

# DONATIONS

Derbyshire Carers Association is a registered Charity, which means we greatly rely on donations from the public.

This enables the service to deliver social activities, events and opportunities for young carers in Derbyshire to have some 'free time' away from their caring responsibilities and the chance to meet with other young carers.

If you would like to speak to someone regarding donations, please contact Derbyshire Carers Association on 01773 833833

## TEXT DONATIONS

To make an instant donation just text : **DERB25** and the amount (for example DERB25 £10) to **70070**.



# VOLUNTEERING

We are keen to hear from anyone over the age of 18 who would like to volunteer with the young carers team and help us to provide social activities and opportunities for young carers. All volunteers will need to undertake some training and have completed a disclosure and barring check.

If you are interested please contact us on **01773 833833**

Facebook – Derbyshire Young Carers  
Website – [www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)  
[www.carersinderbyshire.org.uk](http://www.carersinderbyshire.org.uk)



## DERBYSHIRE CARERS ASSOCIATION

Head Office: Derbyshire Carers Association,  
Genesis Business Park, 32-46 King St, Alfreton, DE55 7DQ.  
**Tel:** 01773 833833

**E-Mail:** [info@derbyshirecarers.co.uk](mailto:info@derbyshirecarers.co.uk)  
[youngcarers@derbyshirecarers.co.uk](mailto:youngcarers@derbyshirecarers.co.uk)

**Website:** [www.derbyshirecarers.co.uk](http://www.derbyshirecarers.co.uk)  
Registered Charity No: 1062777

DERBYSHIRE CARERS ASSOCIATION IS PROVIDING NEW AND EXCITING SUPPORT TO YOUNG CARERS AGED 5-18 ACROSS DERBYSHIRE.



A young carer is someone who helps to care for a family member, including a sibling, who has a physical disability or mental illness



# WHAT YOUNG CARERS DO

IF YOU ARE A YOUNG CARER YOU MAY BE HELPING WITH SUCH THINGS AS;

- Shopping
- Housework
- Cooking
- Paying bills
- Helping someone to feel OK
- Communication
- Dressing
- Bathing
- Giving medicine
- Looking after brothers or sisters
- Listening



# YOU ARE NOT ALONE

You may sometimes feel sad, tired, guilty or maybe strong and confident. You may feel as though you are quite alone as it is not easy to meet others in the same situation.

**YOU ARE NOT ALONE** There are hundreds of young people living in Derbyshire helping to care. We know and we can support you.

Any young person who cares for a family member can talk to a support worker to see what help and support you and your family need.



# ACTIVITIES PROGRAMME

WE AIM TO PROVIDE AN INDIVIDUAL SUPPORT PROGRAMME FOR ALL YOUNG CARERS. AS PART OF THAT SUPPORT WE CAN OFFER A VARIETY OF GROUPS, WORKSHOPS AND ACTIVITIES FOR OUR YOUNG CARERS AND YOUNG ADULT CARERS. THERE ARE REGULAR LOCAL SUPPORT GROUPS RUNNING WORKSHOPS AND GAMES, WHICH ARE A GREAT WAY TO MEET OTHER YOUNG CARERS. WE ALSO SUPPORT FAMILIES TO ACCESS ACTIVITIES IN THEIR LOCAL COMMUNITIES.

Other activities may include:

- Residential weekends away
- Sports activities
- Arts and crafts sessions
- Bowling
- Music workshops
- Swimming
- Forest skills
- Theatre trips
- Adventure activities
- Meals out
- CV writing workshops
- Interview preparation
- Managing a household budget
- Healthy eating workshops
- Health and well-being workshops
- Knowing your rights as a young adult carer
- College and University application workshops
- Self-esteem
- First aid

FIND US ONLINE



# SUPPORT

WE ARE HERE TO HELP, GIVE AND DIRECT YOU TO THE SUPPORT YOU NEED. WE MAY HELP YOU WITH SUCH THINGS AS:

- Completing a Young Carers assessment
- 1 to 1 support
- Family support and help
- Meeting others
- Social groups and activities
- Support in school
- Support in moving to college and training opportunities when leaving school
- Information / advice regarding work
- Carers support



# REFERRALS

If you would like to make a referral to Derbyshire Carers Association, you can request a referral form by emailing us at [Youngcarers@derbyshirecarers.co.uk](mailto:Youngcarers@derbyshirecarers.co.uk) or ringing 01773 833833