

NEWSLETTER

Young Carers January - March
2026

Meet the Team!



Kate

Young Carers Team Lead



Cara

Young Carers in School
Lead (Mat Leave)



Kiersten

Young Carers in School
Lead



Claire

Breaks & Activities
Worker



Helen

Family Support Worker



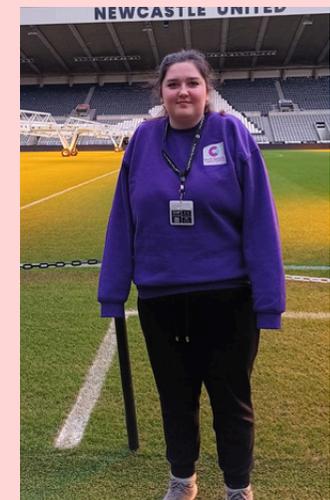
Michelle

Family Support Worker



Angela

Young Adult Carers Worker



Amy

Sessional Worker

Young Adult Carers



We are hosting a trip to Jump 360 on Tuesday 10 March, 5:30 pm–7:00 pm.

Carers who are signed up to the project have been invited to attend.

We hope everyone who joins us has a fun and carefree time.

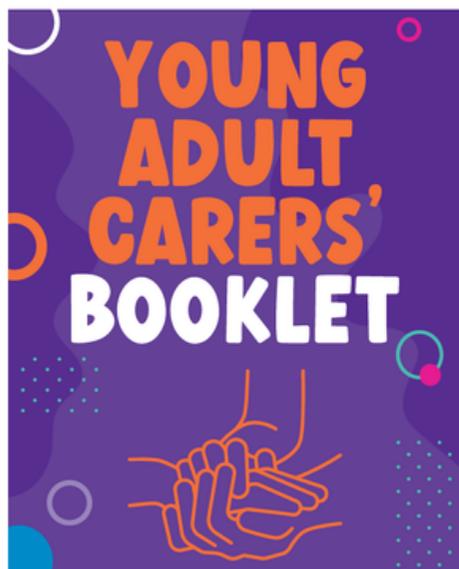


Young Adult Carers

We have created a guide for Young Adult Carers.

We will be sharing this with carers who are accessing our service, and on our website for all carers, families and professionals to use as an aid for information, advice and guidance.

We hope carers find the information useful and helpful.



YOUNG CARERS TRANSITION ASSESSMENT (16-18 YEARS OLD)

Transition Assessments follow on from a Young Carers Needs Assessment, which you may have completed in school or with a professional before the age of 16. This is an official assessment under North Tyneside Council.

This assessment was created by young people who have caring responsibilities. It is designed to be easy to understand and to reflect what might be happening in a young person's life between the ages of 16 and 18. You should be offered help to complete the assessment from someone you trust.

We'll help you:

- Get ready for work, college, or further training
- Plan for living more independently
- Look after your wellbeing, health, and social life
- Make sure you still get the right support

Contact us for more information or speak to a trusted adult who can help you to make contact.

Young Carers Transition Assessment

Thank you to the group of Young Carers for all their hard work in developing these documents.

ADULT CARER ASSESSMENTS (18+ YEARS)

What it is

A carer's assessment (often called a Carers' Wellbeing Assessment) is a statutory assessment under the Care Act 2014.

It's designed to look at how caring affects your life, including health, education, work, relationships, well-being, and future aspirations.

You are entitled to this assessment, no matter how much care you provide. A carer's assessment looks at your needs as a carer, not the person you care for.

What happens

You'll be asked about your caring role, how it affects your daily life, and what support might help.

The assessment will consider:

- How caring for someone affects you
- Whether your role impacts your health or well-being
- Impacts on work, study or training
- Your ability to maintain social and family life

If eligible needs are identified, options include information/advice, community resources, respite care or a personal budget for support.

How to get one

Use 'My Care North Tyneside' online to self-refer or request an assessment.

If you can't use the online form, you can call North Tyneside Council - Adult Social Care (Gateway) at 0191 643 2777

North Tyneside Carers' Centre can also support. Get in touch for more information.



GENERAL PRACTICE (GP)

HOW TO REGISTER & CONTACT A DOCTOR

What a GP is

A GP surgery is your local doctor's office - they help with things like illness, vaccinations, referrals to specialists, prescriptions, and general health questions.

How to Register

You need to be registered with a GP to book most appointments. Use the NHS website to find a local GP surgery: Search by your postcode to see surgeries in North Tyneside and check which ones are accepting new patients.

1. Register online: Many GP surgeries let you register online through the NHS website or via the NHS App. You don't need ID, proof of address, or an NHS number.

2. Once registered:

- You can book appointments by phone, in person, or sometimes online through the NHS App.
- Some practices also offer evening and weekend appointment options or online consultations through apps like Livi (check with your practice).

NHS App

This makes it easy to book GP appointments and view your records.

Important Contact Numbers

- **NHS 111:** Call 111 (free) for health advice and help when it's not an emergency.
- **999:** Only for life-threatening emergencies (e.g., severe bleeding, chest pain, unconsciousness).

TIPS FOR YOUNG PEOPLE

If it's your first time registering, try applying online through NHS Services — it's often the fastest way! If a surgery won't take new patients, try another one or use the NHS Service Finder to locate alternatives.

Ask a trusted adult or contact us if you require support.

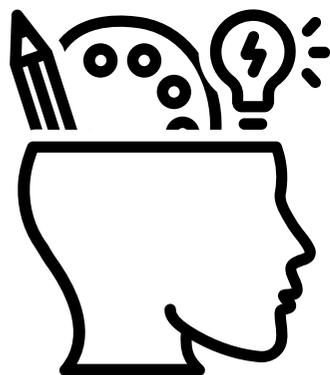
Young Adult Carers

Sadly, funding for our Young Adult Carer (YAC) project will come to an end on 31 March. As a result Angela's role will no longer be funded, and she will be leaving our service.

Angela is a deeply valued member of our team, and the feedback we've received from carers makes it clear just how much her warmth, commitment, and support have meant. Her absence will be felt across the service. We truly hope this is a see you soon rather than a final goodbye.

Our management team are actively exploring new funding opportunities, and we will share any updates as soon as we have more information.

If you would like support or wish to discuss any concerns, please contact us via our direct mailbox:



FINANCE



Young Carers' Forum

Young Carers Forum have been meeting monthly to voice their thoughts, ideas and advocate for carers.

All forum minutes can be found here:

<https://www.northtynesidecarers.org.uk/young-carers/young-carer-forum/>



Some recent discussions have been:

Website Improvements
Young Carers Paperwork
Breaks and Activities
Communication
Carers Week
Staffing
Creating Social Media Content



Thank you to the members who continue to dedicate their time to supporting our service.

If you would like to be involved, let us know!

Next Forum session: Monday 13th April 2026

4:30 pm - 6:00 pm

**Floor 2, Wallsend Community Hub and Library, Wallsend
NE28 8JR**



Family Support



Michelle and Helen are our Family Support Workers, and they play a central role in reducing the impact of caring on every young carer referred to our service. Through assessment, information-gathering, and close work with professionals and partner services, they ensure each family receives support that is tailored to their individual circumstances. This includes creating a personalised action plan that sets out clear, targeted interventions to meet the needs of the young carer and their family.

Most of their time is spent supporting young carers and families across North Tyneside in school and community settings. Alongside this direct work, they also contribute to developing and improving our services. By listening to families, gathering feedback, and sharing insights, they help shape positive changes and strengthen the pathway of support available to all young carers.

We currently have a temporary hold on new referrals to our service. This is not the position we want to be in, as we know how important timely support is for young carers and their families. However, we must ensure we can provide meaningful support to those already on our waiting list and to the young carers who are actively engaged with our service.

We are reviewing our capacity regularly and are committed to reopening referrals at the earliest opportunity. Our priority is to maintain a high-quality, responsive service that meets the needs of young carers across North Tyneside.



Breaks & Activities

Breaks and Activities sessions give young people the chance to meet others with a caring role, reduce feelings of isolation, and build confidence.

All carers accessing our service are supported by a Family Support Worker, who will work with the family to create an action plan aimed at reducing any inappropriate or excessive caring responsibilities.

Whilst we would like to offer this part of the service to all, it is not always possible.

Some reasons for this may include:

- The child already attends hobbies, clubs, or activities outside of school.
- The child does not wish to attend group sessions.
- The child has a condition or disability that may impact their ability to participate safely in a group setting. This may include conditions that mirror the needs of the person other members care for, which could be triggering or distressing for them.

While we work hard to be an open and inclusive service, we also have a responsibility to ensure a safe environment for all young people who attend.

Code of Conduct

We have a Code of Conduct for both staff and families when accessing our service. Please ensure you are familiar with our expectations and terms of engagement.



Breaks & Activities



Recently, we have welcomed many new members to our Breaks and Activities service.

We know how important it is for young carers to have time away from their caring responsibilities, meet others in similar situations, and build confidence and new skills.

Our staff work hard each week to create a warm, friendly environment and to offer the best experiences we can.

Breaks & Activities

Young carers accessing our Breaks & Activities service have recently enjoyed a wide variety of fun and creative sessions. These have included slime making, bingo, a music quiz, and chocolate crispy cakes to celebrate Chocolate day, as well as sea glass art and board games.

Each activity has offered young carers a chance to relax, try something new, and spend time with others who share similar experiences.

During Half Term, we also teamed up with The Wildside for an outdoor Forest School experience, allowing young carers to explore nature, build confidence, and enjoy time away from their caring responsibilities.

They made their own spinning tops, beaded bracelets and pancakes, many learning how to create their own fires.

We are grateful to North Tyneside HAF for supporting these sessions and helping us provide such valuable opportunities.

Future activity plans include painting, going to Northumberland Park and The Rising Sun for some Den Building.

Our group sessions are shared within our WhatsApp group, which is open to parents/guardians of members.



Young Carer Action Day

Young Carers Action Day is an annual event organised and led by Carers Trust.

The aim is to encourage as many organisations, communities and individuals as possible to take part in the day by taking action, supporting and raising awareness of young carers.

This year it takes place on Wednesday, 11 March.

The theme for Young Carers Action Day 2026 is 'Fair Futures for Young Carers', a call to ensure every young carer has the same chances to learn, grow and thrive as their peers.





YOUNG CARERS ACTION DAY 2026 Whole Family Event

Wednesday 11th March 2026

Howdon Community Hub
Denbigh Avenue, NE28 0PP
3:30 pm - 5:30 pm

We are hosting a network drop-in event to celebrate and raise awareness of Young Carers Action Day 2026.

The event will bring together organisations from across the borough who provide a wide range of local youth services, offering an opportunity to connect, share information, and support young carers.

You do not need to book in advance – just turn up on the day.

School Work

We work closely with professionals to help them identify, assess, and support young carers within education settings. Our Young Carers in Schools staff, Kiersten and Cara, have been supporting schools to develop a carer-friendly environment where young people feel recognised and understood.

Many of the schools involved in our programme now have trained staff in place, are completing assessments, and are offering tailored support packages. Several schools have also established their own young carers groups, creating safe spaces for young people to connect and share experiences.

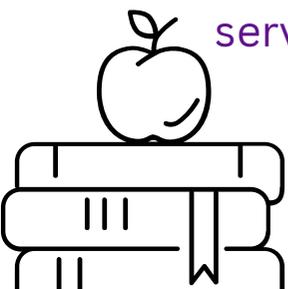
We want all schools to adopt this inclusive, warm, and responsive approach so that every young carer feels safe, supported, and valued.

We encourage schools to reach out to us for guidance and to build a partnership that delivers meaningful support for young carers. Working together ensures that carers are identified early and that their needs are met in a timely and effective way.

Young Carers Champions—the professionals leading support within each school—are invited to attend our quarterly network meetings. These sessions include training, updates, shared information, and examples of best practice to strengthen support across the area.

Education, opportunities, and aspirations are important for every child. We want all professionals to understand the impact of caring responsibilities and to help young carers access the same opportunities to grow, achieve, and thrive as their peers.

Team Lead, Kate, regularly attends meetings held by North Tyneside Council and across Health and Social care to ensure we can feed into concerns, identify individual carers who need support and build partnership relationships with services to safeguard and protect families.



Health and Social Care

GP Practices and Primary Care

Networks First point of contact for health concerns, advice, and referrals to specialist services.

Adult Social Care Gateway

Support for adults with care needs, including carers aged 18+. This may include assessments, practical support, and signposting.

Public Health Services

Support with healthy lifestyles, substance misuse, smoking cessation, and community wellbeing.

Family and Early Help Support

Early Help Services

Support for families experiencing challenges such as routines, behaviour, school attendance, or emotional wellbeing. Early Help works with families to prevent issues from escalating and to strengthen family relationships.

Children's Services Front Door

The single point of contact for raising concerns about a child's safety or welfare. Families and professionals can seek advice or make a referral.

Family Hubs

Local hubs offering parenting support, activities, drop-ins, and links to wider services. They provide a welcoming space for families to access help in their community.

Emotional Wellbeing and Mental Health

CAMHS (Child and Adolescent Mental Health Services)

Assessment and support for young people with moderate to severe mental health needs.

NHS Crisis Services

If you, or someone you know, of any age is experiencing a mental health crisis, you can now call NHS 111 and select option 2 for urgent mental health support. NHS 111 is available 24/7.

Kooth (Online)

support for young people aged 11-25
Young people can chat in confidence with qualified counsellors, who are online from 12noon-10pm on weekdays and from 6pm-10pm on weekends.

Talking Therapies

You can access the [North Tyneside Talking Therapies](#) service yourself – you do not need to speak to your GP first.

Safeguarding and Protection

North Tyneside Safeguarding Children Partnership

Multi-agency work to protect children from harm and ensure their safety.

Safeguarding Adults Board

Oversight of adult safeguarding across the borough, ensuring adults at risk are protected.

Police 999/ 111 (non-emergency)

For concerns about immediate risk or safety.

Fun Zone

Chocolate Crispy Cakes

150g milk chocolate
broken up
100g butter
4 tbsp golden syrup
100g puffed rice/cereal

To decorate

50g milk chocolate (melted)
sprinkles
mini marshmallows, Smarties, dried fruit or alternative toppings



What did one pencil say to the other?

"You're looking sharp!"

***Why can't you hear
a pterodactyl in the
bathroom?***

***Because it has a
silent pee.***

***Why did the student
sit on the clock?***

***They wanted to be
on time.***

The past, present and future walked into a bar. It was tense.

Dogs

S K P H L I A T Y G J M Q E
E R C F W S B X D N U O H Z
V Q L I O K G A J T B K Y D
P A W N R U H M R S C P L O
F Y E M G T Z B N K P J X G
N B S A Q J W O L U I D C M
H D U P I C R N P Q F N B A
T L O B Z A D E S J Y H G I
Q M H X L N F H O W L T E P
K J G L D I Y C B Z P S R U
L P O V H N Q A X E M G W T
A C D S P E L U F L A D Y J
W X Q I M L K Z I H R V O N
U L A T Y G E B D P T C F S



ball
barking
beg
Bolt
bone
canine
collar

dog
doghouse
growl
hound
howl
Lady
paw

pet
puppy
sit
tail
Tramp
trick
walk

