



# Richardson Dees Primary School

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Outstanding Governance Awards Finalists 2019



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Friday 8<sup>th</sup> May

NE28 7RT

## Supporting Our Young Carers

Dear families,  
Please find some information below on how the Local Authority are supporting Young Carers.

### What is North Tyneside Carers Centre?

At North Tyneside Carers' Centre, we offer various support to young carers from the age of 5 - 18 years, including:

- One to one support to identify the impact of their caring responsibilities on their wellbeing and how they feel about being a carer
- Regular breaks and activities to provide young carers with a much needed break and the opportunity to relax with their friends
- Opportunities to work on social action projects that can bring about positive change in both their own lives and the lives of others. These projects are designed by young carers themselves, using a youth participation model and ethos.

### Young Carers Podcasts

Members of our Young Carers Forum have worked with decision makers across North Tyneside to produce six podcasts and one video which we would like share with all schools within North Tyneside to raise the profile of young carers in the borough and highlight support available. We are asking all schools to share the podcasts on their websites and social media. We will be emailing out a different episode every Thursday over the next seven weeks.

Six podcasts were recorded in the series including:

- Being a Young Carer; Members of North Tyneside Carers' Centre's Young Carers Forum
- Norma Redfearn; Mayor of North Tyneside Council
- Paul Hanson; Chief Executive, North Tyneside Council
- Wendy Burke; Director of Public Health North Tyneside Council
- Lesley Young-Murphy; Chief Executive of North Tyneside Clinical Commissioning Group
- Julie Firth and Lesley Davis from North Tyneside Council

We are really excited with the finished podcasts and believe that they will help to identify young carers and offer support. If schools have any questions, or would like support to identify young carers please don't hesitate to contact the Young Carers Service Manager – [peter.thorp@ntcarers.co.uk](mailto:peter.thorp@ntcarers.co.uk)

Link to podcast <https://soundcloud.com/youngcarersvoices/being-a-young-carer>

Stay safe. #rdpsfamily  
Mr W Myers, Headteacher

