What is a Young Carer?

Young carers are children and young people under the age of 18 years, who provide care to

another family member who has a physical illness or disability, mental ill health, sensory

disability or has problematic use of drugs or alcohol and the level of care they provide

would normally be undertaken by an adult, thus impacting adversely on their childhood.

Young carers do lots of different jobs to help support their family

* Providing personal care such as washing, dressing, or giving medication
* Cooking family meals
* Managing money and paying bills
* Provide emotional support such as consoling a loved one, supporting their mental health and giving reassurance
* Shopping
* Cleaning
* Looking after younger brothers and sisters

Being a young carer means you may have problems at school, such as

* Not being able to concentrate in class
* Feeling tired all the time
* Feeling worried about what is happening at home
* Not having time to do homework
* Being bullied
* Getting into trouble with teaching staff

There may be times when you

* Worry about the person you care for
* Feel embarrassed to talk about what you do
* Find school life difficult to manage
* Miss out on spending time with your friends

The Young Carers Service has workers who specialise in different areas such as mental health and substance misuse, sibling carers and young adults aged 16 – 25 years.

**Continue to access respite sessions**

**Up to 26 respite sessions and 6 trips & activties**

Sessions are held at Beaverbrooks House

147 Newton Drive

Blackpool

**Tuesday – Duke of Edinburgh**

4pm – 5.30pm

(Please call 01253 393748) for more information

**Wednesday – Take5 Secondary**

4pm – 6pm

Age 11-16 years

Places **must be booked** a week in advance to secure a place

**Wed – Take5 YAC**

6.30pm – 8pm

16-25 years

**Thurs – Take5 Primary**

4pm – 6pm

5-16 years

Contact the centre on 01253 393748 to discuss booking a place due to high demand

**Fri – Creative Artz**

4pm-5.30pm

Age 5-16 years

**12 Week Action Plan**

Offered to family and Young Carer

Work on issues to improve life of family and Young Carer as identified in assessment

Eg. Housing, debts, emotional support, Carers Assessment through Social Care, help applying for benefits

Young Carer will be offered one to one support, up to 26 respite sessions, including trips in the school holidays

**Re-assessment – review of plan**

GREEN

Low need identified through assessment

AMBER

Medium need identified through assessment

RED

High need identified through assessment