



Nottinghamshire Carers Association Case Study

Nottinghamshire Carers Association



Young Carer Friendly
School/ Service/ Org

Healthy Family Teams

Introduction

The Healthy Family Teams (Nottinghamshire Healthcare NHS Foundation Trust), which works across Nottinghamshire County and Bassetlaw. Healthy Family Teams are part of the Healthy Families Programme.

Specialist Public Health Practitioners and their teams, who used to be known as Health Visitors and School Nurses, provide support to all families living in Nottinghamshire with a child aged between 0 and 19 years. This includes expectant mums and young people attending Nottinghamshire schools aged up to 19 years.

They work closely with local GP practices, early years settings, schools, midwives, children's centres, social care and other services in each area.

[Click here to find out more about the Healthy Families Teams](#)

The Challenge

Before NCA worked with the Healthy Family Teams, they were aware of young carers but they didn't have any up to date resources, details of the Young carers Notts Service and what was available for young carers. After meeting with Elizabeth Choo (NCA Young Carer Liaison Lead), it was agreed that it would be good for all Healthy Family Teams to receive the NCA Young Carer Awareness Training to help spread awareness across the service. It would enable the teams to ensure they knew the referral process and had information for signposting young carers.

Work completed

An initial meeting to discuss Young Carers and the Young Carer Awareness Training was held on the 5th December 2023 with Tina Hancock (Service Manager) and Julia Wilkinson (Senior Health Promotion Specialist and Health and Wellbeing Champion). Arrangements were made for the teams to access the NCA Young Carer Awareness training as a starting point.

These were rolled out as part of our ongoing webinars and invites were sent out to all Healthy Family Teams across the County, however these were not that well attended. The training became much more successful when delivered to individual teams, either in person or online, at their team meetings.

Altogether there were 135 attendees for the dedicated young carer awareness training sessions for the Healthy Family Teams.

The Healthy Family Teams staff are also made aware of, and have access to, the ongoing monthly NCA Young Carer Awareness Webinars and given resources and young carer information.

Following the training Lynne Meadowcroft volunteered to be the Young Carers Champion for the Broxtowe Healthy Family Teams, and Anna Briggs is the new Young Carers Champion for Retford, Bassetlaw Healthy Family Team.



Julia Wilkinson consistently works hard to ensure that Young Carer Awareness is included in all of the resources that are sent out from the team. Julia has also now stepped forward as a Young Carers Champion for the service, along with David Godsall.

"Working with NCA has been great! Knowing they are there to offer support and guidance has really helped develop our input with young people. The fantastic training was inspiring and motivational."

Carer Friendly Award

As a result of the work carried out with NCA and their ongoing commitment to raise awareness of Young Carers in all that they do, the Healthy Family Teams were awarded with their Young Carer Friendly Service Quality Mark in July 2025 and presented with their award in September.



Julia Wilkinson (Senior Health Promotion Specialist), Elizabeth Choo (NCA Young Carer Liaison Lead) and David Godsall (Healthy Families Teams Media Officer)

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Next Steps of progress

Beth will keep the Young Carers Champions up to date with all new resources and information as necessary. They will also be invited to our Young Carer Champion Network Meeting in the autumn term.

They have the following resources scheduled to be launched in October 2025 for Adolescent Health Week. All of these have Young Carer information embedded within them.

- Health for Teens website
- Primary Health magazines
- Year 7 Health Magazine
- Digital Assemblies – all year groups from 11 years onwards
- Animation Assemblies
- Digital Assembly handouts



Do you look after someone at home?
Are you aged 5 - 18?
Then you could be a Young Carer



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www.youngcarersnotts.co.uk





Do you look after someone?
Do they rely on you for support?
Then you are a carer



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Outcomes and Impact

As a result of working with NCA, every Primary and Secondary school across the County that receives information from the Healthy Family Teams will have Young Carer information shared with them regularly.

All Healthy Family Teams staff have received the Young Carer Awareness Training, and new colleagues are encouraged to join one of the monthly webinars.

Some feedback from the training

'Great training, at the right level for me to gain information and think about how I can give more consideration to these young carers.'

'I will share information with my team. When in schools I will ask about known carers and review support in place for them and their mental health.'

'I can commit to ensuring professional curiosity in identifying young carers and also promote the use of assessments and resources.'

