

YOUNG ADULT CARERS' BOOKLET



North Tyneside
Carers' Centre



North Tyneside Carers' Centre

A key charity supporting carers of all ages in North Tyneside, including young carers and young adult carers.

What we offer:

- Support for young adult carers as you transition into adulthood.
- Managing your caring role
- Emotional & practical support
- Peer support activities to build confidence and reduce isolation.
- Life skills workshops and groups such as budgeting and money management, cooking and nutrition, time management and organisation.

We will help you access the right support at the right time.

YOUNG ADULT CARERS

Young adult carers are people aged 18–25 who provide regular, unpaid care to a family member or friend who has a disability, chronic illness, mental health condition, substance-use issue, or is elderly.

Some of the things caring can involve:

- Personal care (washing, dressing, medication)
- Emotional support and supervision
- Household tasks (cooking, cleaning, shopping)
- Managing appointments, finances, or translation/advocacy.
- Caring for siblings or parents

Common challenges:

- Balancing care with education, work, and social life
- Stress, anxiety, or low mood
- Financial pressure
- Interrupted study or limited career options
- Feeling isolated or not recognised as a carer

Strengths and positives:

- Strong sense of responsibility and empathy
- Practical life skills
- Resilience and problem-solving abilities

Support that can help:

- Carer assessments (to identify needs and support)
- Flexible study/work arrangements
- Financial help (grants, allowances)
- Well-being support and counselling
- Peer support groups and a break from your role.

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

www.northtyneside.gov.uk



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.



EMERGENCY SERVICES

Call 999 if you are reporting a crime that is in progress
or if someone is in immediate danger

Emergency Services	Contact Number
Police	999 / 112
Police non-emergency	101
Ambulance	999 / 112
Non-emergency medical	111 option 2 for mental health support

Emergency Numbers North Tyneside Council	
North Tyneside Council Emergency Response	Welfare Assistance team provides local welfare provision (food, energy, and housing support). <ul style="list-style-type: none">• 0191 643 2777 (office hours)• 0330 333 7475 (evenings & weekends)
North Tyneside Council's Children's Social Services (MASH)	<ul style="list-style-type: none">• 0345 2000 109 (day)• 0330 333 7475 (out-of-hours)
Adult Social Care, Gateway Team (office hours)	<ul style="list-style-type: none">• 0191 643 2777



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

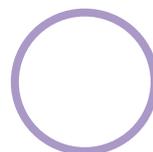
- **NHS 111:** Call 111 (free) for health advice and help when it's not an emergency.
- **999:** Only for life-threatening emergencies (e.g., severe bleeding, chest pain, unconsciousness).

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.





DENTIST

HOW TO FIND & REGISTER WITH A DENTIST (NHS OR PRIVATE)

For young carers or children in North Tyneside who need to see a dentist.

Use the NHS 'Find a Dentist' tool

The official NHS website lets you search for local dentists and check whether they are taking NHS patients. You can enter your postcode to get practices close to you:

Go to 'NHS Find a Dentist' on NHS.uk and enter your postcode to browse providers and contact details.

Tips:

- Dentists don't always advertise NHS availability online — you often need to call them directly to check if they're currently accepting new NHS patients.
- You may be put on a waiting list, if they aren't currently registering new patients.

NHS dental care normally has set charges, and practices decide whether they'll take on new NHS patients.

You may not have to pay if you're:

- under 18 (or under 19 in full-time education)
- pregnant or recent birth
- on certain low-income benefits
- have an NHS certificate (HC2/HC3) for help with dental costs

Emergency or Urgent Dental Needs

If you can't find a dentist and you have urgent symptoms (severe pain, swelling, bleeding), contact NHS 111, and they can help guide you.

Waiting List Strategy

Some practices offer waiting lists even if you are not currently registered — ask to be added.



APPOINTMENTS

Appointments for your cared-for person

Going to a GP appointment

You can:

- Go with the person you care for
- Sit in the waiting room
- Go into the appointment if they agree
- Help explain symptoms
- Help remember what the doctor says

The GP might:

- Ask to speak to the patient alone (this is normal)
- Check if the patient is happy for you to stay

You can ask staff to note that you are a young carer on the patient's record.

Going to the hospital

In an emergency

- Call 999 if it's serious or life-threatening
- You may be able to go in the ambulance if the staff say it's okay

At A&E or hospital appointments

You can:

- Go with the person
- Sit with them
- Help explain what's wrong
- Help with practical things (bags, forms, communication)

You are not responsible for medical decisions. If you feel overwhelmed, you can say:

"I'm a carer, and I need some help."



TRAVEL & TRANSPORT SUPPORT

Nexus Companion Card: Allows a carer or companion to travel free of charge with someone who needs help on buses and the Metro in Tyne & Wear once the cared-for person has a concessionary travel pass.

Nexus Bridge Card: Helps staff recognise that someone needs extra assistance when using public transport; can support easier journeys.

National Express Disabled Coach Card: Offers nationwide discounts on National Express services if the person you care for qualifies.

Nexus POP Card

Under 16 Pop Card

Cheaper child concessionary fares (60p/£1.10) until age 16.

16–21

Pop Blue
Discounted PAYG fares on Metro & buses.

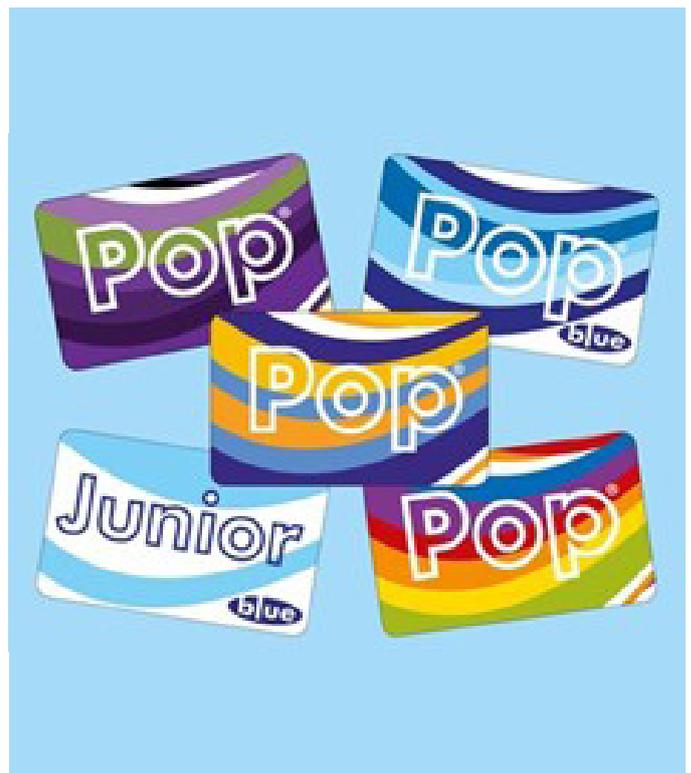
16–19 (in study)

Network One Student/Young People Ticket

Wider travel options, but a separate scheme.

21+

Standard Pop PAYG No age concession — pays adult fares.



SEXUAL HEALTH SERVICES

One to One Centre (Sexual Health service) – This is the main free NHS sexual health clinic for anyone aged 13+ in North Tyneside.

Services include:

- STI screening & treatment (chlamydia, gonorrhoea, HIV, etc.)
- Free contraception & advice (condoms, pills, implants, coils)
- Emergency contraception (Morning After Pill)
- C-Card registration and supplies (for condoms and lubricant)
- Pregnancy testing & support
- PrEP/PEP and HIV testing
- Confidential support and counselling

Appointments are free and confidential — you can call to book or check opening times.

Currently, the service is being delivered from Ward 9, North Tyneside General Hospital. Call 0344 728 0554 to make an appointment or get more details.

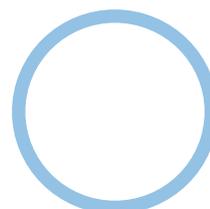
The C Card Scheme

C-Card stands for Condom Card. It is a free and confidential service offering condoms to young people aged 13-24, regardless of gender or sexuality.

C-Card is available at a variety of venues across North Tyneside and Northumberland, and online to those aged 16 and over.

You do not need to be sexually active to access C-Card.

www.northumbria.nhs.uk/our-services/sexual-health-services/c-cards



PHYSICAL WELLBEING

Start small

- A 5 to 10-minute walk
- One stretch when you wake up
- Drinking one extra glass of water a day
- Small habits are easier to stick to - and they add up!

Move in ways you enjoy

Exercise doesn't have to mean the gym

- Walking with music or podcasts
- Dancing in your room
- Yoga, swimming, cycling, or active games

Build routines around what you already do.

Link new habits to existing ones:

- Stretch while waiting for the kettle to boil
- Go for a short walk after meals
- Do a few exercises before bed

Look after your sleep

Sleep is a big part of physical well-being.

- Try to go to bed and wake up at similar times
- Put your phone away 30 minutes before sleep
- Create a calm bedtime routine (music, reading, breathing)

Fuel your body

You don't need "perfect" meals:

- Eat regularly, even if it's simple
- Add fruit or veg where you can
- Stay hydrated — keep a water bottle nearby

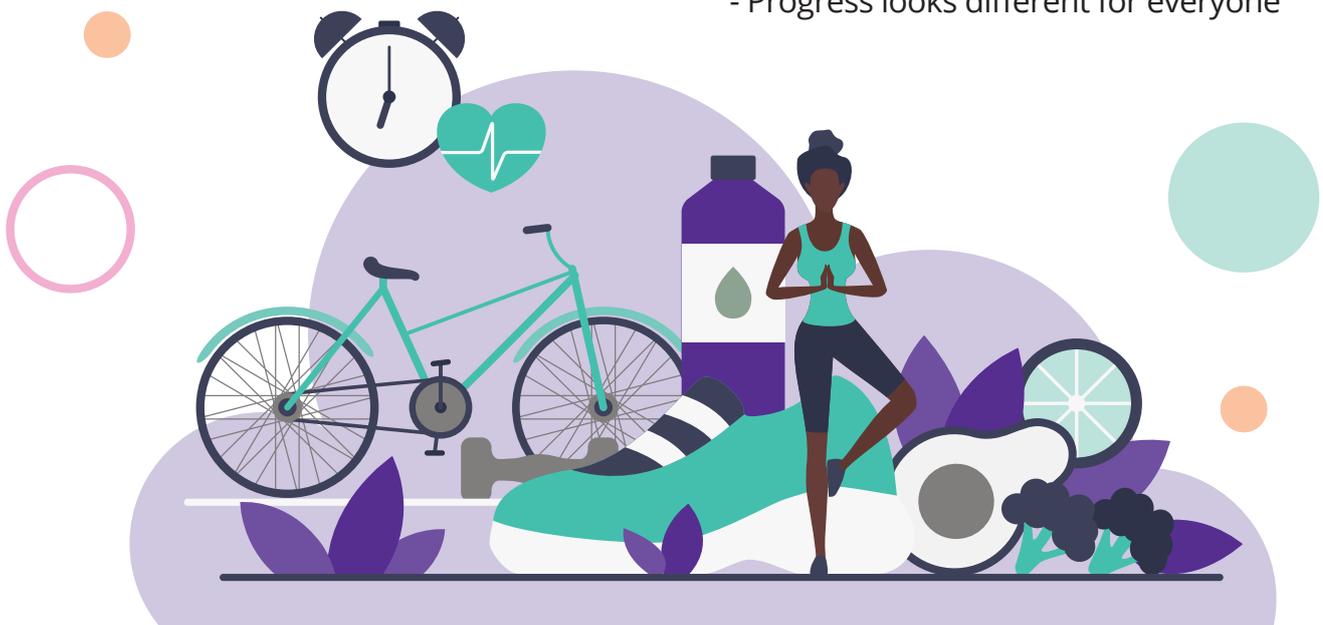
Listen to your body

- Rest when you're tired
- Don't push through pain or exhaustion
- Some days will be harder — that's okay

Be kind to yourself

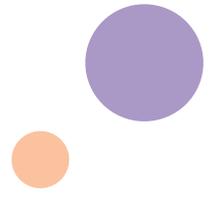
Missing a day doesn't mean you've failed.

- Just start again tomorrow
- Celebrate effort, not perfection
- Progress looks different for everyone





MENTAL HEALTH



Mental Health is about how we think, feel, and cope with daily life. It affects mood, stress levels, relationships, and decision-making.

Good mental health doesn't mean feeling happy all the time—it means being able to manage emotions, handle challenges, and ask for support when needed.

Mental health can change over time, and looking after it may include rest, connection, healthy routines, and professional help when things feel overwhelming.

Common types:

- Depression: persistent sadness, low energy, loss of interest.
- Anxiety disorders: excessive worry, panic attacks, phobias.
- Bipolar disorder: extreme mood swings (highs and lows).
- Eating disorders: unhealthy eating habits and body image issues.
- Schizophrenia and psychosis: difficulties distinguishing reality from thoughts.

Signs:

- Changes in mood, sleep, or appetite
- Difficulty coping with daily life
- Withdrawal from social activities
- Confusion, fear, or extreme worry

Practical tips for supporting mental health:

- Stay connected: Talk to people you trust and don't isolate when things feel hard.
- Look after basics: Regular sleep, food, and movement make a real difference.
- Notice stress early: Pay attention to changes in mood, energy, or motivation.
- Be kind to yourself: Replace harsh self-talk with more realistic, compassionate thoughts.
- Take breaks: Rest isn't a reward, it's part of staying well.
- Express feelings: Writing, talking, or creative outlets help process emotions.
- Ask for help: Reaching out to friends, family, or professionals is a strength.
- Limit overload: Set boundaries with work, study, and social media when needed.

Support & Treatment:

- Therapy (CBT, counselling, family therapy)
- Medication when needed

Support groups and helplines UK resources:

NHS mental health services (via GP)
Mind: mind.org.uk
Samaritans: 116 123

ADDICTION

Addiction is when a person feels unable to stop using a substance or doing something, even if it harms their body, mind, or life.

This can include drugs, alcohol, gambling, gaming, or social media. Addiction affects the brain, making it hard to control impulses and creating strong cravings.

Signs of addiction:

- Spending a lot of time using a substance or activity
- Neglecting school, hobbies, or friendships
- Mood changes, irritability, or anxiety when not using
- Risky behaviours or trouble with rules or the law

Why does it happen?

- Experimentation and peer pressure
- Stress, anxiety, or difficult emotions
- Genetics and brain chemistry

How to get help:

- Talk to someone you trust: parent, teacher, or school counsellor
- NHS or council services for substance misuse

North Tyneside Recovery Partnership (NTRP)

Core drug and alcohol support for North Tyneside residents — all ages, all substances.

T: 0191 640 0180

E: NTRP_Admin@cntw.nhs.uk

PROPS North East

Support for families and carers affected by someone's drug or alcohol use, including emotional, practical and peer support

T: 0191 226 3440

W: www.props.org.uk

Helplines for immediate advice:

FRANK (Drugs): T: 0300 123 6600

Drinkline (Alcohol): T: 0300 123 1110

SLEEP

Sometimes sleep issues are linked with stress, anxiety, or other mental health factors — speaking to a counsellor or therapist can help.

Sleep Hygiene Tips (NHS Advice)

Simple changes can help:

- Keep a regular sleep schedule.
- Avoid caffeine/alcohol before bed.
- Wind down with relaxing activities.
- Try to make your bedroom dark, calm, and comfortable.

If sleep problems persist for more than a month and affect your daily life, see your GP.

When to See Your GP

- You have persistent trouble falling or staying asleep.
- Sleep issues affect your mood, energy, or daily functioning.
- You suspect a sleep disorder like sleep apnoea (e.g. loud snoring, gasping for air at night).
- Your GP can explore causes, offer treatment options, or refer you to specialists.

How can I help myself



EXAMS

Exams can be an important part of a young person's education, helping to measure knowledge, skills, and progress. However, they can also bring pressure and stress, which is normal but sometimes overwhelming.

What is Exam Stress?

- Exam stress refers to the mental and physical tension caused by the pressure to perform well.
- It can affect sleep, concentration, mood, and health if not managed.

Common Signs:

- Feeling anxious, irritable, or overwhelmed
- Difficulty sleeping or poor appetite
- Headaches, stomach upset, or fatigue
- Trouble concentrating or remembering information

Tips to Manage Exam Stress

- Plan and Organise: Make a realistic revision schedule with breaks.
- Take Care of Your Body: Eat well, stay hydrated, exercise, and get enough sleep.
- Relaxation Techniques: Try deep breathing, meditation, or mindfulness.
- Practice Past Papers: Familiarity can reduce anxiety.
- Talk About It: Consider speaking to teachers, friends, or family for support.
- Limit Negative Thinking: Focus on effort, not perfection.

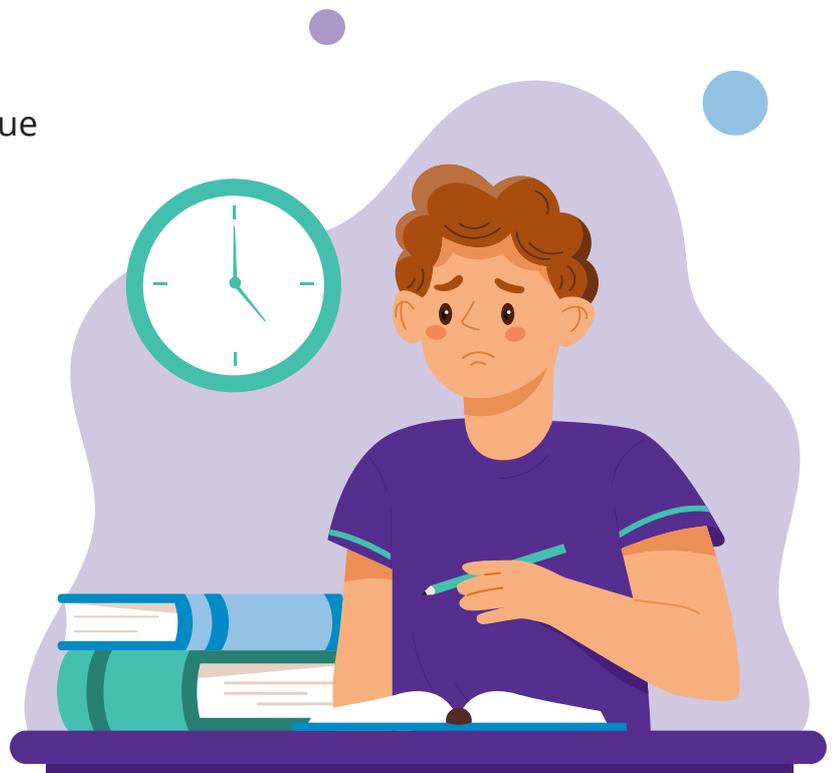
Support Resources

YoungMinds – [youngminds.org.uk](https://www.youngminds.org.uk) – advice for young people experiencing stress and anxiety.

Mind – [mind.org.uk](https://www.mind.org.uk) – practical tips for stress management.

NHS – [nhs.uk/stress](https://www.nhs.uk/stress) – stress self-help guidance.

If you're struggling or noticing changes in your mental health or wellbeing, talk to us — you're not alone, and help is available.





THOUGHTS

What are some common causes of your stressful thoughts?

A large, hand-drawn rectangular frame with a black outline. At each of the four corners, there is a white rectangular tab with a scalloped, torn-edge border, suggesting the frame is a piece of paper or a card to be placed in a notebook.

BUDGETING

Budgeting helps you track your income and expenses, enabling you to make informed financial decisions and achieve your financial goals. Every person is in a different position, so try not to compare yourself and simply focus on what you can do.

Example Monthly Cost

- Rent & bills £300-£600+
- Food & drinks £80-£180
- Transport £20-£80
- Phone/internet £15-£35
- Personal care & clothing £20-£50
- Social/leisure £20-£70
- Savings/emergency £10-£50

Work out your budget below:



NEXT STEPS

Applying for a job can feel daunting, especially if it's your first step into work.

Our service can:



Guide you to employment support services



Discuss any barriers or concerns you may have



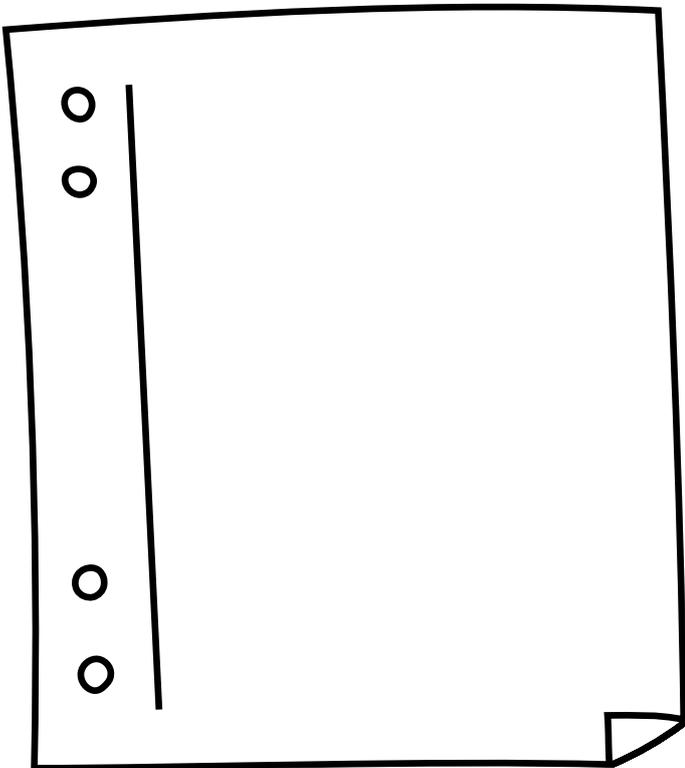
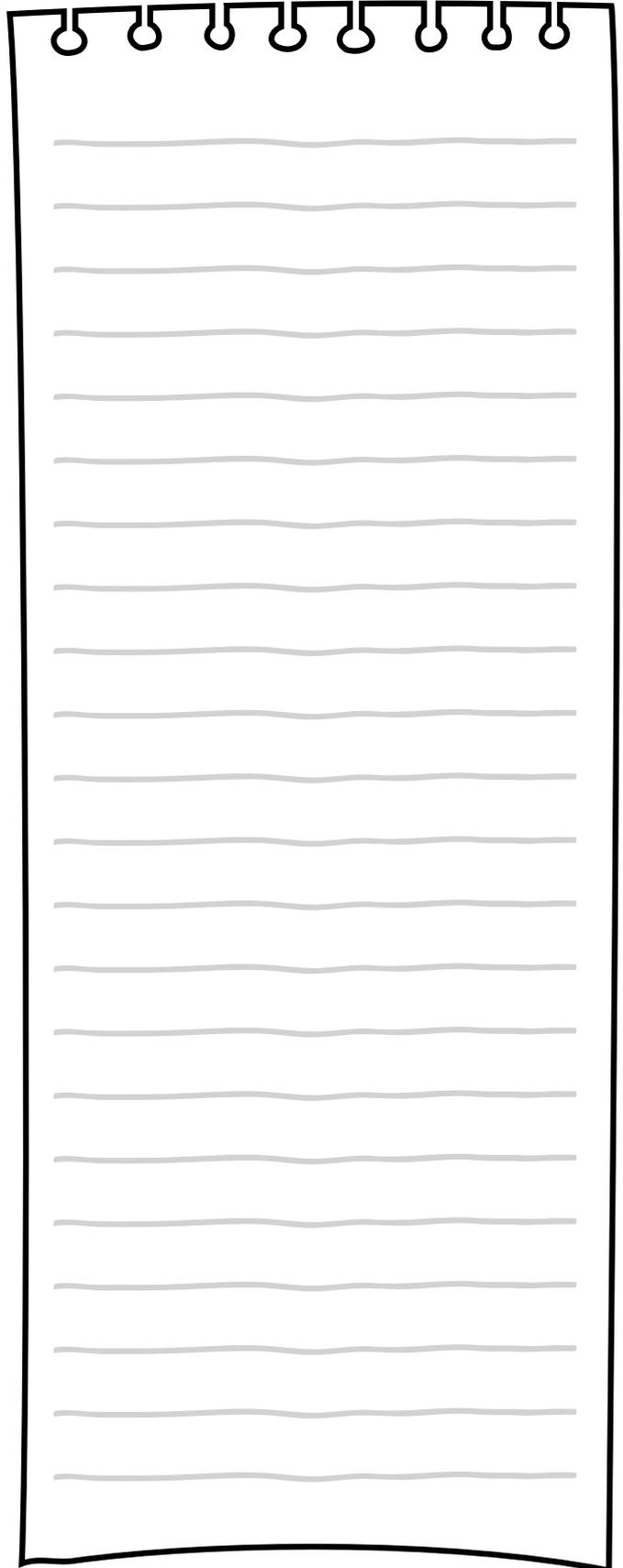
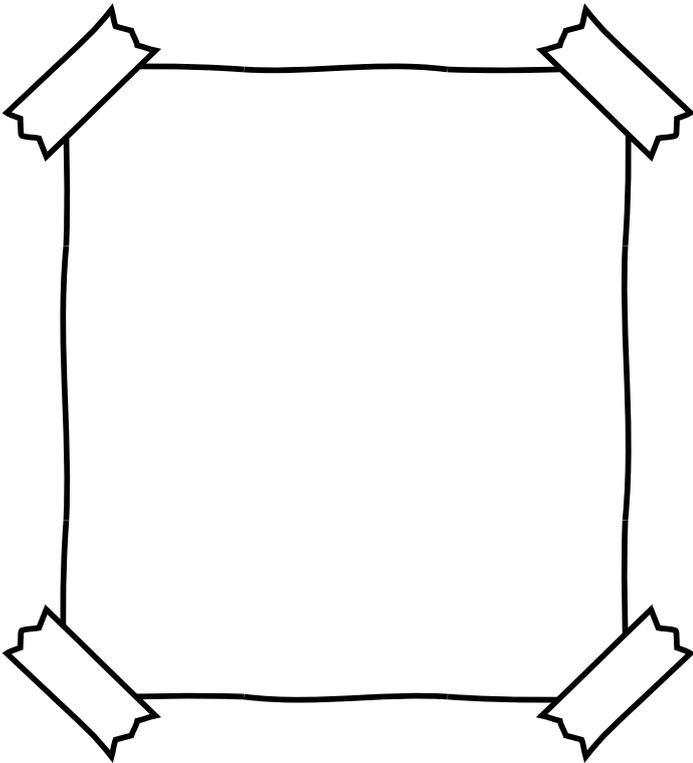
Offer opportunities to build confidence and social skills

CV Checklist:

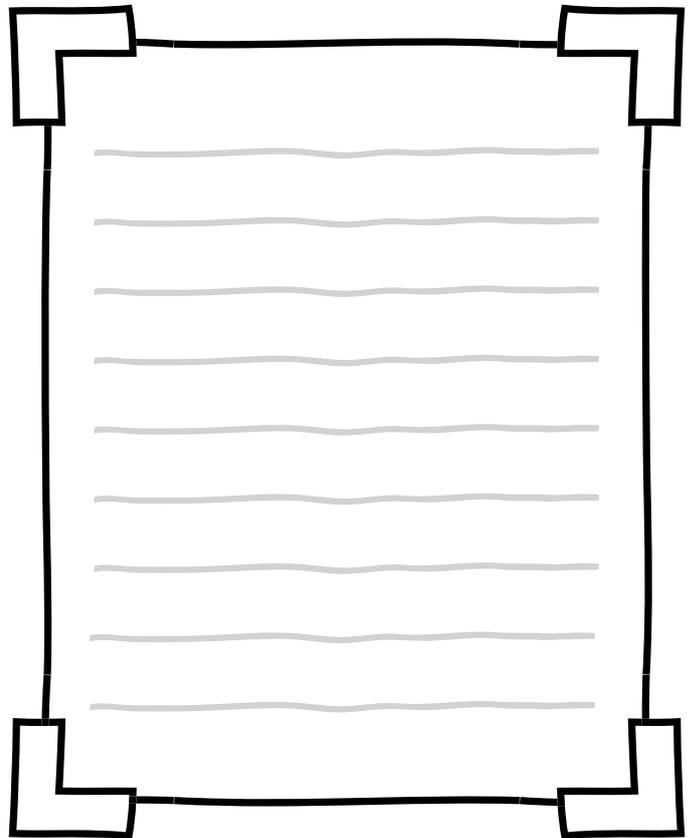
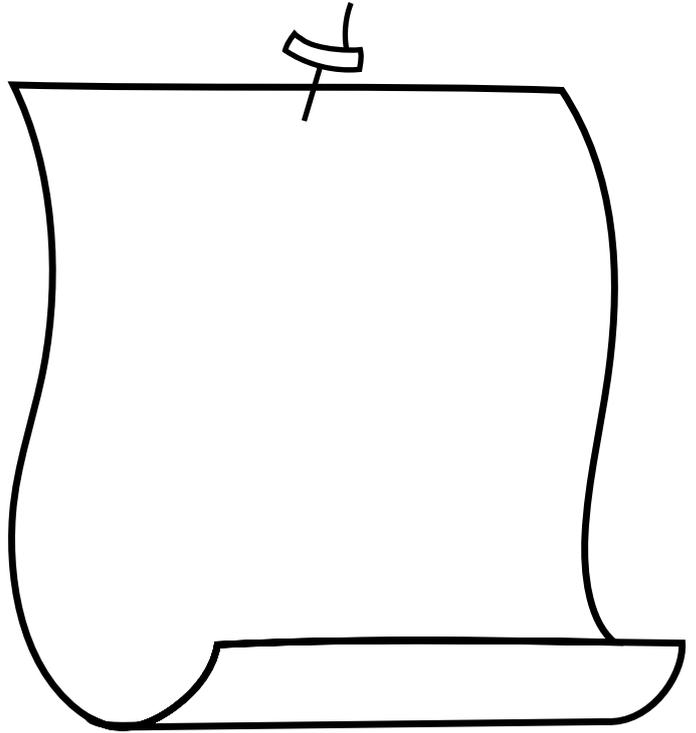
- **Contact Info:** Name, phone, email, city
- **Personal Statement:** 2–3 lines about you and what you want.
- **Education:** School/college, dates, key qualifications
- **Experience:** Jobs, volunteering, responsibilities, achievements
- **Skills:** Relevant technical and soft skills
- **Optional:** Certifications, hobbies/interests
- **References:** "Available on request"
- **Formatting:** Clear headings, bullet points, 1–2 pages, professional font
- **Check:** Spelling, grammar, consistency



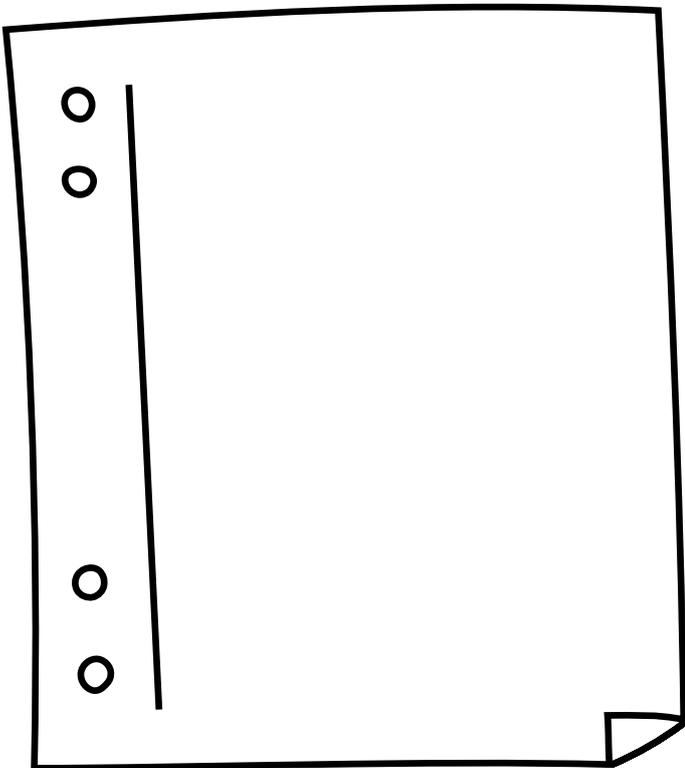
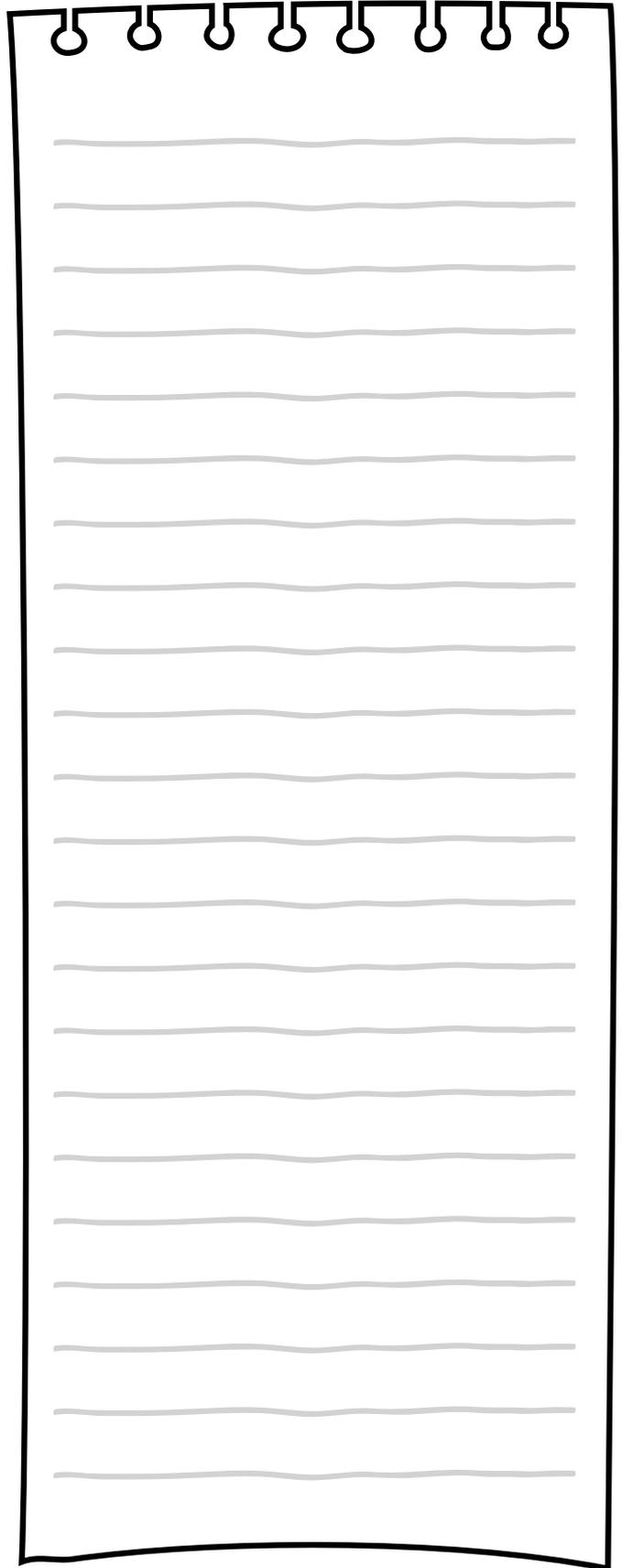
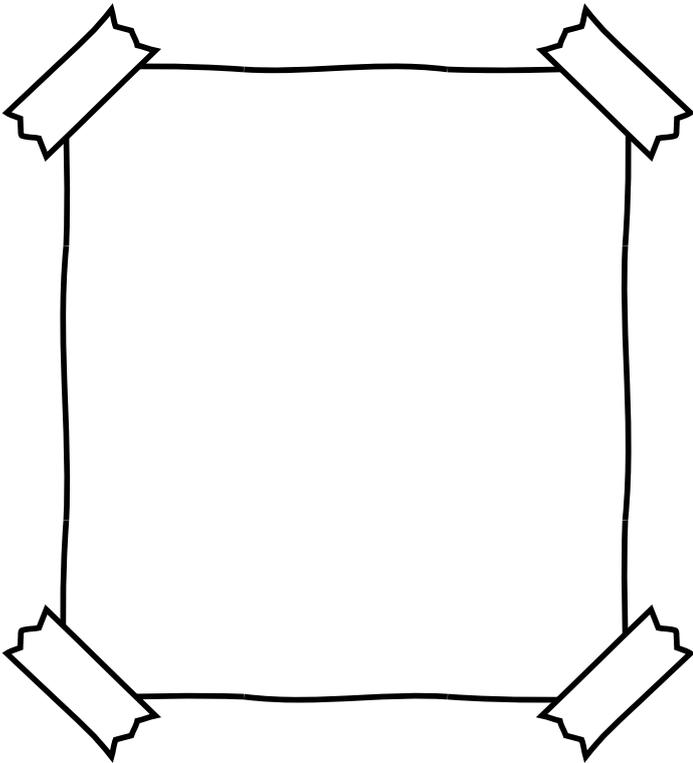
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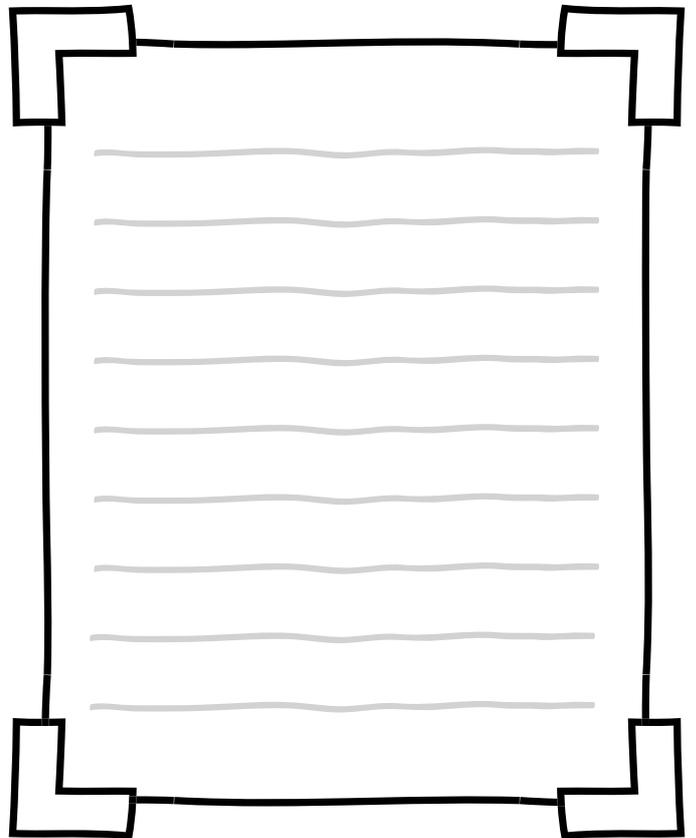
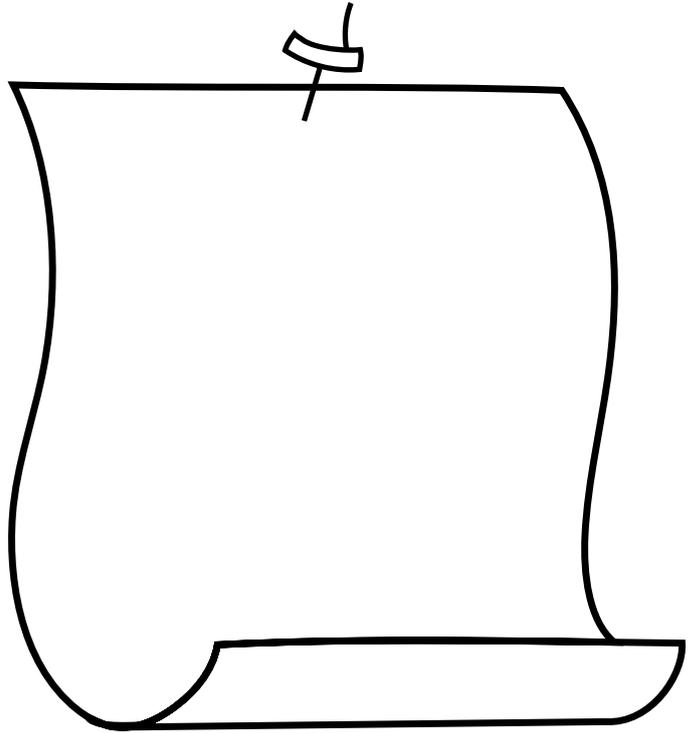
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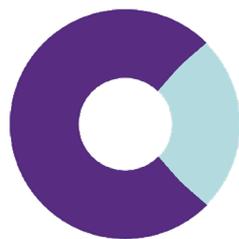
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