



We support around 80 young carers, offering lots of different opportunities for children and young carers of all ages.

### You are not alone

It's thought that there are almost 166,000 young carers aged between 5 and 17 living in England. However, there are likely to be many more who go unnoticed.

The bond between young carers and the people they look after is often incredibly strong, but we also know that caring for another person can be really demanding.

We're here to make sure that caring doesn't affect your school work, employment opportunities, your health or your ability to have fun with friends.

If you help a parent or family member who has an illness or a disability then we're here to help you.

### Find Out More

Please get in touch to find out more about our support for young carers in Rutland. You can do this over the phone or by email.

Tel: 01572 758493

Email: [youngcarers@rutland.gov.uk](mailto:youngcarers@rutland.gov.uk)



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[www.rutland.gov.uk/youngcarers](http://www.rutland.gov.uk/youngcarers)

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# Calling All Young Carers In Rutland

Find out where to go for:

● Advice ● Support ● Fun!



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## Support for Rutland's young carers

We're proud to support young carers who live in Rutland or go to school here. We do this by creating a safe place where young people can meet, spend time together and enjoy a range of fun activities and opportunities.

## How can I get help as a young carer?

### Young Carer's Assessment

If you're a young carer aged 19 or under, our Early Help Service can put together a plan to help you. They can also check in with you from time to time, to see how you're getting on. This all starts with something called a Young Carer's Assessment – so we can get to know a little more about you.

After you've completed your Young Carer's Assessment, you'll also be able to use our young carers groups. Someone from our team can organise the assessment for you, or you can go online and complete the form yourself.

If you and the person you look after both agree, we will look at what kind of help we can offer.

### This could include:

- Special equipment to help move around the home
- Help to get out and about or do daily tasks
- Help with cleaning and housework

We'll also look at what you want and need outside of home, for example:

- Help with school and college work
- Training and support to get a job

## Help and support for all ages



### Little Stars 5-7 years

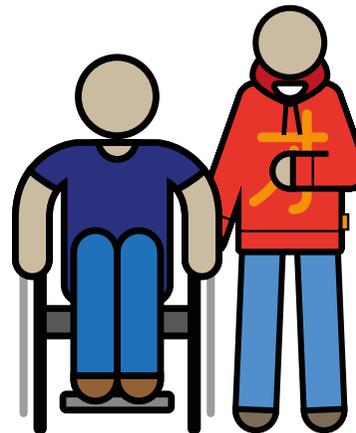
Little Stars is for siblings of children who have special educational needs or disabilities, as well as young carers and birth children of foster carers. The group is for children aged between 5 and 7 years. It provides them with opportunities to share experiences and support each other, as well as giving them their own time. The group meets once a month and always includes an activity that is chosen by the members.



### Young Stars 8-12 years

Young Stars is for slightly older siblings of children with special educational needs or disabilities, young carers and birth children of foster carers. Again, it's a group where children can meet and share their experiences.

Young Stars is for children aged between 8 and 12. It meets once a month, with some costs that can vary depending on the activities that are taking place. Children get the chance to choose and plan the activities themselves, so it's very much their group.



### TOFU - Time Out for Us 11-19 years

The TOFU group (Time Out For Us) supports children and young people aged between 11 and 19 who have care responsibilities at home. TOFU offers young people a break from their caring role. They can also talk to our team about getting any help they may need to do the things they want to do. Regular activities can include trips, outdoor activities, movie and pizza nights and BBQs.

### Young Carers' Fund

**If you're a young carer, you could get a grant of up to £50 through our Young Carers' Fund.**

### How can the funds be used?

This money can be used to pay for anything that would improve things for you at home or school. There are no restrictions on how the funding can be used, so long as it helps you to learn and develop, or take part in social activities. The fund aims to make sure that our young carers are happy, successful, healthy and safe.

### All of these groups bring children and young people together to:

- Talk openly, share and meet friends with similar experiences
- Provide a break from caring roles at home
- Do the things that young carers want to
- Help us improve our support for other young carers in Rutland

**Once a year, each group also gets to enjoy a residential trip - normally the highlight of the year!**