

Support for carers: Carers aged 17 or under



This easy read tells you about support for carers who are aged 17 or under, what a carer is, and the first steps to getting support.

Am I a carer?



A carer is someone who looks after an adult or a disabled child in their day-to-day life.



A young carer is aged 17 or under and looks after someone who can't manage without their help.



The person you care for needs help due to old age, disability or illness.



This doesn't include people who get paid to be a carer as their job.



You don't have to live with someone to be their carer, but caring for someone affects your life.



The person you care for is often a friend or family member.



Anyone can become a carer, and you may not expect it to happen.



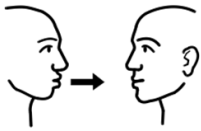
Many people don't know they are a carer.

Where to start if you are 17 or younger

NHS



Tell your own GP that you are a young carer. We have another easy read document about why doing this is helpful.



Tell the GP of the person you care for that you are their carer.

**YOUNG
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NOTTS**

Talk to Young Carers Notts about being a carer.



Register for an emergency card.



Tell your school, college or workplace that you are a carer.



If you are finding it difficult to do any of this, you can talk to [Young Carers Notts](#) who can help you do these things.

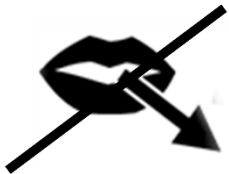
Young Carers Notts

**YOUNG
CARERS
NOTTS**

Young Carers Notts is the support service for young carers in Nottingham City and Nottinghamshire County.



They give free and **confidential** help to carers who are between 5 and 17 years old.



Confidential means they will not tell anyone what you tell them, unless you or someone else are in danger.



Young Carers Notts can help young carers:



- Take a break.



- Get advice and information about caring.



- Join group sessions.



- Have short breaks.



- Socialise with other young carers.



- Take part in fun activities.



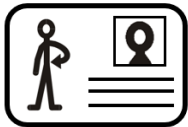
- Get advice and support.



Young Carers Notts can give you:



- Carers assessments.



- Young carers ID cards.



- Back-up planning and support.



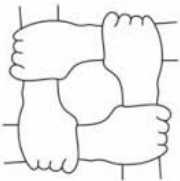
- Group based peer support.



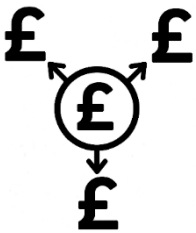
- Activities and social events.



- Outreach and drop-in sessions.



Young Carers Notts is run together with Nottinghamshire Carers Association.



It is funded by Nottingham City Council, Nottinghamshire County Council and the Nottingham and Nottinghamshire NHS.



You can phone Young Carers Notts on 0115 824 8824 between 9am and 5pm between Monday and Friday.



You can also email Young Carers Notts on youngcarers@tuvida.org



You can send Young Carers Notts a message on WhatsApp on 07860 957 660.



You can [visit Young Carers Notts' website](#).



Their address is 54A, Nottingham Road, Mansfield, NG18 1BN.



Young carers themselves, parents, carers and professionals can refer young people for help. There is [an online form](#) you can fill in to do this on the website.



If you need more support or are struggling with your caring role, Young Carers Notts can help you get in touch with the social care team that can best help you.

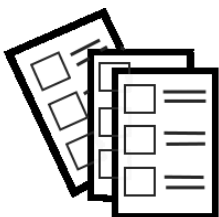
Help at school or college



There is lots of help available at school and college for young people who are carers.



[We have a separate easy read document about getting help with education and training.](#)



We have lots of other documents about for support for carers in [our easy read library](#). This document is part of a set of 19.

Links in this document

Young Carers Notts

youngcarersnotts.co.uk

Young Carers Notts referral form

https://forms.office.com/Pages/ResponsePage.aspx?id=OXHjMFxOC0unDBimbS2FzfnRFSawc_9Knj_BIMda8sVUREJBQVJKVkZYNzc2UjVOVDISSkkwTzAxSi4u

Education and training: easy read

nottinghamshire.gov.uk/global-content/easy-read-library/10-education-and-training-easy-read

Nottinghamshire County Council easy read library

nottinghamshire.gov.uk/global-content/easy-read-library

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