

Take 5 Sessions

Take 5 Sessions are held for young carers at Beaverbrooks House (during term time only) on the following days:

- **Take 5 Primary** -
Thursdays 4.00-6.00pm
- **Take 5 Secondary** -
Wednesdays 4.00-6.00pm

We also hold other groups at various times throughout the year.

Other Sessions

- **Resilience Stories Project** -
Tuesday 4.00pm-5.30pm
- **Take 5 Creative Artz** -
Every Friday 4.00-5.30pm
- **Duke of Edinburgh** -
Every Monday 4.30pm-6.30pm
- **Super Saturdays - Take 5 Fun and adventures** -
One Saturday per month



Having fun in the Beaverbrooks House garden



Learning with new technology



Contact Details

Blackpool Carers Centre,
Beaverbrooks House,
147 Newton Drive, Blackpool
FY3 8LZ

Tel: 01253 393748

Email: admin@blackpoolcarers.org

You can also send us a message using the 'Contact Us Form' on our website:

www.blackpoolcarers.org

Beaverbrooks House is open 9.00am-5.00pm
Monday to Friday and some weekends.
Please ring before you visit.

 facebook.com/blackpoolcarers

 [@BlackpoolCarers](https://twitter.com/BlackpoolCarers)



To make a donation to provide
respite for our carers

Text BLACKPOOLCARERS to 70085
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*Texts charged at your standard network rate

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Blackpool Carers Centre

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Blackpool Young Carers

An introduction to the service



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

- Giving emotional support
- Shopping
- Cleaning
- Cooking family meals
- Managing money and paying bills
- Providing personal care such as washing, dressing, or giving medicine
- 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

What sort of support do young carers receive?

The support each young carer receives depends on the level of care they give.

Each young person will be assessed and given a RAG (red, amber or green) status.

The criteria for each status, together with support available is shown below:

Red (High Need)

- The young carer is the primary or main carer (providing all or the majority of care on a regular or substantial basis) and taking on a caring role normally undertaken by adults.
- The young carer cares for one or both parents, or a parent and sibling(s).
- The person(s) they care for has a significant problem with mental health, substance misuse (including alcohol), chronic or severe ill-health or disability.
- The young carer is experiencing significant problems identified through the assessment process.

Support offered for Red Status Young Carers:

- One to one work
- Family support plan
- Whole family support
- Trips and activities



An exciting day out go-karting

- Residential breaks
- Consultation events and forums
- Respite sessions (Free activities and food provided)

Amber (Medium Need)

- The young carer cares for either parent, sibling or other person.
- The young carer is a primary carer (as above) and is largely coping well with this role, does not experience any significant problems.
- The young carer is a secondary carer (not the main carer but still carrying out significant roles on a regular or substantial basis) and experiences significant problems.

Support offered for Amber Status Young Carers:

- Family support plan
- Some trips and activities
- Consultation events and forums
- Respite sessions (Free activities and food provided)

Green (Low Need)

- The young carer cares for a parent, sibling or other person.
- A primary or secondary carer who is coping well and does not experience any significant problems.
- A young person who is affected by the care needs of a parent, sibling or other family member and is considered to be at risk of becoming a young carer.

Support offered for Green Status Young Carers:

- Youth Club (Free activities and food provided)
- Invitation to one-off events eg. fun days and Christmas Party
- Consulted on views on young carers issues.