Part of
Education and childcare during coronavirus

Department of Health & Social Care

Guidance

Guidance for those under 25 who provide care for someone

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This guidance is for young carers and young adult carers (see below). It will also be helpful for those who provide services to support young people who provide care (also referred to as young carers or young adult carers).

The information and advice provided here is designed to help young carers understand how to keep themselves safe and signposts the help available during the coronavirus (COVID-19) outbreak.

It builds on previously published guidance for those who provide unpaid care to friends and family and is also available in an easy read version.

1. Young carers and young adult carers – who are they?

You are a young carer if you are under the age of 18 and look after or care for someone who needs assistance with their: ill health, disability, mental health problem or addiction, pregnancy or other medical might need assistance because of illness, disability, mental health condition or an addiction.

You are over 18 but still under 25 and looked after or have caring responsibilities for someone else, you are a young adult carer. As you enter adulthood, you might have different caring roles and may find it difficult to balance caring responsibilities. You may or may not think these you care for.

2. Understanding coronavirus: what you need to know to help stop coronavirus spreading and caring for others

Is there a difference between coronavirus and COVID-19?

No, during this pandemic, coronavirus and COVID-19 mean the same thing. Treat both coronavirus and COVID-19 in the same way. Learn about the same ones when they are mentioned. Coronavirus or COVID-19.

What is coronavirus?

Coronavirus is a new virus type of disease that spreads easily. Like another, germs. It can spread by touching surfaces, coughing or sneezing.

Having coronavirus can feel different for different people. While many will feel unwell, some will even notice they have been infected. Some people may need to go to hospital to recover.

The most common signs of having coronavirus are:

- a new continuous cough. This means coughing for more than an hour or having 3 or more coughing episodes within 24 hours
- a high temperature. This means you are hot to touch on your chest or back
- a loss of or change in your normal sense of taste or smell

Protecting yourself and the person you care for

Personal hygiene to stop the virus spreading

Do:

- wash your hands with soap and water often – do this for at least 20 seconds. Washing your hands is one of the best ways to reduce the spread of the disease. Do this when you get home or when you first touch things that other people have touched before you have touched and. Also when providing essential care or returning home to ease their hands on arrival
- use hand sanitizer if hand washes are not available
- cover your mouth and nose when you or your someone (like) (not your hands) if you cough or sneeze
- dispose of used tissues in the waste and wash your hands afterwards
- keep surfaces clean, especially in the kitchen and bathroom and the ones people touch frequently, like door handles, tables and switches

Avoid:

- touching your eyes, nose or mouth
- sharing items such as a cups and plates with others before you have washed them

Create an emergency plan

Activities should create an emergency plan for the person they care for. This is in case someone does needs to provide care. It should also include what to do if the person you care for for up to hospital.

Talk to your family and the person you care for together about what you might do if someone needs to provide care for you or the person you care for if you become ill itself. You could have a conversation everyone can see, like on the kitchen wall.

In the plan, you should include:

- name, address and phone number of contact details of the person you look after
- best people to contact in an emergency – this might include friends, family or other people you know
- what time of day or night does the person you care when is being ill
- any times or disability that the person you look after may need care for (both from coronavirus and from things to receive their support
- any health treatment they receive
- any other care they receive, including drinking or communication
- useful phone numbers, including NHS 111, and GP and pharmacies of family, friends or your support workers

If the person you care for is learning disability, they should have a hospital passport to take with them if they go into hospital.

Make sure the person or other people connected in a way that can be easily shared with people who need to know. Keep it in a place where it can be found in an emergency. Let your plan to those who should see it.

If the person you care for is not able to write down their plan, you can help them to do it. Your family can also find information out about local services on the Carers Trust website.

Who else can help

Local authority carers support workers: you could talk to them about what they can do to help.

Teachers at your school are still working and can help you find the right people to talk to.

You can speak to your school nurse. Your school and have their contact details. School nurses are there to support you to stay healthy and safe.

School nurses have a duty of confidentiality, to all those who receive their care. This means they will not share information about you with your family or friends or other others, including your parents and teachers, unless they think you are at risk of being harmed. If they think this might be the case, they will discuss this with you first before taking any action.

If you or someone in your family has a social worker, you can contact them to say you need to talk about your caring responsibilities during coronavirus.

You could ask friends, family or a close contact to help you. Some people find it helpful to see if they could help drop off shopping or support you in other ways.

If you can't think of someone who can help you, or if friends and family are not caring carer, you can contact a local young carers service and tell them you think you a young carer. Young carers services can help you. They can offer support groups or get in touch with the Children Society's carers crisis certificate.

Social isolation, social distancing and shielding: the difference

Social isolation

Social isolation means that you or the person you care about feel lonely, and have positive, social contact with others if you or someone you live with has symptoms of coronavirus, or are in a group at risk of being affected by coronavirus (for example, the elderly).

You should not be afraid of being lonely and feel that you have to do everything on your own. You need not be afraid of being lonely and feel that you have to do everything on your own. You can get in touch with your family or friends or other people you know and need to get outside. Take a look at the list of free helplines for more information.

Social distancing

Social distancing is about ways to avoid catching and spreading coronavirus. It means making sure there is enough space between people who are and who are not from the same household.

Adults, or you, should limit your social interactions to 2 household(s) (your support bubble) in public or in private places such as at weddings, parties or meeting 2 people from different households. From the same date, people who do not live in the same household can meet in groups of up to 6 people. Children under 5 do not count as additional people because their age makes it easier for them to keep their distance, for example, out of their coverings.

The guidance Staying safe and walk social distancing gives more information about what you can and cannot do.

Shielding

Shielding applies to certain people who are at very high risk of severe illness from coronavirus. It means they are asked to stay at home and not go out at all. Sometimes these people are known as 'clinically extremely vulnerable'.

People who are shielding receive vulnerable and may continue to take precautions, but they can choose to leave their home if they want, as long as they are able to follow social distancing. If the shielded person chooses to spend time outdoors, this can be in their garden or in a public place.

If you're, those who are shielding and no longer be advised to shielding, you can find information about what you can and cannot do.

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The NHS will receive letters, contacting the extra measures they need to take.

Doctors in England are contacting people who may benefit from shielding to provide further advice. If you think the person you care for is in this group and they have not received a letter, they should speak to their GP practice to discuss their situation. Alan, our family, or their GP. There is a list of people who might benefit from shielding and further information.

Caring for someone who is 'clinically extremely vulnerable' (shielding)

There are some simple steps you can take to help protect them and to reduce their risk:

- do not call if you do not live with them to provide care for them and find other alternative arrangements for anyone you care for
- only provide care in essential, life-sustaining needs, help with washing and dressing
- wash your hands when you arrive at the person's home and after while you are there, using soap and water or hand sanitiser for at least 20 seconds
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- dispose of used tissues in the waste and wash your hands afterwards
- if you or the person you care for feel unwell, use the NHS 111 online coronavirus service to find out what to do and whether you need to be tested for coronavirus. Do not leave anyone who is ill alone
- further advice on creating a contingency plan is available from Carers UK
- there are more general suggestions around health during this time. Further information from Carers Trust Wales.

What to do if you or someone you care for becomes ill

If you have coronavirus symptoms

If you care for someone, you should stay at home and not go out for 7 days. You can go out after 7 days as long as you do not have a fever and you are not using medicine to reduce a fever. If you live with someone who is ill with coronavirus, you should stay at home for a longer period, and about at least both will you can get back to normal life as you feel well – these symptoms continue (last for several weeks).

If you live with other people, they should stay at home for 14 days. If someone else in the household is ill with coronavirus, they should stay at home for another 7 days from the date of their first symptoms.

If the person you care for is not well enough, you can continue to care for that person if you feel well.

The NHS website guidance also provides useful information.

If you have symptoms and are caring for someone who is shielding

You should not continue to provide care and possibly make alternative arrangements. Where possible, ask family and friends to help.

If you cannot find someone who can help, contact your local authority or healthcare provider. If you do not know how to do this, you can contact NHS 111. It may also be possible to find someone who can provide care who is not in the same household as the organisation of care. Your family can also find information about local services on the Carers Trust website.

If the person you care for has symptoms

If anyone in your household, including you, has symptoms, everyone in that household should stay at home and not go out for 14 days.

If you live with other people you should all stay at home for 14 days. If someone else in the household is ill with coronavirus, they should stay at home for another 7 days from the date of their first symptoms.

If you do not live in the same home as the person you care for, you should provide information on who they could contact they feel ill, how to use the NHS 111 coronavirus service and know the number coronavirus so they can see a test.

Getting tested for coronavirus

If you have symptoms of coronavirus you can request a test for yourself, to see if you have the virus, or on behalf of someone you care for. This is called 'testing'.

You will be contacted by the NHS Test and Trace service if you have evidence that you have been in contact with someone who has coronavirus. This is to make contact with. This will help the NHS Test and Trace service to keep people safe.

If you are notified that you have been in contact with a person who has tested positive for coronavirus by the NHS Test and Trace system:

- you should self-isolate for 14 days
- follow the advice in the guidance 'NHS Test and Trace: if you've been in contact with a person who has coronavirus'.

3. Staying well and keeping safe: looking after your mind and body and staying safe on the internet

Coronavirus and the changes that have been put in place to help people stay safe may affect people in different ways. Some people may feel fine, others may feel stressed, anxious, worried or angry. It is very difficult to find the time to look after yourself when caring for someone else. Even so, it is important to look after you own health and wellbeing and not to forget you need it.

Looking after your own health and wellbeing: how to take care of yourself

Keep healthy

Eat healthy food – look after your body. It is important that you try to eat well, drink enough water and to some kind of exercise every day. Body exercise is important for health, wellbeing and can help you to manage stress, sleep better, and have positive

There are some good exercise classes and routines you can join or with friends and family in your own time. The One You website has suggestions for exercises you can do at home.

If you cannot leave your home, you can still do some exercise. Ask your family to do exercise with up to one person from outside your home, and you should still stay 2 metres away from people who are not in your household. Walking or cycling are ways to do more vertical exercises because it means have been put in place to reduce the spread of the virus. For example, use of face coverings.

Stay connected

Stay connected – keep in touch with people. We can find long when we are unable to meet friends and family face to face. It is important that you find ways to keep those you are feeling, including those within your house, or friends, family and those your trust on phone, text, video call, email or post.

Strike a balance

Take breaks from the news or watch or check for college courses. This can cause you added worry to remind yourself alongside everything else in your life. You can set aside time in your day to focus on the basics for your education as well as ensuring you have and breaks to the things you enjoy.

Ensuring you have balance can help you feel better.

Create a wellness plan

The Scotland wellness plan should cause people's wellness plan will help you think about what you need to do to look after your own health and well-being. It can be helpful to think about what helps you to explore your caring role and what you feel is good and not so good about it.

It can take time to put your plan into together, so it might helps to do it with someone you feel is able to support you (this could be a project worker, teacher, family member, friend). You can also add to or adapt this plan at a later date.

Look after your feelings

Talk to someone you trust. Information about what to do if you feel anxious and how to look after your own mental health.

Further information

There is also information in the stay at home and staying safe and safe transport guidance's guidance about looking after your mental health and wellbeing and information on self-care and sources of support for mental health and wellbeing during the pandemic.

Public Health England has also produced some mental health and wellbeing COVID-19 guidance.

Remember, it's OK to share your worries with others you trust. Sometimes we feel stressed or down when we do not feel like something is people because we have to much pressure on us to be coping. When you feel like this remember that people want to talk to you and help you.

If you feel very isolated or have difficulties with your mental health and want to talk to someone you do not know for advice, have a look at the organisations listed at the end of this guidance under "access to mental health support – helplines and services".

> If you're struggling to cope, you can contact your local authority or social worker (if you have one), school nurse or school, or young carers support worker. They will be able to advice what support is on offer.

Staying safe on the internet

There are many online resources that can help you stay safe and well. But it is also important to stay safe online. Here are some resources to keep you:

- Childline
- UK Safer Internet Centre – report and remove harmful online content
- Cyber Helpline and Online Harassment Protection Helpline (OHPH) – for advice on making a complaint about online abuse
- Thinkuknow – advice on staying safe online
- Let's Talk About It – advice on keeping safe from online radicalisation
- Stop Hate – includes some helpful safety tips for young people

The amount of news and information generated by coronavirus can be overwhelming. It is important to be aware of the amount of information you are taking in, the amount of information you pay attention to and only focus on the things you can control.

4. Practical advice and support - concerns about money, accessing support, food and medication

Concerns about finances

If you are worried about money and your eligibility for benefits

You should take to your family or the person you care for about your worries. You can also contact your local authority or social worker (if you have one).

Some families may be entitled to benefits such as Carer's Allowance and Universal Credit. Your family should check the latest guidance on the GOV.UK website for further details. You can also find out about financial support for young and young adult carers on the Children's Society website.

Getting support and alternative care

If you need more help to get alternative care set up quickly

If you need more help to get alternative care set up quickly, you should talk to your family, you or the person you are caring for about contacting Kinship Carers' Charity. Kinship and family who may be able to give immediate care.

If you need emergency care, contact your local authority or health care provider. If you do not know how to do this, call NHS 111.

Support from local councils during this time

If you are under 18 and you or your family want to request an assessment for yourself or someone else, you can contact your local authority children's services. Your family will advice you on the support available to you as a young carer.

If you have a social worker, you should ask them about what support they can offer. You can also visit the Carers Trust website for more information.

Concerns about protecting the person you care for

Walks from people who provide essential care

It is OK for people who help care for someone to keep visiting. Like a health worker or carer.

Friends and family should only visit if providing care such as washing, giving medication, help getting dressed and preparing meals.

All people entering the home should wash their hands with soap and water or at least use hand sanitizer before and after they provide care.

Talk to the person you care for about the things people coming in should do. It helps everyone safe. You should not be afraid to insist that these conditions are followed.

If a paid care worker from an agency phoned and you do not think they are doing the right things, you can contact their employer or provider. Everyone, including carers and people who are supported at home and care providers, should follow the guidance on coronavirus in care homes.

The government has issued guidance to home care providers to make sure appropriate levels of hygiene are applied to reduce the risk of infection. You can tell carers attending they should follow this guidance.

How you can stay safe outside your home

Follow these steps to stay safe outside your home.

Keep your distance

The risk of infection increases the closer you are to another person and the amount of time you spend with them. So, the less time you spend by less the better and spend another person in the street.

Even if Julie Public Health England recommends trying to keep 2 metres away from others or you where additional measures have been put in place to reduce the spread of the virus. For example, use of face coverings.

Try to avoid touching, or to avoid being close to people for more than a short time, as much as you can.

Keep your hands clean

Wash your hands often using soap and water and dry them thoroughly. Use sanitiser if hand washes are not available. Wash your hands when you get home or after you have contact with surfaces. Avoid touching your face, particularly your eyes, nose and mouth.

Avoid being face to face with people

You are at higher risk of being directly exposed to respiratory droplets released by someone who is coughing or sneezing if you are face to face. This is a way the virus can be out of infection if you only need to talk rather than facing each other.

Avoid crowds

You can lower the risks of spreading the virus by reducing the number of people you come into close contact with, so avoid peak travel times on public transport where possible.

If you have to travel (to work or school, for example) think about how and when you do this

You should walk or cycle whenever possible. If you have to use public transport, you should try to travel at times when it is less busy, and be careful to keep your hands and face. The law says that you must be aware wear a face covering if you are over 11 years old.

Employers should consider staggering working hours and expanding bicycle storage facilities, changing facilities and parking for bicycles.

Wash your clothes regularly

The virus can stay on clothes for a few days so, if you are working with people outside your home, wash your clothes regularly.

Facemasks and protective clothing (PPE)

Public Health England (PHE) and Health Protection Scotland (HPS) when delivering care visits advised that to do so by health care providers. Public Health England (PHE) and Health continue to follow advice in the guidance and the guidance on shielding and protective measures for people who are clinically extremely vulnerable. Health Protection Scotland (HPS) advice you the support available to you in young carers.

Wearing a face covering if you live or go out

If you care, wear a face covering in enclosed public spaces where social distancing is not possible and where you will come into contact with people you do not normally meet. Wearing a face covering is not a substitute for other ways to reduce the risk of being public transport if you can't keep at least 2 metres apart. The law says that you must wear a face covering if you are under 11 years old.

It's important to use face coverings properly and wash your hands before putting them on and taking them off. You can make face coverings at home. The way they is should cover the mouth and nose.

Getting food

You and your family will be able to go out to buy food except if you are at risk of being ill to Public Government and local stores will stay open during the coronavirus

outbreak period.

Some shops will be giving priority (with special opening hours and online delivery times) to certain groups of people such as the elderly or designated key workers.

If you are shopping for food on your own it may be helpful to bring a young carers ID, recognition card or note from your family member. This is to explain that you are a young carer who is allowed to buy some shopping for others. You could also ask your support worker to help you with this. Include a phone number of a family member or other trusted contact if store staff want to call for further verification.

You can also buy shopping online, click and collect, ask the NHS responders service for help or have supermarket deliveries. Check if your local convenience stores offer a delivery service. You could phone in advance to find out what they have in stock and whether they can deliver.

If you cannot access food, contact your social worker or local authority.

Getting medication and prescriptions

Young carers can collect medicines with permission, unless they have coronavirus symptoms. Some pharmacists might refuse to give you the medicines if they think it is not appropriate. The person you care for may be able to get their medicines delivered if they contact the pharmacy or ask their GP.

Pharmacy delivery services will be very busy at the moment, so it is important that you order your repeat prescriptions in good time, to avoid delays. Information on repeat prescriptions and delivery services may also be available via your GP practice website or you can phone your usual pharmacy.

If the person you are looking after is shielding, an NHS Medicine Delivery Service has been specially set up from both community pharmacies and dispensing doctors to ensure delivery of medicines.

5. Schools and education: studying at home, resources to help, contact with school

Going to school or college during this period

Primary schools are now welcoming back children in nursery, reception, year 1 and year 6, with secondary schools, sixth form colleges and further education colleges offering some face-to-face support for years 10 and 12, and 16-19 learners in the first year of their course (who are due to take key exams next year).

If you fall into any of these groups your school or college will, if it has not already done so, contact you with detail of when to return. In addition, if you have a social worker, have an Education, Health and Care Plan (EHCP) or a parent/carer who is a key worker, then you can go to school or college. If you do not have a social worker, an EHCP or a parent/carer who is a key worker then your school/college may still be able to offer you a place and you should discuss this with them.

If you are eligible to attend school or college, but are worried about bringing the virus home

If you have concerns about the health of someone in your household or those you provide care to, you should discuss this with your social worker, school nurse, key worker or young carers support worker (where relevant) and your school or college.

It's OK if you do not feel comfortable attending school. It is also OK for you to say you would like to go to school. Your school or college and social worker (if you have one) will help you balance the risk to you and your family.

If your school or college or other educational setting does not know you're a young carer

If you are not sure whether your school or college knows you are a young carer, you can talk to a teacher, school nurse or someone you trust and tell them you think you need extra support.

You might not want your school or college to know you're caring for someone. But if they do know, they will understand that things are sometimes hard for you, like doing school work at home. It is good idea to let at least one teacher or school nurse you trust know that you are a carer. A young carers' support worker can also help. You can also talk to your school nurse in confidence.

If you're struggling with school, college or university work due to caring responsibilities

Your school, college or university may be able to offer you support, for example, giving you extra time for work or putting you in touch with local young carers' services.

Further information can be found on the NHS support for young carers page.

What you need to know if you were due to sit GCSE or A-Level exams this summer

Students who were due to sit A level, AS level or GCSE exams this summer will receive a 'calculated grade' as the exams are no longer taking place.

This means the school will take into account a range of evidence including non-exam assessment and mock results to work out your calculated grade. Schools and colleges will try to calculate marks the same way, so they are fair for everyone.

If you are worried about how this will affect you, please speak to your school/college and visit Coronavirus (COVID-19): cancellation of GCSEs, AS and A levels in 2020 for more information.

Support to help you learn at home

Continuing to learn while you are at home is important, and there is lots of support available. You should speak to your school/college first to find out how they can help.

The support available includes the BBC's online and TV lessons, and online lessons through Oak National Academy which your school may use. More information can be found in part 7 of our advice for parents and carers.

Remember, it is important to balance your day and take breaks from your work when you need to. Get active if you can, keep talking to friends, and eat well.

If you do not have a laptop or internet connection to do your work

You should speak to your school or social worker to see what support they can offer. The government has announced it is providing laptops to young people who would otherwise not have a computer, if they are preparing for exams (in year 10) or receive support from a social worker or are a care leaver. Where care leavers, children with a social worker at secondary school, and children in Year 10 do not have internet connections, 4G dongles will be provided.

If you think you should receive a device, speak to your social worker. If you do not have a social worker, speak to your school who may be able to help you, whether or not you are in Year 10.

If you are in college or sixth form and need access to a laptop, you should speak to your college about applying through the 16 to 19 Bursary Fund.

If you were previously receiving free school meals and your school is now closed

If you usually get free school meals, schools will continue to provide meals, food parcels or supermarket food vouchers. You should speak to your school if you have not been given information about how to access support.

If you think you should be entitled to free school meals but were not accessing them before, schools and local authorities are continuing to accept school meal applications. See the eligibility criteria to apply for free school meals.

Support from your university

Universities are independent and the support they provide during this time will differ. Many universities and colleges have moved to remote learning and adapting the support they provide including mental health services.

You can find answers to frequently asked questions from university students on how the coronavirus might impact higher education in the Education in the Media blog. The blog provides information on a range of topics including exams, fees, accommodation and support.

6. Young adult carers – how to continue to support when you're not living at home

If you need time off work to care for a relative who has symptoms or is self-isolating

You should talk to your employer about your caring needs and what arrangements can be put in place. Information regarding statutory sick pay entitlements can be found in the Guidance for employees. Some people, 16 years or older, may be entitled to benefits as a carer, such as Carer's Allowance.

How you can keep supporting your family if you are at university or working

You should keep in regular contact with the person you are caring for. Make sure you have an emergency plan in place. You could arrange food shopping online and bills to be paid online. Prescriptions can also be delivered if you speak to your pharmacy.

If you're juggling caring with work, read the government's latest guidance for employees.

If the person you care for is in a care home

If you have no symptoms, you should keep in contact with the care home to understand any local arrangement to keep in touch with residents and follow the Staying alert and safe (social distancing) guidance. This guidance includes tips on how to maintain contact with relatives or friends such as staying in touch via phone or post where you are unable, or it is not advisable, to visit.

What it means to be furloughed

The government has introduced a temporary scheme, referred to as the Coronavirus Job Retention Scheme, to support UK employers whose operations have been significantly impacted by COVID-19. The scheme is aimed at helping employers to retain staff during the pandemic even if forced to temporarily close down.

For more details, see the Coronavirus Job Retention Scheme guidance. Answers to frequently asked questions can be found on the Working Families website.

7. Where to get further support – helplines and websites

Helplines

If you would like to speak to someone anonymously, you can call helplines or visit one of the websites below:

Childline provides a confidential telephone counselling service for any young person with a problem. It comforts, advises and protects. You can:

- call free on 0800 1111 any time
- have an online chat with a counsellor
- check out the message boards

See, Hear, Respond has been funded by the government to support young carers and other groups of children and young people during the lockdown. It can provide advice and support, including counselling, on a range of issues including return to education. It can be contacted free on 0800 157 7015 or online

The Mix provides a free confidential telephone helpline and online service to find young people the best help, whatever the problem. You can:

- call free on 0808 808 4994 – lines are open from 11am to 11pm every day
- access the online community
- contact by email

Shout provides free, confidential support, 24/7 via text for anyone at crisis anytime, anywhere. You can:

- text SHOUT to 85258 in the UK to contact a trained Crisis Volunteer
- text with someone who is trained and able to provide active listening and collaborative problem-solving

Websites

The Children's Society has information for young people and professionals about coronavirus which includes links to tools, resources and activities as well as well-being tips for young carers.

Carers Trust has information for young people about coronavirus.

Have a look at their list of organisations providing support and information and their online local directory to find out if there are any specific carers' organisations in your area.

NHS Volunteer Responders for help with shopping or collecting medication call 0808 1963646 for an NHS Volunteer (between 8am and 8pm).

Making sure to look after your own wellbeing and physical health during this time. There is more information and advice especially for young people at Rise Above and Young Minds.

You may find useful information at the Children Commissioner's website.

Is this page useful? Yes No Is there anything wrong with this page?

Coronavirus (COVID-19)

Coronavirus (COVID-19): guidance and support

The UK has left the EU

Transition period: get ready for 2021

Services and information

Benefits
Births, deaths, marriages and care
Business and self-employed
Childcare and parenting
Citizenship and living in the UK
Crime, justice and the law
Disabled people
Driving and transport
Education and learning
Employing people
Environment and countryside
Housing and local services
Money and tax
Passports, travel and living abroad
Visas and immigration
Working, jobs and pensions

Departments and policy

How government works
Departments
Worldwide
Services
Guidance and regulation
News and communications
Research and statistics
Policy papers and consultations
Transparency and freedom of information releases

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