

What is a young carer?

Young carers are children and young people, under the age of 18, who help care in families where someone has an illness, a disability, a mental health issue or who has an alcohol or other drug problem. The person they help care for might be a parent, a sibling, a grandparent or other relative, or maybe a friend.

A young carer might help out with cleaning, cooking, with administering medications, therapy, medical and other appointments, with keeping the person safe or watching out to make sure that they're feeling okay.

What is the Charter?

The Charter aims to ensure Young Carers are identified and supported at the earliest opportunity and that there is no "wrong door" for a child or young person with a caring responsibility. The Charter engages the local community to expand support and services for Young Carers across County Durham.

Those gaining Charter status showcase their commitment to supporting young carers in their community and working together to build on this commitment and provide additional help, support and signposting for young carers and their families - building a stronger neighbourhood for young carers.

Those wishing to gain Charter status are required to:

- Undertake a self-assessment within their school, organisation or group
- Introduce a policy for young carers within their school, organisation or group
- Provide evidence against specific pledges of support that were developed with young carers.

The Charter process enables schools, organisations and community groups to learn and adopt key principles to help identify more young carers earlier. It fosters a culture of change, shared understanding and duty towards supporting young carers.



For more information please get in touch with The Bridge Young Carers Service by calling 01913832520 or emailing durhamyoungcarers@family-action.org.uk