

CALLING



ALL



YOUNG
CARERS



IN RUTLAND



Rutland County Council works with Young Carers who live or attend school in Rutland. Providing various support including a safe place where young people are able to meet monthly and take part in a range of fun activities and opportunities.

National Stats and Impact on Children and Young People

According to the most recent census (Office for National Statistics, 2011), there are almost 166,000 young carers (aged 5-17) in England, this may however be hugely underestimated as many go unnoticed. Young carers undertake a wide range of caring roles and responsibilities, including emotional support, personal care, housework and household budgeting. While research has found that a caring role can be positive, there is strong evidence that there can be a negative impact on the young carer which can include problems with their health, social activity, difficulties at school and educational which can then lead to problems with employment opportunities. As such, children who live with and care for parents, siblings or other family members who are ill or disabled may require support in their capacity as children and or as young carers.

Rutland Statistics

There are, on average, two young carers in every classroom in every school in the UK (Action for Carers). One of those carers will be having difficulties in their education because of their home situation. With 22 schools in Rutland, there will be over 300 young carers in primary education and over 200 in secondary education. In Rutland we currently support approximately 60 young carers. We provide a range of support opportunities for young carers of all ages.

Young Carer's Assessment

You are entitled to a Young Carer's assessment if you're 18 years old or younger though Rutland's Early Help Service. In order for you to access our Young Carer's groups, will need to have completed a Young Carer's Assessment which will be organised by a member from our team. You can either contact us directly or use our online self-referral form.

If you and the person you look after both agree, we will look at what help we can give the person you look after. This can include:

- 👍 Equipment to help them move around the home, do day-to-day tasks and get out and about
- 👍 Someone to come in to help them wash and dress
- 👍 Help with cleaning and housework

We will also look at what you want and need outside home, for example:

- 👍 Help with school and college work
- 👍 Training to get a job
- 👍 Help to get a job
- 👍 Activities
- 👍 Spending time away from your caring responsibilities

After the assessment, we will give you a plan for the things we will help you with and we will regularly check your progress.



TOFU (Time Out For Us)

The TOFU group (Time Out For Us) supports children and young people between the ages of 11-18 who have caring responsibilities at home. The group provides opportunities to share experiences and support each other as well as having their own time.

The group brings together young people and focuses on the following:

- 👍 A place where young people can talk and develop peer support
- 👍 A break from caring roles at home
- 👍 Support to be able to do the things you want to do
- 👍 To be able to develop further services and support for other young carers in Rutland

Other things we do include:

- 👍 Trips out
- 👍 Get support from each other
- 👍 Outdoor activities
- 👍 Films and pizza nights
- 👍 BBQs and trips out and about



“ I would recommend joining young carer groups so that you can socialise with other people that understand you and find ways of preventing your situation from taking over or stopping you from having independence. ”

“ I think as a young carer you can choose whether you let your situation suppress you or let it teach you how to better value the positive things in life. If you allow it to become your life you stop thinking about your future. You should use the experience to support you in the choices you make. ”

Little Stars

Little Stars

Supports young carers and birth children of foster carers. The group provides opportunities to share experiences and support each other as well as simply having their own time. The group runs once a month, costs just 1 pound and always includes an activity of the groups' choice. The group is open to children from 5-7 years old.

Young Stars

Young Stars

Supports young carers and birth children of foster carers. The group provide opportunities to share experiences and support each other as well as simply having their own time.

The groups run once a month with an activity of the groups choice and membership is open to children 8-12 years and costs just £1 per month.

“ I love the group because of the amazing staff and the effort they put into every evening. There's so much stuff we do, and it makes me look forward to every month.

We do things such as trips to the cinema, drawing, sports, Food and we also get drinks and snacks. ”

It's the best club I go to. If you join you won't EVER want to leave!



Young Carer's Fund

Our Young Carer's Fund is available to Young Carers we currently work with and people can access up to £50.

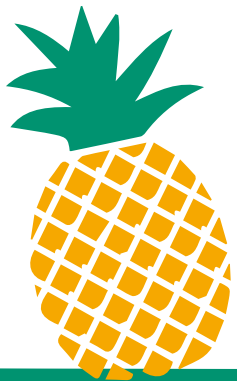
To be eligible to receive funding from the Young Carer's Fund you must meet all of the following requirements:

- 👍 Be a young carer and have a caring roll at home
- 👍 Aged 5 to 19 (up to 25 with SEND or a Disability)
- 👍 You must live in Rutland or go to School in Rutland

How can the funds be used?

The funds can be used to pay for anything that you think will improve things for you at home or school. There are no restrictions on how the funding can be used as long as it supports young carers to learn and develop or take part in social activities.

The project aims to ensure that young carers are happy, successful, healthy and safe.



Be a Pineapple
(ask us why)



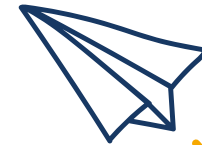
Young Carer's Discount Card

As a Young Carer who currently receives support or accesses one of our Young Carer's groups... **TOFU, Young Stars or Little Stars**, you are eligible to receive a discount on local services in Rutland.

This card will provide you with a discount at a range of shops and providers in Rutland.

Once you have completed our membership form we will keep all of your current information on file.

Don't worry
it doesn't really
look like this...



BELIEVE

IN

YOURSELF

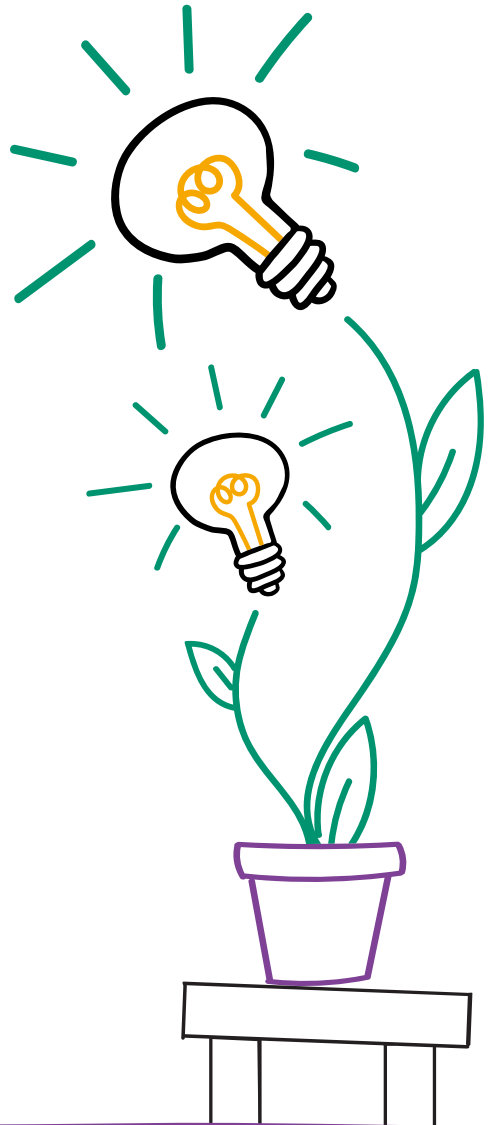
For more information regarding support for Young Carers in Rutland you can phone us or email...



Contact Us



01572 758493
youngcarers@rutland.gov.uk



Early Help
Catmose House
Oakham LE15 6HP

Your family, GP, teacher or anyone else working with you can contact us too (as long as you give them permission)