

YOUR RIGHTS AND ASSESSMENT

YOUR RIGHTS

Under the **Care Act 2014** and the **Children and Families Act 2014**, young carers have the right to:

- help and support
- a break from caring
- have their needs listened to and taken seriously

Our team will help you use these rights.

YOUNG CARERS NEEDS ASSESSMENT

Derby City Council has a duty to offer a Needs Assessment.

This looks at how caring affects your:

- health and wellbeing
- school or college
- friendships and social life
- feelings and emotions
- life at home

It also considers what your whole family needs.

With your consent, this may involve school, your GP/health staff, support workers or social care.

The aim is for you to feel listened to and to get the support you need.

REFERRAL

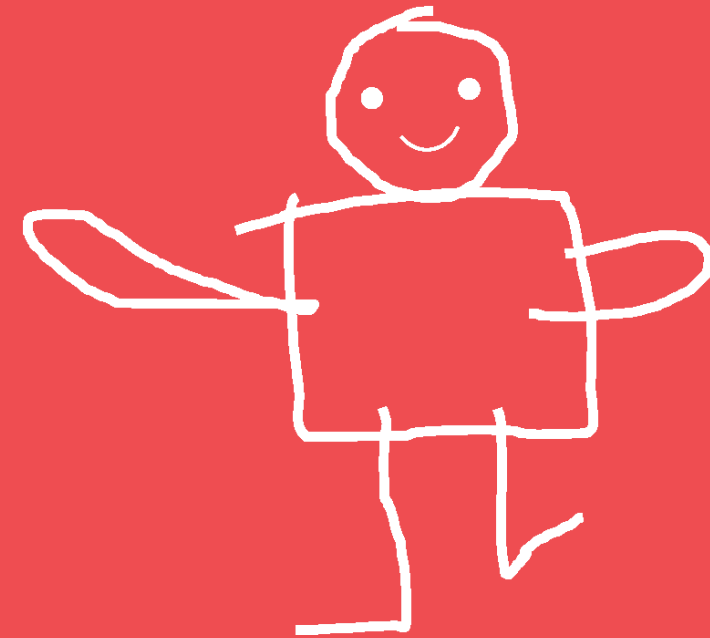
Please contact: youngcarers@derby.gov.uk

You can also speak to your school or your GP. They can help you make a referral to Derby Young Carers.

CONTACT US

Call **01332 641017** and ask for the **Young Carers Team**, or email youngcarers@derby.gov.uk

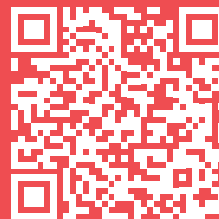
If you think you are a young carer, or you know someone who might be, please get in touch.



YOUNG CARERS

Your guide to Young Carers in Derby

SCAN HERE TO WATCH THE ANIMATION PRODUCED WITH OUR YOUNG CARERS



WHAT IS A YOUNG CARER?

You are a young carer if you help to look after someone who:

- has a physical disability
- has a mental health difficulty
- has a long-term illness
- has a learning disability
- misuses drugs or alcohol

You might:

- cook, clean or help with shopping or medication
- listen, reassure and keep them company

Derby Young Carers supports young people aged **5–17** who do this.

OFSTED INSPECTION 2025:

“Young carers’ needs are assessed... They are helped to take part in positive activities where they can play as children, make friends and spend time away from their caring responsibilities.”

WHAT WE DO

WE HELP YOU

We help you to:

- have a break from caring
- spend time with others who understand
- feel less alone with your worries
- have fun and try new things like lazer quest, wall climbing, trampolining or meeting animals!

We offer:

- after-school groups
- holiday activities
- one-to-one support

Young carers help decide what we do.

All our activities are planned and run by trained youth workers. They will encourage you join in the support and activities that feel right for you. Our groups run regularly, and there will always be a friendly face to help you meet other young carers and have fun.

We also work with other services to raise awareness of young carers.

DEDICATED SUPPORT

Every young carer has a named Young Carers Worker who will:

- get to know you and your caring role
- listen when things are tough
- offer advice and guidance
- help take some of the pressure off
- plan support with you.

Derby Young Carers also helps you move into adult carer support as you approach 18. They will complete a transition assessment to provide you with personal guidance and explain all your options, helping you make the best choices for your caring role and your own future.

MAKING FRIENDS

All our activities are planned and supported by trained youth workers who will encourage all young carers to engage in support or activities that are right for them. Groups are run on a regular basis, and a friendly face will be there to help you meet other young carers and have fun.

YOUNG CARERS SAY:

“WE GET MENTAL STABILITY FROM THE YOUNG CARERS SERVICE.”

“THE YOUNG CARERS SERVICE UNDERSTANDS THE DIFFICULTIES OF CARING AND OUR LIVES.”