

Planning and Being Prepared: Staff Guidance

Young carers identified emergency planning as one of the things that was most important to them (*Still Hidden Still Ignored, Barnardos, 2017*) so we recommend using this resource with all your young carers.

 Every young person and their families' situations are different, so it's important to listen to their worries.

 You can use these prompts for what they can do in an emergency:

- Where would you go? Is there a neighbour/ family member / friend you can turn to?
- What emergency number might you call? Which emergency service? Do you know how to call? (if not, go through this with them)
- What would you do next?
- Is there anything that you shouldn't do in X, Y or Z situation?

 For more information on fire safety, visit the South Yorkshire Fire & Rescue website: www.syfire.gov.uk/safety-advice/safety-in-the-home. SYC can also make referrals to the Safer South Yorkshire scheme for families in their service.

 People who can help us: Ask them to think about the contact numbers of local services (e.g. GP, nurse, hospital, voluntary services, taxi etc) as well as friends or family who can help, both in an emergency and for advice if they are worried. Discuss when they might need them and make sure they know who they can contact at different times (e.g. when services are open/closed).

 Other resources and help out there:

- Childline: You can call, email, text or join an online chat: 0800 111, www.childline.org.uk/
- Kooth: A free, safe and anonymous place for young people to find online support and counselling, www.kooth.com/
- Young Minds: Online guides to help young people with feelings, mental health conditions and knowing what support is available. For urgent support in a mental health crisis, go to their website or text YM to 85258. www.youngminds.org.uk/
- 'Safe, Sorted and Supported' - A child friendly booklet to help young people develop a crisis plan, available from Gloucestershire Young Carers. www.glosyoungcarers.org.uk/our-resources/



Planning and Being Prepared

Being a young carer can sometimes make you feel worried or anxious.



Planning what you will do if something difficult happens can help with this. It's good to talk to the person you are caring for and with other family and friends about what you would all do if there is an emergency to deal with.

In my family the kinds of emergencies and difficult situations that can happen are:



What we can do in these situations:



People who can help us



Name	Phone number	When they are available