Resources

|  |  |  |
| --- | --- | --- |
| **What** | **Details** | **Where to go** |
| **General info** | | |
| YouTube video:  Barnet Young Carers – We know what to do | This short film is about the challenges and rewards of being a young carer. The film focuses on what young carers can do, their strengths, their resilience, and the impact that they have on those around them and society. They know what to do, but need our support to help them fulfil their fantastic potential. | [Barnet Young Carers - We know what to do (subtitles) - YouTube](https://www.youtube.com/watch?v=FrWSohFLPEE) |
| Who am I?  *(poem written by young carers)* |  |  |
| YouTube video:  Reducing barriers and improving support for young carers | A short video what about what support is helpful, valued, and needed, as well as identifying the barriers facing young carers, and how these can be overcome. | [Reducing barriers and improving support for young carers (youtube.com)](https://www.youtube.com/watch?v=Rn4gWvb4B4Y) |
| Young Carers Strategy 2022-24 (extended to 2026) | Our joint strategy setting out how we ensure that young carers in Surrey are recognised, valued, and given the support they need. | [SURREY JOINT STRATEGY FOR YOUNG CARERS 2022 - 2024 (surreycc.gov.uk)](https://www.surreycc.gov.uk/__data/assets/pdf_file/0006/324717/Young-Carers-Strategy_22-26.pdf) |
| Young Carers Covenant | The Covenant is a series of outcomes that young people from across the UK have highlighted as being key to improving their lives. Signing shows your support for young carers and young adult carers and your commitment to doing what you can to help make these outcomes a reality. | [The Young Carers Covenant - Carers Trust](https://carers.org/campaigning-for-change/the-young-carers-covenant) |
| Young Carers and Young Adult Carers Inquiry Report (All-Party Parliamentary Group) | An inquiry by the All-Party Parliamentary Group on Young and Young Adult Carers has revealed the devastating impact caring has on the life opportunities of the UK’s young people. The inquiry lays bare the challenges facing an estimated **one million young carers and many more young adult carers across the UK.** | [APPG on Young Carers and Young Adult Carers - Inquiry into life opportunities - Carers Trust](https://carers.org/all-party-parliamentary-group-appg-for-young-carers-and-young-adult-carers/appg-on-young-carers-and-young-adult-carers-inquiry-into-life-opportunities) |
| **Support for young carers** | | |
| My Time for Young Carers | We run youth clubs and holiday activities for young people aged between 7 and 16 in and around Epsom, Ewell, and the Mole Valley whose lives are adversely affected by the disability or ill health of family members, or who have additional caring responsibilities because their families are in crisis.  We help them forget their troubles, meet other young carers and have some special time which is all about them, with no distractions. It’s all free - fun, food and transport. | [My Time For Young Carers (mytime4youngcarers.org)](https://www.mytime4youngcarers.org/) |
| Surrey Young Carers | Supporting young carers all across Surrey and from every type of family. You might be looking after a brother or sister with autism, or a parent with a disability.  We provide a range of support depending on your situation, from activities to provide time out from your caring role and meet children in a similar position, to more intensive groups and tailored one-to-one help, for young carers in a more difficult situation. | [Young carers (under 18) | Action for Carers](https://www.actionforcarers.org.uk/who-we-help/young-carers-under-18/) |
| Barnardo’s | We aim to help as many young carers as we can. We help them look after their loved ones and give them time to enjoy their childhoods.  At our services across the UK we:   * organise outings and activities for young carers * give young carers advice and emotional support through counselling sessions * help the family get support from social services * talk to a young carer’s school, so teachers understand their situation and can be supportive * run drop-in centres where young carers can take a break, have fun, be a child – and meet other young carers. | [Young carers | Barnardo's (barnardos.org.uk)](https://www.barnardos.org.uk/get-support/young-carers?gclsrc=aw.ds&gad_source=1&gclid=EAIaIQobChMI9v2HgN6KhwMVT5FQBh0drAY2EAAYASAAEgJKKvD_BwE) |
| Young Carers Forums | Sessions where young people get together to discuss issues of importance to them as carers – often projects which lead to improvements benefiting all young people with caring roles. | [Have your say – and make a difference | Action for Carers](https://www.actionforcarers.org.uk/who-we-help/young-carers-under-18/have-your-say-and-make-a-difference/) |
| Sibs | Charity supporting brothers and sisters of disabled children and adults. | <https://www.sibs.org.uk/> |
| Nacoa | Providing information, advice and support for everyone affected by a parent’s drinking. | [Nacoa: Helping everyone affected by their parent's drinking - Nacoa](https://nacoa.org.uk/)  Free helpline:   * 0800 358 3456 * [helpline@Nacoa.org.uk](mailto:helpline@Nacoa.org.uk) |
| **For professionals** | | |
| Carers Prescription  \*For GPS and Primary Care Providers | The Carers Prescription provides you with an easy solution to support carers you come into contact with. The Carers Prescription is a secure, online mechanism for you to make a referral. Once your prescription has been received by our provider Action for Carers (Surrey), they will undertake their own assessment and make arrangements to support the carers identified need. This will include support to reduce pressures on young carers. The referral will be processed quickly and efficiently.  To refer a Carer just click on the 'Make A Referral button. To ensure GDPR compliance you are now required to provide the carer with a 'Fair Processing Notice' this is mandatory. Click on Fair Processing to download the leaflet.  Action for Carers (Surrey) will help navigate the carer through the range of services in Surrey. | [Prescription portal (formsite.com)](https://fs4.formsite.com/surreygp/rnmeldnt7c/index.html?1623926502474) |
| Young Carers Needs Assessment | Make a request through a [CSPA](https://www.surreycc.gov.uk/children/contact-childrens-services#:~:text=If%20you%20are%20requesting%20support%20from%20Children%27s%20Services%2C,of%20harm%20to%20the%20child%20or%20young%20person.) (Children’s Single Point of Access) referral.  Consent is needed (except where doing so may increase the risk of harm to the child or young person). Gaining consent for a Young Carers Needs Assessment is the same process as other CSPA referrals. | [5.26 Young Carers | Surrey Safeguarding Children Partnership (procedures.org.uk)](https://surreyscb.procedures.org.uk/hkyqsl/procedures-for-specific-circumstances/young-carers) |
| 7 Asks from Young People | In 2023 representatives from Young Carers National Voice (YCNV), along with a group of Young Carers from across the UK presented to the All Party Parliamentary Group (APPG) the *Seven Asks* from Young Carers. | [7 Asks from young people — Young Carers National Voice (ycnv.org.uk)](https://www.ycnv.org.uk/resources/7-asks-from-young-people) |
| Angel Award | The Angel Award was set up to give schools tangible targets to show they know how to look after the young carers in their student body. There are an estimated 2-3 young carers in every Surrey classroom and support from schools can have a huge impact on the outcomes of these children. | [Angel Award schools | Action for Carers](https://www.actionforcarers.org.uk/for-professionals/schools-colleges/the-angel-award/angel-award-schools/) |
| **Funding** | | |
| Guildford Young Carers Fund | The Guildford Young Carers Fund awards grants to support young carers in the Borough of Guildford. Grants of up to £400 will support young carers by providing services or equipment that will help them with their educational, emotional and social needs. Grants for things such as:   * additional non-statutory support in school or college * extra tuition or educational support outside school or college * IT or other equipment to support educational needs * school trips, outings or residential activities * courses * music, sports or play activities or other clubs outside school (including membership fees) * opportunities to meet other young carers | [Guildford Young Carers Fund - Community Foundation for Surrey (cfsurrey.org.uk)](https://www.cfsurrey.org.uk/fund/guildfordyoungcarers/) |
| Carers Support (Guildford) Fund | The Carers Support (Guildford) Fund is makes small grants to carers who live in the borough of Guildford who are in need in order to provide them with a respite from their caring role. Grants for things such as:   * contribution towards respite holidays or breaks * club membership * courses * second-hand computers or other IT equipment * holiday play schemes * travel costs for specific activities * cover for the carer when engaged in a respite activity | [Carers Support (Guildford) Fund - Community Foundation for Surrey (cfsurrey.org.uk)](https://www.cfsurrey.org.uk/fund/carers-support-guildford-fund/) |

Q&A

**Do you need consent at age 14+?**

For a Surrey Young Carers referral, currently the referral form states **16+**, however it is in discussion to reduce that age to **14+**.

**Who does the Young Carers Needs Assessment? And is consent needed?**

Children’s Services through a [CSPA](https://www.surreycc.gov.uk/children/contact-childrens-services#:~:text=If%20you%20are%20requesting%20support%20from%20Children%27s%20Services%2C,of%20harm%20to%20the%20child%20or%20young%20person.) (Children’s Single Point of Access) referral. Ideally yes, consent is needed (except where doing so may increase the risk of harm to the child or young person). Gaining consent for a Young Carers Needs Assessment is the same process as other CSPA referrals.