

WHO CARES?



YOUNG CARERS

Information for young people, families and professionals

What does it mean to be a young carer?

A young carer is someone who helps look after a relative who may have a condition, such as a disability, illness, mental health condition, or a drug or alcohol problem.

Many young carers look after one of their parents or grandparents or care for a brother or sister.



What do young carers do?

A young carer may spend time doing things like cooking, cleaning and shopping. They may also give medicines and tablets to the person they look after or help them to wash or get dressed. Some may help their brothers or sisters to get dressed and take them to school.

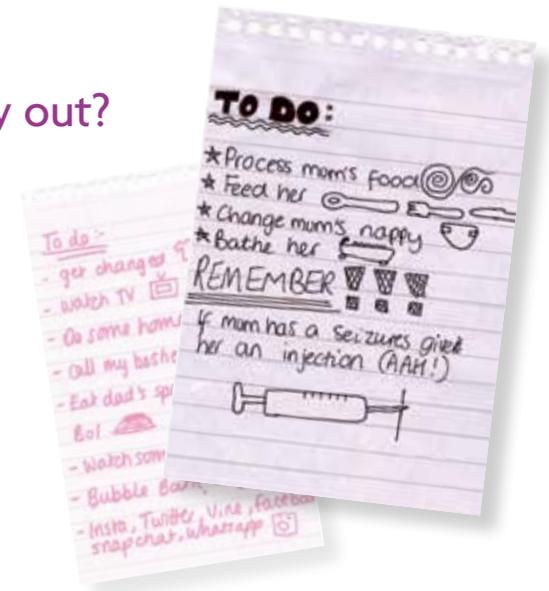
Some young carers may not do any of these things but they may worry about the person with the illness or disability.

Young carers can sometimes feel tired and are not always able to concentrate on their school work or college work. They can get worried or feel stressed because of their caring responsibilities.

If this sounds like you we'd like to hear from you. We can offer support and we want your views to help us support more young carers.

What kinds of tasks do young carers carry out?

- Cook
- Clean
- Do shopping
- Look after brothers or sisters
- Collect or give medication
- Keep someone company
- Washing/bathing
- Listen to worries
- Manage money



Every young carer's situation is different and it is not necessarily the amount of care undertaken but the impact that it has on a young person's life.

Sometimes a young carer may experience difficulties as a result of their caring situation. They might find it difficult finding time to do things that other people their age do, like homework, go out with friends or enjoy themselves.



They may feel:

- Tired
- Different
- Lonely
- Angry
- Frustrated
- No-one understands
- Trapped
- Confused

Many young people don't even realise that they are a young carer.

New Rights for Young Carers: Care Act 2014

Children and Families Act: Amends Section 17 of the Children Act 1989

Recent changes to the law will mean that when a young person is identified as a young carer, the needs of everyone in the family are to be considered.

What does this law mean for you?

- Young carers have the right to an assessment regardless of who they care for, what type of care they provide or how often they provide it;
- Young carers will be identified through working with schools and colleges and supported;
- Young carers will be provided with advice, support and information to support their needs;
- Young carers will be supported using a whole family approach, not in isolation from their families;
- More people will understand what it means to be a young carer and support you.



Young people at a consultation for young carers in the YES shop.

Menu of services for young carers:

If you're a young carer who lives in Slough and would like some support, these are some of the services you can access.



together as one

Aik Saath – Together As One

are a voluntary group for young people. They run a support group called the Young Carers' Café. It's a safe space for young carers to come and gives them a chance to take a break from their caring duties, meet other young carers, learn new skills, play fun games and develop a young carers' network in their community. Free refreshments are also provided and in some cases transport can be arranged.

This takes place Wednesdays, 6pm until 8pm at 29 Church Street, Slough SL1 1PL. Call 01753 574 780



The Beehive Foundation

help vulnerable young people access services that they might not otherwise be able to get involved in, such as the YES programme (see below). If your caring responsibilities are making it difficult for you to access an opportunity, such as sports, arts or community activity, then the Beehive Foundation could be able to help.

Call 07595 021906



Crossroads Young Carers

supports children and young people aged 4 to 18 years who live in Slough and have caring responsibilities.

Young Carers Club takes place on Fridays, 5pm until 7pm at Britwell Youth and Community Centre, Slough SL2 2DH. Call 01753 525 796



Destiny Support CIC

helps families and individuals access the support they need by providing preventative services with an aim to help them access social and support services to encourage independent living. A holistic approach of assessing, planning and providing tailored individual support that improves peoples' chances in life by becoming productive inclusive members of the community.

Visit www.destiny-support.org for information or call 01753 552 271



Slough Young People's Service

supports young people to realise their potential and to make the most of opportunities available to them. They are here to help if you are looking for something to do, need support to find a job or want to explore your education and training options, want to influence how services are delivered to young people or need support with issues that concern you.

Call 01753 875510 or email sloughforyouth@slough.gov.uk



Slough Family Information Service

can help you to find the information and support that you need. We can:

- Tell you about the services that are available in Slough, these may be services just for young carers or universal services that anyone can access. It includes things to do, family support services and information about schools and early years settings.
- Give you details of national charities and support groups that offer support and advice.
- Signpost you to the most appropriate service if you need help but are not sure how to get it.

All the information is available on our website, the Slough Services Guide, www.servicesguide.slough.gov.uk

You can find the information or services you need by using the search facility, if you enter your postcode into the search box you can find services that are closest to you.

Contact us on:

01753 476589 (answered 9.00 -5.00 weekdays, answerphone available outside these hours).

By email – FIS@slough.gov.uk

By using the website: www.servicesguide.slough.gov.uk and filling in the Contact Us form.



Slough Parent Partnership Service

can give you support about your child's education, particularly if the child has special educational needs.

We can:

- Give you impartial support, information and practical help.
- Support you to work in partnership with your school including accompanying you to meetings at the school.
- Put you in touch with support groups including specialist groups.

You can contact us:

Call 01753 787693

By email – parentpartnership@slough.gov.uk



Special Voices

is a group of parents/carers of young people with special/additional needs. They are all volunteers working together to raise awareness about the rights and needs of young people with special needs and to ensure that they and their families are consulted on any decisions made during planning or developing services for them. If you help care for a young person with special needs they can help ensure your voice is heard and sign post you to the support that is available.

07990 693439
info@specialvoices.co.uk
or visit specialvoices.co.uk



Turning Point

Supporting people with drugs and alcohol issues; through delivering 121 sessions focusing on; drugs awareness, harm reduction and solution focused support. They also support young people caring for people living with the effects of substance addictions, through programmes such as "What About Me".

Email yps@turning-point.co.uk or call 01753 692548 to find out what Turning Point can do for you.



Youth Engagement Slough (YES)

deliver a wide range of free sessions for young people across Slough, including the arts, sports and social activities. Visit www.yesslough.org.uk to download a programme and find out what's available.

Visit www.yesslough.org.uk to download a programme

National Links

The Carers Trust – Babble; A forum for young carers
www.youngcarers.net

The Children's Society's Young Carers Initiative
www.youngcarer.com

“Making it Real for Young Carers”

A guide for people working with young carers written largely in young carers' own words.
www.thinklocalactpersonal.org.uk

Young Adult Carers: for carers aged 18 to 24
www.carers.org/help-directory/young-adult-carers-guide

If you're under 25 and your 'To Do' list looks more like list 'A' you could be a young carer!



A young carer is someone who helps look after a relative who may have a condition, such as a disability, illness, mental health condition, or a drug or alcohol problem.

This booklet provides more information about what it means to be a young carer, the implications of the Care Act 2014 and information about the support available for young carers in Slough.

For more information, please contact **Harpreet Rai**, Young Carers Lead for Slough Borough Council on youngcarers@slough.gov.uk or call 01753 474095.

Funded by

www.slough.gov.uk
Slough
Borough Council

NHS
Slough
Clinical Commissioning Group