

North Yorkshire All-age Carers' Strategy Consultation

What is this and who is it for?

This is for those who look after someone at home. This might be a parent, brother, sister, or grandparent. Helping is kind, but it can sometimes feel hard. We want to make sure you are seen and heard and get the right support as a young carer.

Our big idea

We want you to feel happy, supported, and able to enjoy your life.

Our four goals

- Easy to get help – You know who to talk to.
- Feel happy and well – You have time for yourself and see friends.
- People understand you – Adults notice and support you.
- Help that fits you – You get the right help for you.

How should this feel?

You should feel safe, supported, able to have fun, and not feel alone.

What might you say?

I can get help when I need it. People listen to me.

What do we all want for you?

To have support in school and have a trusted adult to help, time to play, make friends, and have someone to talk to.

Your voice matters

We want to hear your ideas and find what we can all do to help. Please complete the survey with the help of someone at school or another trusted adult.

Remember

Being a young carer is just one part of who you are. You are important and your feedback will make a difference.