

Young Carer Information Sheet

TuVida Carers Hub Services – Nottinghamshire

A free, confidential and independent support service available for carers, accessible via our Helpdesk, via email or by visiting our website;

0115 8248 824

nottinghamshirehub@tuvida.org

www.tuvida.org.

TuVida provides a range of support and services which can be accessed via the Nottinghamshire Carers Hub. The aim of the service is to increase the self-esteem of Young Carers, bring them in touch with their peers, reduce social isolation, gather their feedback on current services and get their ideas on how to shape future services.

We are providing support and activities to the young carers aged 7-17 via the following methods:

Information, Advice and Guidance

- Information, advice and guidance around your caring role
- Signposting to specialist organisations and other support groups for young carers.

Young Carer ID Card & Emergency Plan

- We can send you a Young Carer ID card which can be used as proof that you are a Young Carer.
- Emergency plan: We can send you a form to complete which will provide information to help support the person you care for in the event of an emergency situation, involving yourself.

Young Carer Support Groups and Activities

- We regularly hold groups and activities for young carers in Nottinghamshire. You'll be able to meet other young carers, make friends, help increase your self-esteem, have fun and learn new skills. Activities may take place in person or online and will include things such as:
 - Arts and Crafts
 - Quizzes and competitions
 - Physical activities; Bowling, paintballing, laser quest, canoeing, rock climbing etc.
 - Baking and cooking, and much more!

Young Carers Assessment

- To request a young carers assessment, call: 0300 500 80 80.

T: 0115 824 8824

E: nottinghamshirehub@tuvida.org

19 Pelham Road | Sherwood | Nottingham | NG5 1AP

www.tuvida.org

TuVida is formerly known as Carers Trust East Midlands. We are a Carers Trust Network Partner.



Charity registration number 1051649. Registered with the Care Quality Commission.

East Midlands Crossroads – Caring for Carers is a company limited by guarantee registered in England & Wales, registration number 3128681. Registered office: 19 Pelham Road, Sherwood, Nottingham NG5 1AP.

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Useful Numbers:

- Autism East Midlands: range of support service for families and carers: 01909 506 678
- Blue Badge: contact your local authority (council) for details
- Children's Services: to request an assessment call: 0300 500 80 80
- Cinema Card: free pass for carers: www.ceacard.co.uk 01244 526 016
- Action for Children: www.actionforchildren.org.uk - Charity supporting children, young people and their families across England.
- Anxiety UK: www.anxietyuk.org.uk - Helpline: 03444 775 774. Text: 07537 416 905.
- Childline: www.childline.org.uk - Support for children and young people in the UK, including a free helpline and 1-2-1 online chats with counsellors. 0800 1111.
- Hope Again: www.hopeagain.org.uk - Support for young people when someone passes away. 0808 808 1677.
- Hub of Hope: www.hubofhope.co.uk - A national database of mental health charities and organisations from across Britain who offer mental health advice and support.
- Kooth: www.kooth.com - Counsellors available until 10pm every day. Free, safe and anonymous online counselling for young people. Check if this is offered in your area.
- NHS Go: www.nhs.go.uk - NHS app with confidential health advice and support for 16-25 year olds.
- No panic: www.nopanic.org.uk - Charity offering support for sufferers of panic attacks and Obsessive Compulsive Disorder (OCD).
- Young Minds: www.youngminds.org.uk. If you are a young person struggling to cope, you can text YM to 85258 for free, 24/7 support. Alternatively if you are a parent wanting to access support for a young person, you can call for free on 0808 802 5544 from 9:30am-4pm, Monday - Friday.
- Place 2 Be: www.place2be.org.uk.
- The Mix: www.themix.org.uk Call: 0808 808 4994, alternatively you can access a 1-2-1 chat and crisis messenger if you visit the website.
- Mind: www.mind.org.uk

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