals—such as education, employment, or training—and ensures they feel supported during this important life stage.

Early Help Assessment (EHA) & Team Around the Family (TAF)

Where additional support is needed, professionals such as teachers or Family Help workers may initiate an Early Help Assessment. This collaborative process helps identify needs and develop a support plan. Referrals to other services such as Horizon, CAMHS, or Adult Services may be considered. A memorandum of agreement between Children's and Adult Services ensures co-ordinated support for families of young carers.

Young Carers Facebook Group

Lincolnshire Young Carers has a dedicated Facebook page where young carers can connect, access advice, and see what others have been doing. To join, search for Lincolnshire Young Carers and send a friend request.



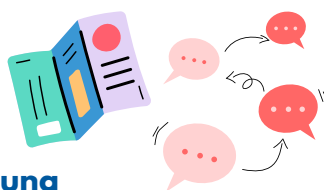
Support for Professionals with Young Carers

All agencies have a duty of care to identify and support the UK's Young Carers.

In 2025 research from the University of Nottingham and Action for Children estimated there are around 800,000 young carers aged 11-16 in England alone who help care for a family member with an illness or disability.

But figures show only 84,256 young carers under the age of 18 were registered, illustrating just how many children could be flying under the radar. We have a team of 13 TAF Consultants who can provide FREE training and support in helping professionals to identify and support Lincolnshire's Young Carers.

Professional newsletters



Professionals supporting young carers will receive a professionals newsletter 3 times per year with updates, changes and reminders. If you would like to sign up to these newsletters please email youngcarers@lincolnshire.gov.uk

Training

We have a free online elearning for all organisations available to complete on enable

<https://safeguardinglincolnshire.vc-enable.co.uk/Learn/Learning/All>

Or if you'd prefer we can email the elearning and resources for you to complete as an organisation in training or inset days. Alternatively we can create bespoke training for your organisation

1:1 Support



You may be working with a Young Carer but stuck on what to do next or need more information on what support may be available for them and their family. Our TAF Consultants are available to support you to think through what to do next.

Please contact TAFAdmin@lincolnshire.gov.uk Or speak to us on 01522 554040 Monday-Friday 9-5pm where someone will be able to support you.

Leaflets and promotional materials

There is a wide range of leaflets for families and promotional materials for schools, health colleagues and community buildings to download

<https://lincolnshirescp.trixonline.co.uk/resources/local-resources>

YC Welcome packs for schools

We have a plethora of resources including PSHE materials and assemblies to help schools to identify and support Young Carers.

Workshops

We have a series of YC workshops in place called 'lunch and learn' which is a space for all organisations to come together and learn about topics related to Young Carers such as 'inappropriate care' and 'emergency planning'.

How Access Support

For more information or if you are working with a child or young person who may be a young carer, please contact us directly at:

✉ youngcarers@lincolnshire.gov.uk

