

Carers First

Young Carers

This guide is designed to help you help us keep you safe whilst attending our activities and to ensure that our activities can be accessed by as many young carers as possible. Here we also answer some frequently asked questions.



Do

- Keep us updated with your contact details.
- Keep us updated with the current school you go to.
- Keep us updated on medical conditions, allergies, food intolerances, or behavioural challenges.
- Use the expression of interest forms embedded in the e-news to apply for a place on activities.
- Sign in and out of the young carer sessions you attend.
- Ask parents or guardians to speak to a member of staff before collecting you from a trip or activity.
- Ask parents or guardians to arrange transport for you to be able to attend our activities, as we do not provide transport.

Don't

- Hesitate to let us know if you're unable to attend an activity you have a confirmed place for. We run waiting lists so this means that another young carer could miss out if you don't let us know you are unable to attend.
- Come to activities if you are feeling or have been unwell.
- Arrange late collections from young carer activities.

Activity guide

Visit:

carersfirst.org.uk

Frequently asked questions

What happens if I can't attend an activity I'm booked on to?

If you cannot attend an activity you are booked on to attend, please let us know as soon as you can. If you do not attend and have not let us know beforehand, you will be excluded from the draw for the next activity that you apply for.

If you do not attend a coach trip you will be charged the cost of the place (which includes coach hire, ticket price and staff time). We do not want to do this so please let us know.

How do I book on to activities?

You can express your interest in our activities via your monthly e-news by clicking the 'express your interest' link on the activity you would like to attend. We will then contact you to confirm whether you have a confirmed place.

Does Carers First provide transport to activities?

For out of area activities we will arrange a central meeting location for coach pick up, which you will need to make your own way to. Own transport will need to be arranged for activities in Medway.

How much do trips and activities cost?

All our trips and activities are free at the point of access. Failure to attend a confirmed activity will result in a charge being made.



How frequently do the youth clubs run?

Youth Clubs take place monthly during school term time:

Primary Aged

Every first Tuesday of the month
4 - 6pm

Secondary Aged

Every first Monday of the month
5:30 - 7:30pm

Young Adult Carers (16 - 25 yrs)

Every third Thursday of the month
6:30 - 8:30pm

How do I get in touch with the young carers team?

You can email the young carers team at: youngcarers@carersfirst.org.uk
Alternatively, you can use WhatsApp or text one of our young carers team.

Contact the Young Carers Team, Monday to Friday, 9am - 5pm:

Holly 07921 407094

Diane 07804 594893

Andi 07577 325109

Emma 07702 882655

Nikki T 07804 595068

Nikki B 07449 888431