

What are Young Carers?

Young Carers are children and young people, up to the age of 18, whose lives are affected by looking after someone. This may include physical or learning disabilities, long term illness, mental health problems, or misuse of drugs or alcohol. This may be a parent, brother, sister or other family member.

What caring might they do?

The care they give maybe physical and /or emotional. These responsibilities may include:

Personal care

Housework

Lifting

Shopping

Giving Medication

Looking after brothers or sisters

Cheering them up

Helping fill in forms

Reminding them to do things

What can the Young Carers Service offer?

Every young carer has the right to an assessment of their needs. This will be completed by a Young Carers Support Worker and will help find the best services for the young carer. This normally takes about an hour and a Support Worker can meet in the young carers own home or arrange an appointment at the Swindon Carers Centre.

Once the assessment has been carried out, the Young Carers Support Worker will offer a number of choices that may include the following:

- Telephone, text or e-mail support.
- Time out, away from home with a Young Carers Support Worker
- Activities in small groups during school holidays
- Short breaks and residentials
- Weekly/fortnightly groups mixing with other young carers of the same age. These groups are run by Swindon Borough Youth Service
- To be part of the Young Carers Forum
- Referral to other projects or groups
- Possible funding for activities

“Coming to Young Carers gives me a chance to make new friends and have fun.” (aged 12)

“Going out with the Young Carers Support Worker on my own gives me the chance to talk about how I feel about things.”(aged 16)

“I like having fun and not having to worry about things at home for a while.” (aged 9)