

YOUNG CARERS GUIDE



Produced by North Tyneside Carers' Centre in collaboration with North Tyneside Council, for use by local professionals and carers



**North
Tyneside
Council**

WHAT IS A YOUNG CARER?

A young carer is a child or teenager who helps look after someone at home

This could be because the person they care for:

- Is ill or sick
- Has a disability
- Needs extra help

Being a young carer means you might help with things like:

- Cooking meals
- Cleaning the house
- Helping someone getting washed and dressed
- Giving medicine
- Looking after brothers or sisters while a parent is busy

What it means for you

You do important work by helping someone you love.

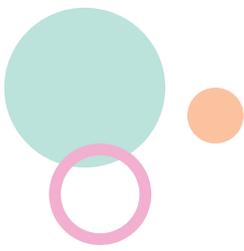
Sometimes it can make you feel tired, worried or stressed.

You still need time to play, learn and have fun.

REMEMBER

Sometimes, family circumstances mean children and young people take on caring responsibilities. This is nobody's fault and is what families do to help one another.

It's okay to ask for help. There are people and places that can support you.



RIGHTS OF YOUNG CARERS

- **RIGHT TO AN ASSESSMENT**
- **RIGHT TO HEALTH AND WELLBEING SUPPORT**
- **RIGHT TO EDUCATION SUPPORT**
- **RIGHT TO CONFIDENTIALITY**
- **RIGHT TO PROTECTION FROM OVERBURDENING**
- **RIGHT TO PARTICIPATE IN DECISIONS**

If you are a young carer, you can ask for a Young Carers Needs Assessment (if you're under 16) or a Transition Assessment (if you're 16–18). This is a way for adults to understand what you do and how caring affects you.

What happens in the assessment

- The questions have been written by young carers, so they make sense for you.
- You will be offered support to help you complete the assessment, this should be with someone you trust and feel comfortable with.
- The professional will work with you and your family to develop a plan based on the information you share.
- You will have the opportunity to discuss any support needs you have, and they will provide guidance on strategies and services that may be helpful.

The support you might get

Some of the things the plan could include:

- Talking about feelings with a therapist or counsellor
- Extra help at school or college
- One-to-one support
- A break from caring to rest, play, or do fun activities
- Or maybe you don't need extra support right now — and that's okay too!

REMEMBER

The assessment is all about you. It's a way to make sure you get the right support. You can say what helps you most.



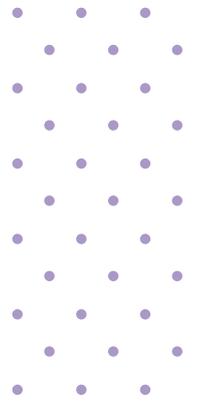
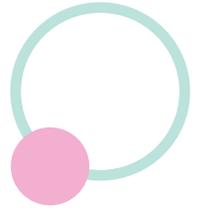
ABOUT ME

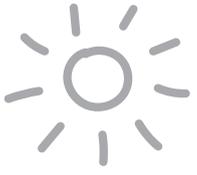
My favourite things



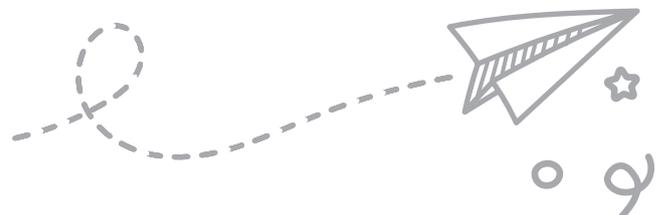
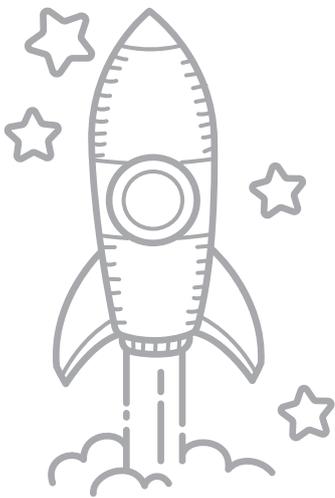


MY FAMILY



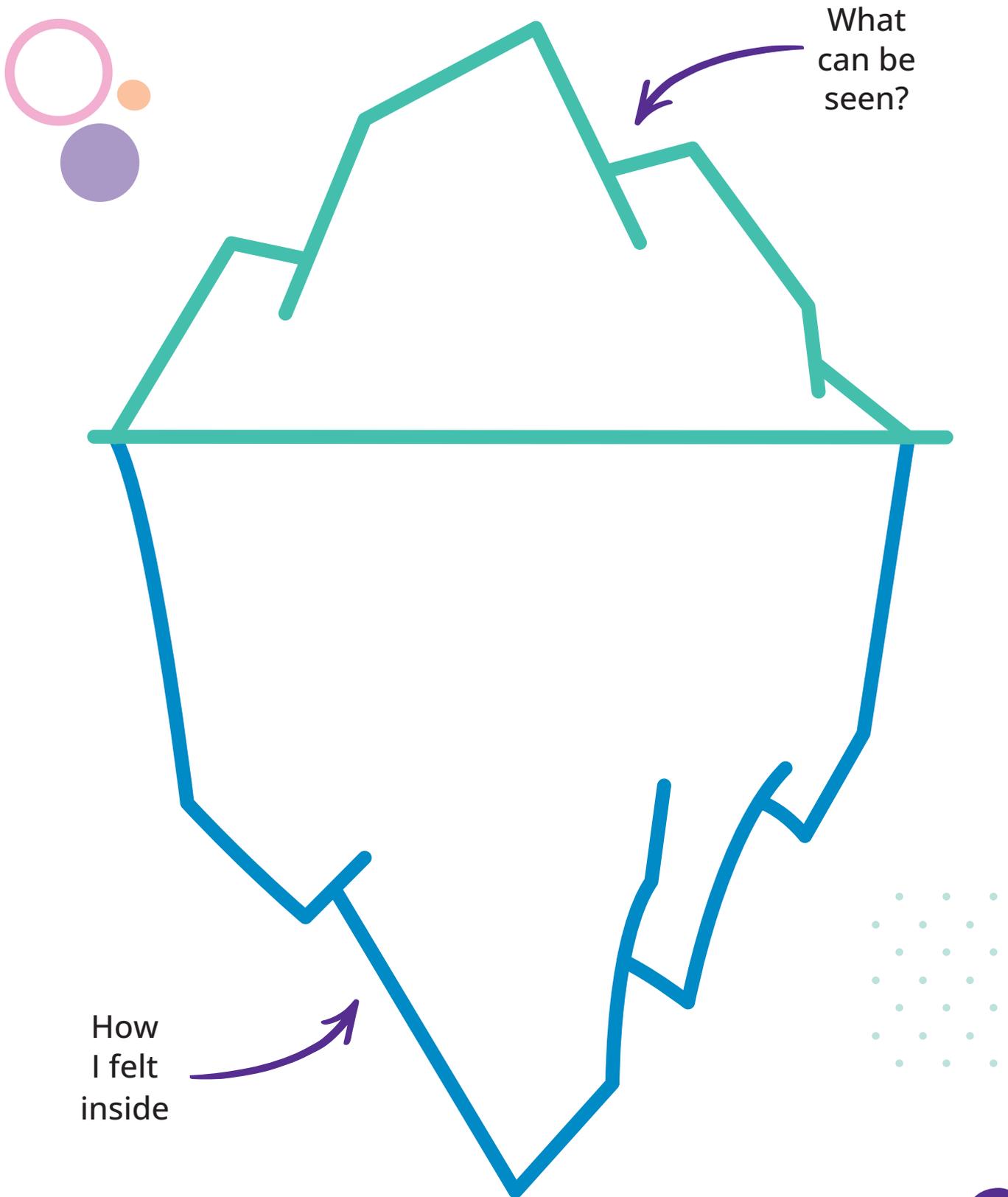


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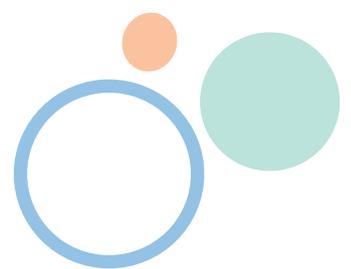
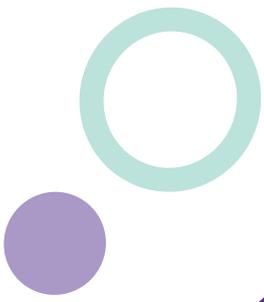
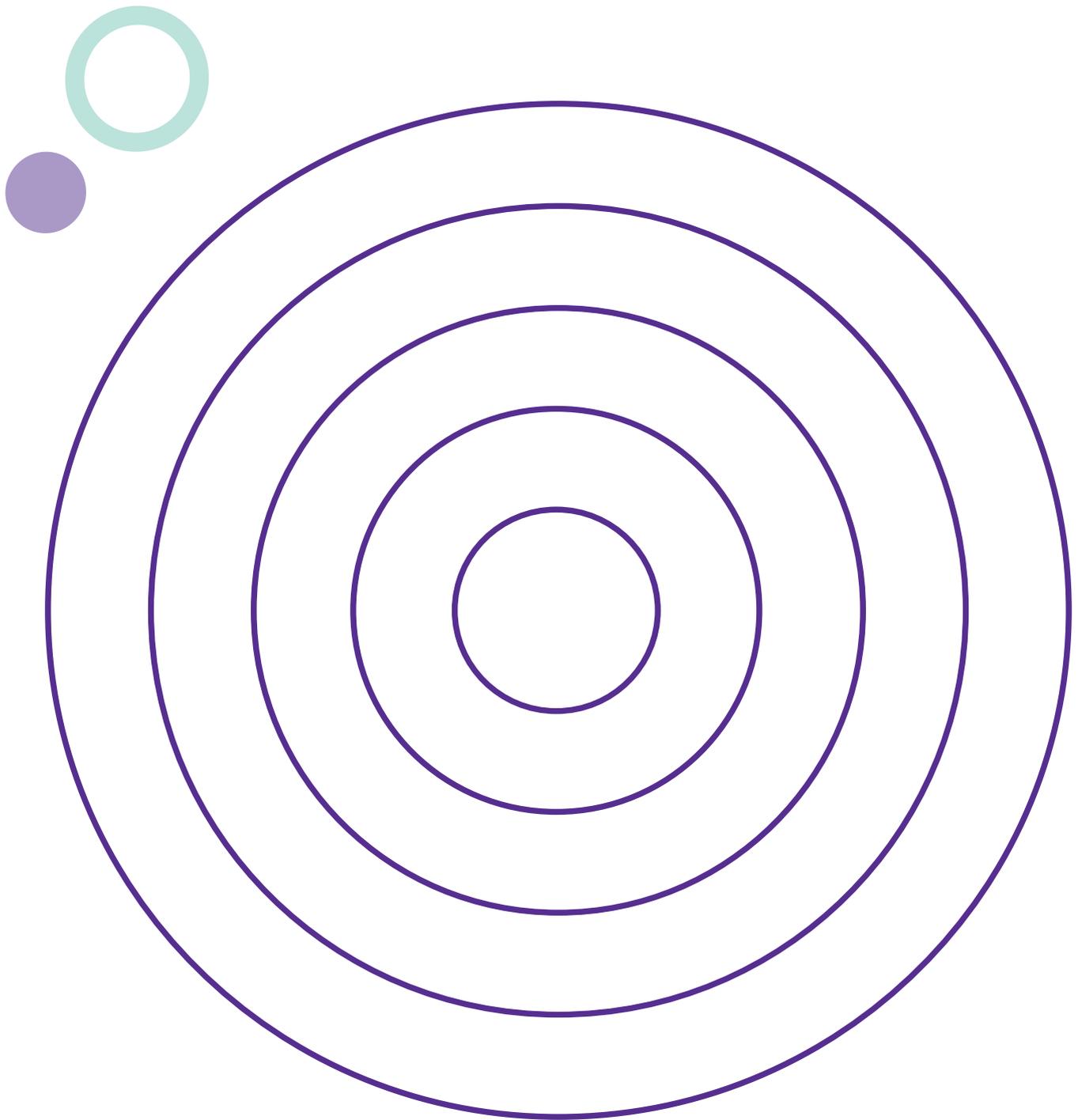
ANGER IS JUST THE TIP OF THE ICEBERG - WHAT IS GOING ON?

Use the iceberg to understand your emotions under the anger



ENJOYMENT

Enter what you enjoy the most in your life in the centre circle and make your way to the outside circles



MY ANXIETY TOOLKIT

Create your own toolkit to help manage and reduce anxiety in moments of distress

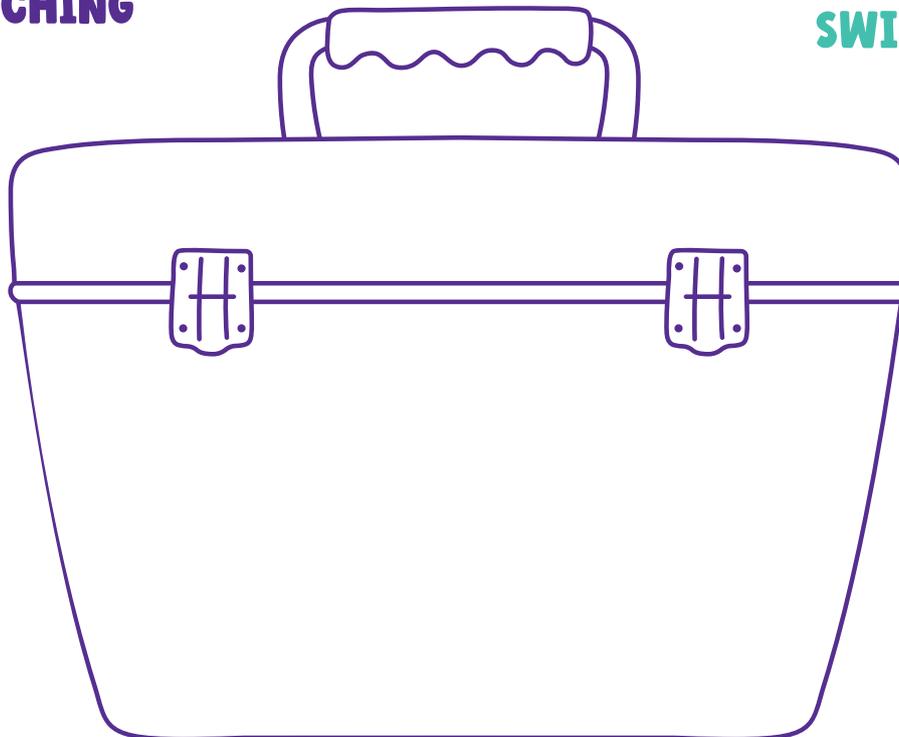
USE A FIDGET TOY

KEEP A DIARY

DISCUSS YOUR WORRIES WITH SOMEONE YOU TRUST

RELAX WITH SOME DEEP BREATHING OR STRETCHING

DO SOME EXERCISE SUCH AS WALKING, YOGA, RUNNING OR SWIMMING



USE A WORRY JAR

EAT HEALTHY FOODS

SPEND TIME WITH FRIENDS

TALK BACK TO MY WORRIES "GO AWAY, WORRY!"

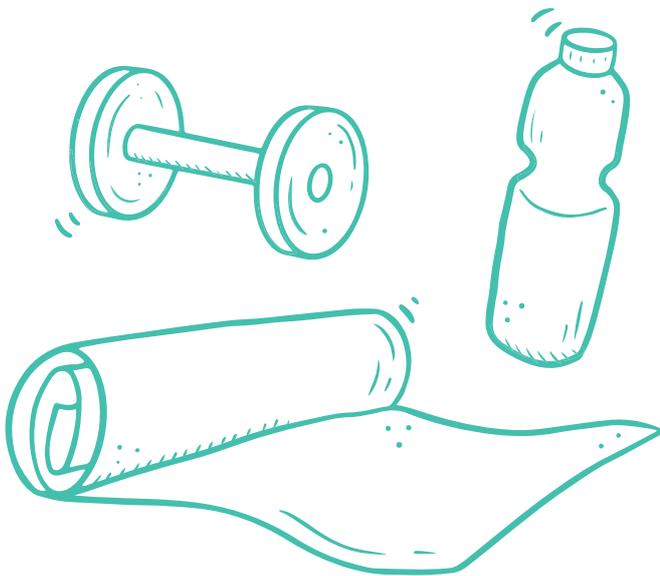
LISTEN TO YOUR FAVOURITE MUSIC

USE LOGIC TO DEAL WITH YOUR WORRIES "I CAN HANDLE THIS!"

IGNORE MY WORRIES BY DOING SOMETHING ELSE

SLEEP ROUTINE

Having a good sleep routine can positively support how you feel each day. It helps with mental, physical, social and emotional development.

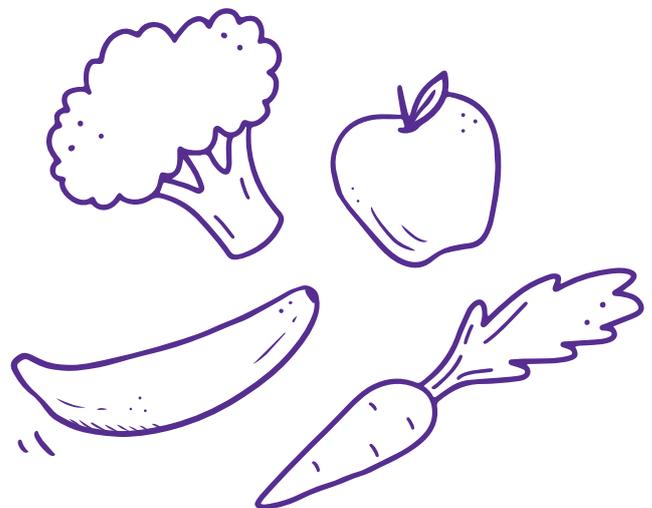


EXERCISE

Regular exercise supports improving your mental health, controls weight, builds healthy strong muscles and bones and reduces the risk of developing health conditions.

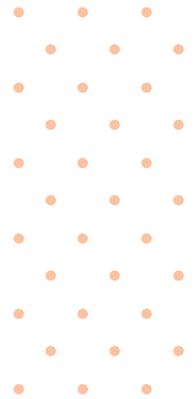
BALANCED DIET

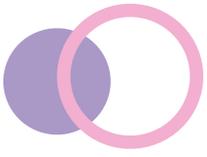
A healthy balanced diet will ensure your body and mind thrive and have energy to get your through the day. A healthy and balanced diet should include: fruit and vegetables, starchy foods, dairy foods and alternatives, protein rich foods, oils and spreads.



ASKING FOR SUPPORT CAN BE DIFFICULT

Use this space to note down any worries which you would like support for, is there anyone who you think could help you?

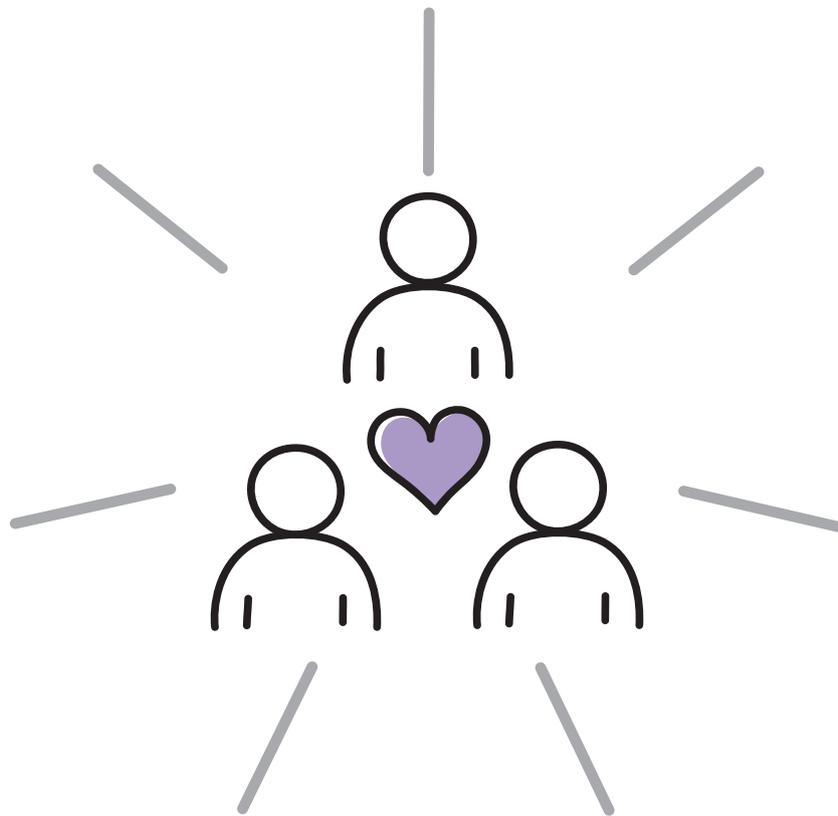




REACH OUT

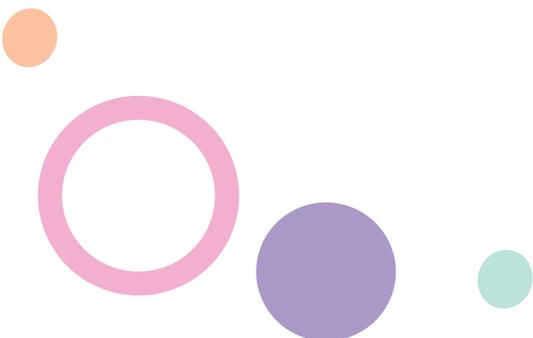


Look at the people around you, who can help you and the person you care for?



SELF HELP

What can you do to be kind to yourself?



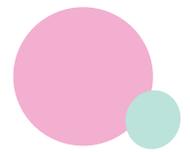
STAYING SAFE

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

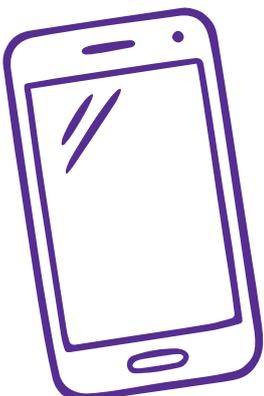
Emergency Numbers North Tyneside Council	
North Tyneside Council Emergency Response	Welfare Assistance team provides local welfare provision (food, energy, and housing support). <ul style="list-style-type: none">• 0191 643 2777 (office hours)• 0330 333 7475 (evenings & weekends)
North Tyneside Council's 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

STAYING SAFE



Mental Health and Emotional Wellbeing Support

<p>Childline is a free, private and confidential service that you can access online and on the phone. They can provide help and support for people up to their 19th birthday. T: 0800 11 11 or visit www.childline.org.uk</p>	<p>Kooth is an online mental wellbeing community that provides free, safe, and anonymous support for children and young people aged between 11 and 25 in North Tyneside. Visit www.kooth.com to register.</p>
<p>You can access confidential emotional support at any time from Samaritans either by calling 116 123 or emailing jo@samaritans.org</p>	<p>SHOUT 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Text 85258.</p>
<p>Mental health services are free on the NHS.</p> <ul style="list-style-type: none">• To get urgent medical help, use the NHS 111 online service, or call 111 if you're unable to get help online. Only available in mainland UK• For life-threatening emergencies, call 999 for an ambulance	<p>CEOP help children stay safe online. If anybody acts inappropriately towards you or another child or young person online (such as sexual chat, or being asked to do something that makes you feel uncomfortable).</p>



MY IMPORTANT CONTACTS



ADDITIONAL 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. Ask your parent, guardian, or carer to support you in registering.

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 - just complete the form.
- 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, see records and prescriptions.

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.

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

Going to hospital

In an emergency

- Call 999 if it's serious or life threatening
- You may be able to go in the ambulance if 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 can ask staff to note that you are a young carer on the patient's record.

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

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



GOING TO THE DENTIST

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

What a dentist does

- Checks your teeth and gums
- Fixes holes or problems
- Gives advice on brushing and eating healthy

How to find a dentist

- Ask your parent or guardian
- Use the NHS website to find local dentists
- Ask if they take NHS patients

Going to an appointment

- Try to go with a parent or guardian
- Brush your teeth before the visit
- Tell the dentist if something hurts or feels funny
- You can ask questions – it's okay!

Support contacts

NHS Dentist Finder:

W: [nhs.uk/find-a-dentist](https://www.nhs.uk/find-a-dentist)

North Tyneside Carers' Centre:

T: 0191 249 6480 (if dental care is part of your caring role)

TIPS FOR A HAPPY VISIT

Take your toothbrush and any notes from home

Don't be scared to tell the dentist if you feel nervous

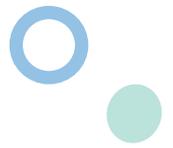
Dentists are there to help you

Remember: Healthy teeth keep you smiling and strong!



BULLYING

WHAT TO DO AND WHERE TO GET HELP



Bullying is **not okay**. It can happen at school, online, in the community, or because you are a **young carer**.

Bullying can include:

- Name-calling or teasing
- Being left out or ignored
- Threats or intimidation
- Being hurt physically
- Online bullying (messages, group chats, social media)

If you are being bullied

You are not to blame. You deserve to feel safe. You can:

- Tell a trusted adult (teacher, school nurse, GP, youth worker)
- Tell your school – schools must take bullying seriously
- Keep screenshots or notes if it's online or ongoing
- Ask for help from a support service

Bullying at school

Schools should:

- Listen to you
- Take action to keep you safe
- Support your wellbeing

You can ask to:

- Speak privately to a teacher or pastoral staff
- Have support meetings
- Get extra help if bullying affects your school work

Online bullying

- Do not reply
- Save evidence (screenshots)
- Block and report the person
- Tell an adult

Support for young carers in North Tyneside

North Tyneside Carers' Centre – Young Carers Service

- Help if bullying is linked to caring
- Someone to talk to who understands

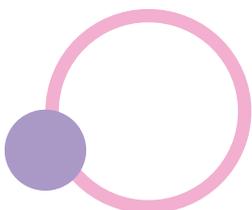
T: 0191 249 6480

ChatHealth (ages 11–19) Text a school nurse for confidential support:

T: 07507 332 532

Childline (24/7) Free, confidential support for young people:

T: 0800 1111 W: childline.org.uk



YOUR RIGHTS AS A YOUNG CARER

- Be recognised as a young carer
- Be treated kindly and with understanding
- Ask questions if you don't understand
- Get support if caring affects school, health or wellbeing

You are not expected to act like an adult.

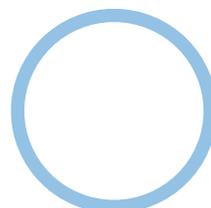
HELPFUL TIPS

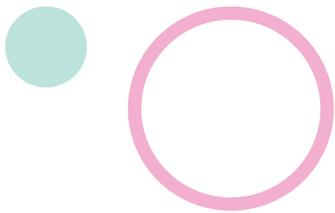
- Write down questions before appointments
- It's okay to say "I don't understand"
- Tell a nurse, doctor, or trusted adult if things feel too much

You're doing your best - and it's okay to ask for help.

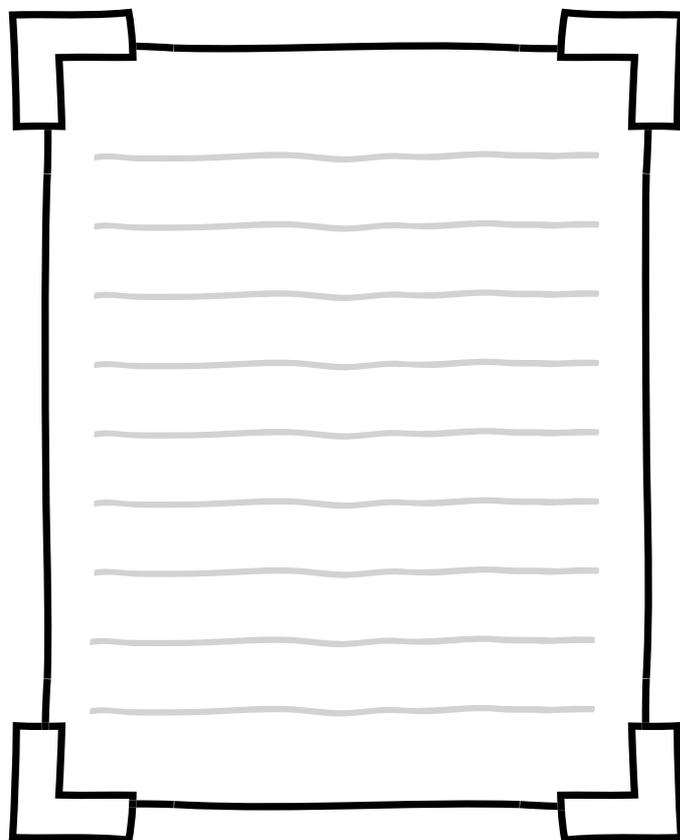
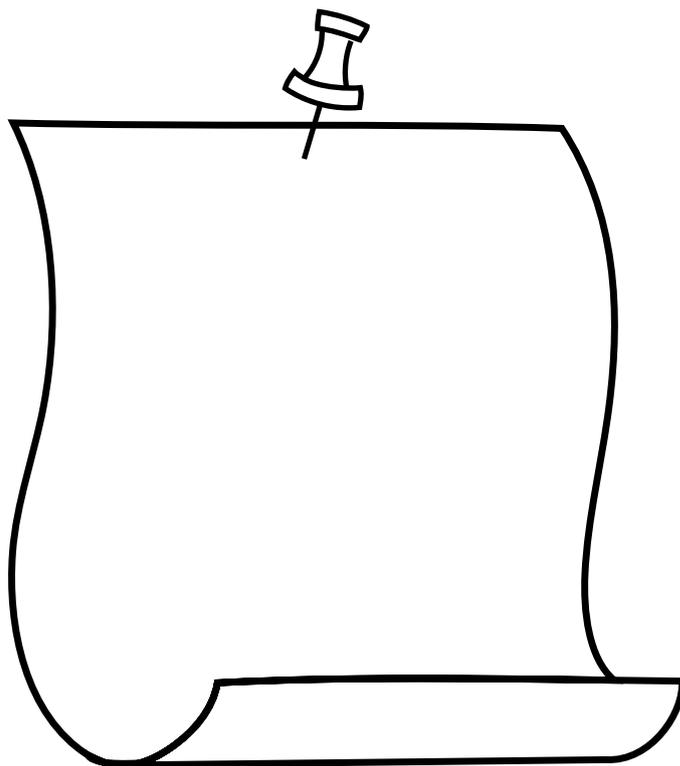
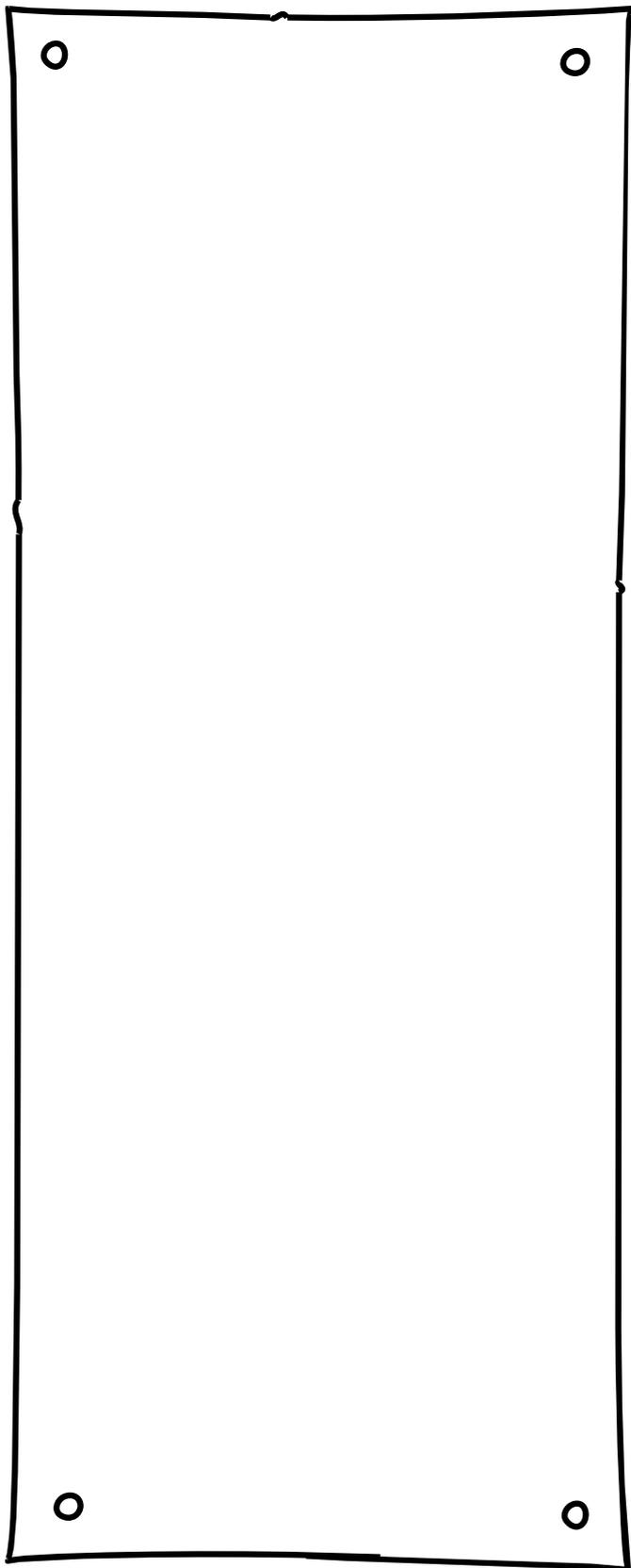


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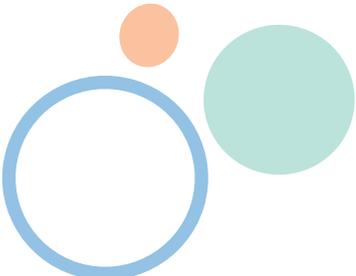
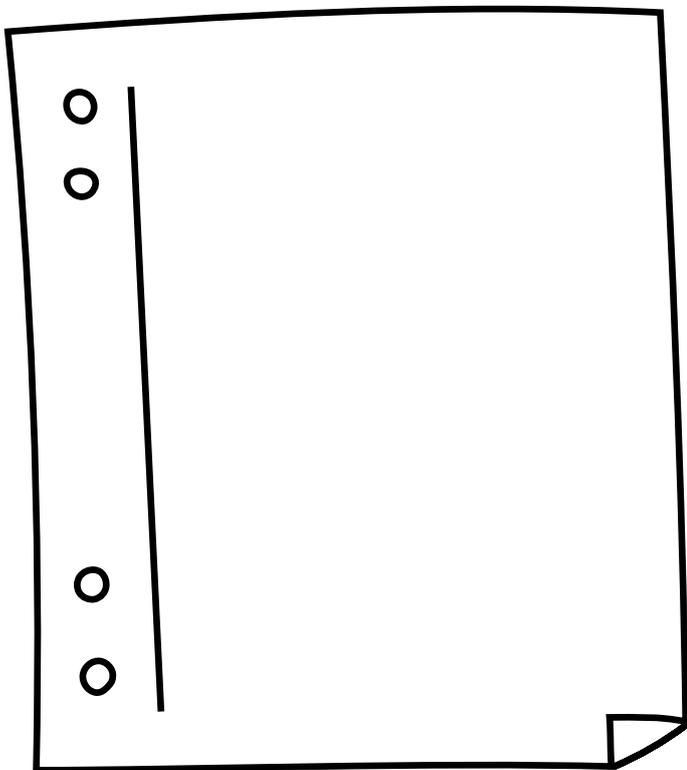
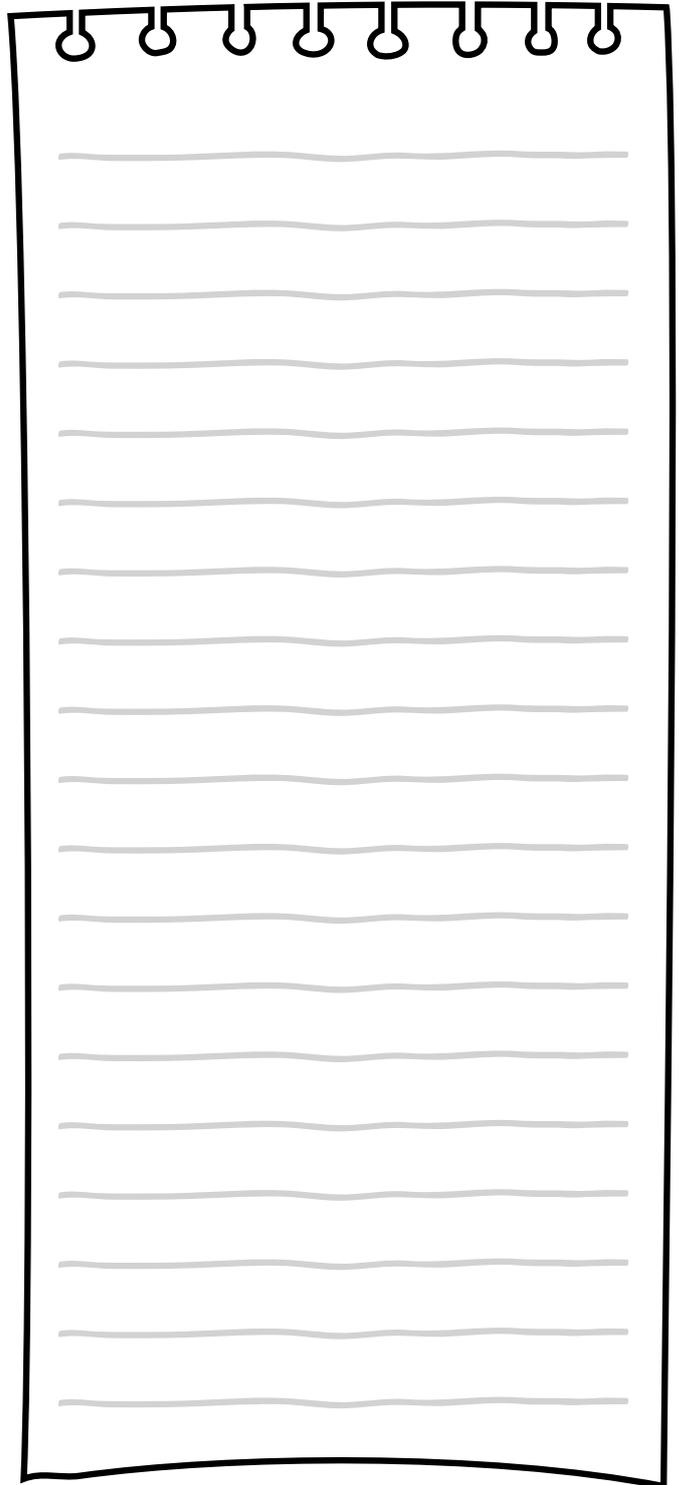
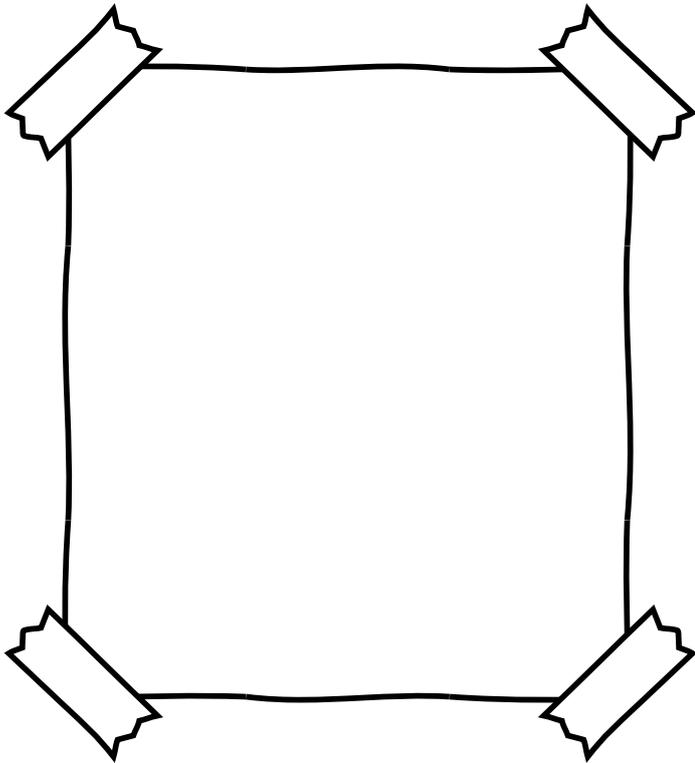


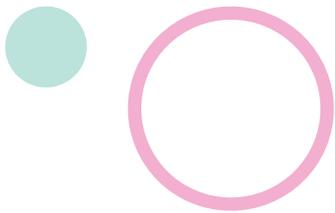
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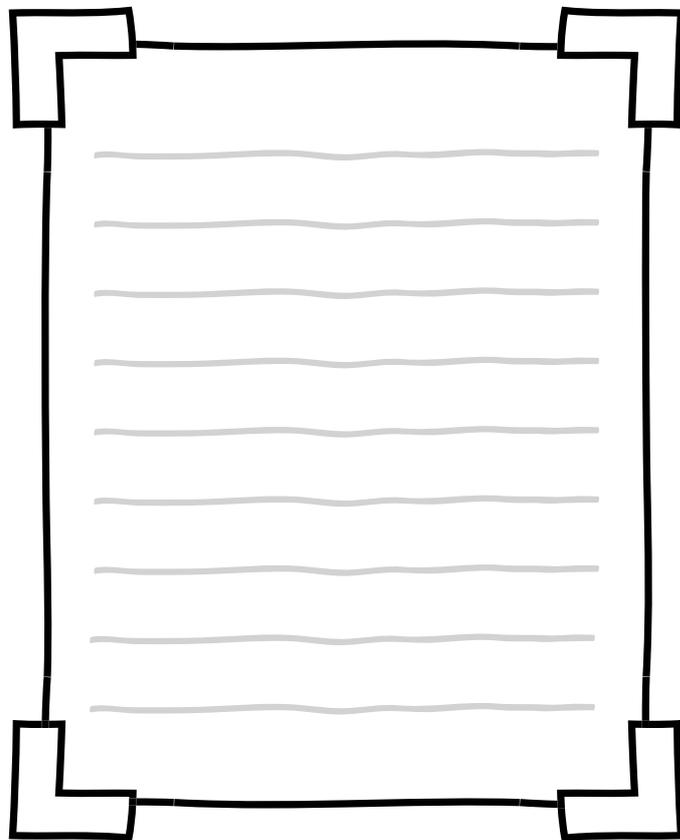
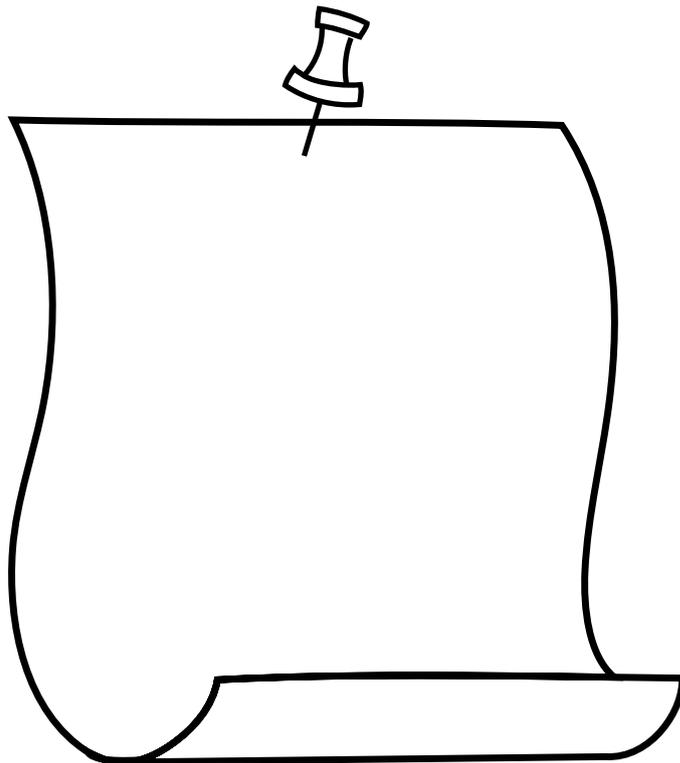
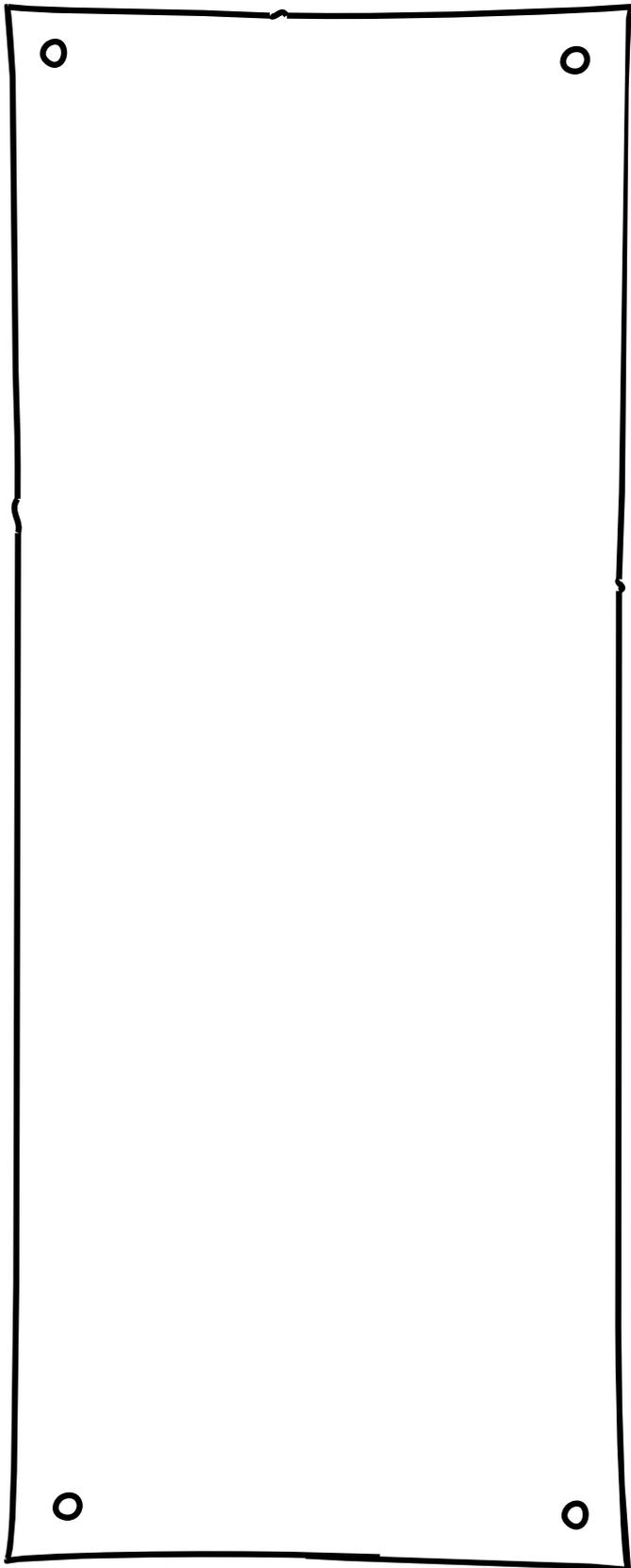


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T: 0191 249 6480

E: enquiries@ntcarers.co.uk



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