

Devon County Council
Children and Young People's Services



For more copies of this pack please ask your Young Carers Development Worker (see separate sheet that came with this pack for contact details).

To get a copy in a format that makes it easier for you to read, or in another language, please contact the publications team on 01392 383698.

Ref CYPS 5
February 2007



www.devon.gov.uk/youngcarers

Young Carers

Information for Young Carers in Devon



If you would like this pack
in another format or
language please contact
us on **01392 383698**.

What does Young Carer mean?



A 'Young Carer' is a young person who looks after someone at home.

A **Young Carer** may look after someone who is unwell, disabled or has a mental health problem.

A **Young Carer** often looks after their mum, dad, sister, brother, grandparent or a family friend.

A **Young Carer** may also look after a member of the family with drug or alcohol problems.

A **Young Carer** may help with:

- washing
- dressing
- shopping
- cooking
- dealing with money and bills
- cleaning
- giving medicine
- other jobs too.

They may also help someone when they're feeling sad.

If you are a Young Carer, **Devon Young Carers** can help you. They plan trips and fun things to do with other Young Carers. They can also find useful information for your family.

Who's who?



If you are a Young Carer, you and your family may meet different people.

A **Community Psychiatric Nurse (CPN)** may visit your home to help when someone in the family has a mental health problem such as depression.

A **District Nurse** may visit your home to help the person you care for with bathing, medicine and changing dressings.

A **Domiciliary Care Worker** may wash and dress the person you care for and get their meals ready.

An **Education Welfare Officer** works with schools and families to make sure that children go to school.

A **Family Support Worker** works with a family when things are difficult.



A **Health Nurse (or School Nurse)** can help you talk to your teachers and will help your family when things are difficult. Every school has a health nurse - you can talk to them.



An **Occupational Therapist (OT)** may visit the person you care for at home. An OT can show people how to do things like wash or dress, if they find it difficult. They may also teach someone how to use special equipment that will help them.



A **Social Worker** is someone who listens to your feelings and worries. Social workers are there to help you and your family.

A **Young Carers Development Worker** is someone that you can talk to about being a young carer. They can tell you about your nearest Young Carers Group, where there may be trips and fun things to do. You can find their phone number on the separate sheet in this pack.

Where can I get help?



Talking to someone who can spend time listening to you can really help.

You could talk to:

- a teacher
- the health (school) nurse at your school
- a neighbour
- a friend
- your family doctor
- or any other grown up that you trust.



You can talk to someone who doesn't know you, like Childline or your local Young Carers Development Worker (telephone numbers are in this pack).

If you want, your Young Carers Development Worker can visit you at home to talk to you and your family about being a young carer. After listening to you, they will explain how they can help. This is called an assessment.

Where can I get help?



The Internet

A good tip is to type **“young carers”** into a search engine like Google - www.google.co.uk which will give you loads of useful websites.

Some really good sites are...

www.devon.gov.uk/youngcarers

All about Devon Young Carers.

www.thechildrenssociety.org.uk/youngcarers

Helpful stuff for young carers and their families.

www.youngcarers.net

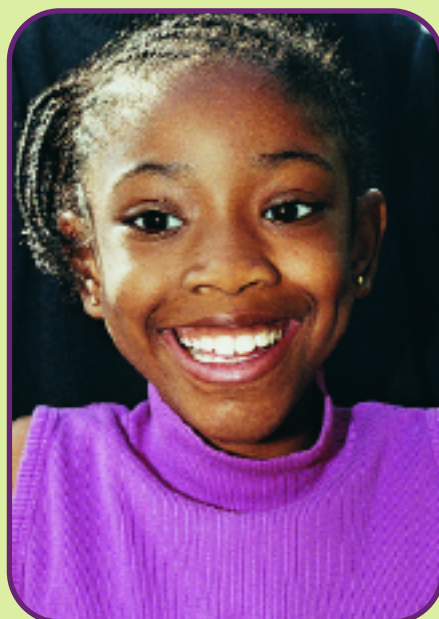
All about things that young carers face, like school and money problems, how they feel, and where to get help.

www.bullying.co.uk

Lots of advice about what to do if you are being bullied.

www.bubblycrew.org.uk

A really good website by young carers who live in London.



Where can I get help?



Here are the telephone numbers for some really useful helplines.

Anti-Bullying Campaign Help if you are being bullied or are a bully 020 73781446.

Childline 0800 1111.

Kidscape Another helpline to ring if you are being bullied 0171 730 3300.

NHS Direct Health advice and help 0845 4647.

Samaritans 01803 299999 or 08457 909090.



Useful services in Devon



See the 'local information' sheet that came in this pack for more places that might be able to help you.

Devon Information on Services for Children (DISC)

Helps mums, dads and carers choose services and activities for children. Freephone information service Monday - Friday 9.00 am - 5.00 pm 0845 155 1013.

Youth Services Help and information for young people 01392 382049.

Countywide Travel Scheme Cheaper bus and train tickets for young people in Devon 01392 383668.

Travel Line Bus and train information 0870 6082608.

Benefits Agency Helpline For people with long term illness and disabilities 0800 882200.

Police Emergencies only 999. If you have a problem that isn't an emergency ring 08452 777444.

Social Services Emergency Duty Team

0845 6000388.

Water Freephone 0800 1691144.

Gas Freephone 0800 111999.

Electricity 0845 651651.

Health & Safety advice



In an emergency...

Try not to panic.

Dial 999 for Police, Ambulance or Fire Brigade.

Say where you are, what happened, and how it happened.

Remember!

Is there an adult you can phone?

Your mum or dad may have asked someone to help in an emergency.

Keep your doctor's telephone number in a safe place or phone NHS Direct on 0845 4647 for help.

But, if it's an emergency dial 999.

Fire

Have smoke alarms fitted and check the batteries work!

Plan how to get out. If there is a fire tell everyone to get out quickly. Phone 999.

Don't put fires or heaters near curtains, beds and furniture.

Don't dry clothes near fires, heaters or cookers.

If you smell gas, don't switch anything on (like light switches) as it could light the gas.



Open doors and windows.

Check the cooker and gas fire to see if the gas has been left on by mistake.

Phone the gas helpline on 0800 111 999.

Watch carefully if someone is smoking and they're drowsy, taking medicine or have been drinking.

It's easy to fall asleep and not notice that a cigarette is still burning.

In the kitchen

Wash your hands, and the knife and chopping board really well after cutting raw meat. It might have germs in it, which can get into other food.

Defrost frozen food unless it says 'cook from frozen'.

Don't leave pans on the cooker if you're not there to watch them.

Be extra careful if you use a chip pan. Electric fryers are safer or use oven or microwave chips.

If a chip pan does catch fire, turn off the heat if it's safe to do so. Don't move the pan. Put a wet tea towel over it but never throw water over the pan.

In the bathroom

Run cold water into a bath first so it isn't too hot.



Never use electrical things in the bathroom (like hairdryers, radios, CD players or heaters).

Never touch plugs, sockets or light switches with wet hands.

First aid for cuts

Don't panic. Talk quietly to the person.

Wash the cut under a cold tap, pat dry with a clean dressing or piece of cloth and cover with a plaster.

If there is a lot of bleeding, check to see if there is anything in the cut but do not take it out.

Press down with a clean folded cloth. If there is something in the cut, press down either side of it.

If it is in an arm or leg, hold it up to slow the bleeding. Be very careful if you think a bone is broken.

If you have one, bandage a clean pad or dressing over the cut, but not too tight.

Phone 999 for an ambulance.

If blood comes through, put another bandage on top.

Burns and scalds



Burns are caused by dry heat like flames. Scalds are caused by something wet like steam or hot water. Treat both the same way.

Hold under a cold tap for at least 10 minutes.

Take off jewellery, watches or clothing - unless it is sticking.

Cover the burn with a clean, non-fluffy, cloth.

Talk to the person.

If it is very bad phone 999 for an ambulance.

Other rules for burns:

Do not touch the burn

Do not burst any blisters

Do not use plasters, lotions, creams or sticky tape.

Do you have a First Aid kit at home?

If not, ask your mum or dad about buying one.

To find out more about first aid speak to your Young Carers Development Worker (their phone number is on the separate sheet in this pack).

Puzzle page



Can you find the words in the puzzle?

young

carer

trip

support

unwell

cooking

nurse

friends

disabled

school

website

help

f	r	i	e	n	d	s	d	y	s
h	c	d	h	u	n	w	e	l	l
e	o	r	t	y	o	u	n	g	d
l	o	p	s	c	h	o	o	l	i
p	t	w	h	t	n	l	t	h	s
c	a	r	e	r	y	u	q	n	a
w	e	b	s	i	t	e	r	c	b
t	s	k	o	p	u	t	b	s	l
s	u	p	p	o	r	t	x	t	e
i	v	c	o	o	k	i	n	g	d

What other Devon Young Carers say...



“My Young Carers Development Worker **really listens** to me.”

“I didn’t think there were **any other** Young Carers out there.”

“Now I can do **normal** things like all my friends.”

“I was **bullied** at school because I was different, but thanks to the help I’ve had, things are much better.”

“I now know we’re not the **only family** with a brother or sister who has disabilities.”

“I’ve made some great **friends** through Devon Young Carers.”

“I had a **great time** with you and I want to come again please, please, please...”

