



# Young Carers Project

A young carer is a child or young person under the age of 18 who

- Takes significant adult responsibilities in their family

And/or

- Carries out significant caring tasks

And

- there is evidence that these adult roles and responsibilities are having a negative impact

## The Young Carers Project will

Identify more young carers through raising awareness with

- young people in schools
- teachers and support staff in schools
- Professionals who work for the 'cared for' person. (e.g. drugs and alcohol workers, GP's, disability workers, pharmacists, Adult and Children's Social Services, Family Support Workers etc.)

Support and Advocate with young carers to

- assess each individual's situation
- create a young person led plan to focus on their needs
- offer one-to-one sessions to maximize existing support
- develop ways of accessing additional support based in young person's community

Provide groups for young carers

- to build confidence, have fun, meet new young people and learn ways to handle difficult situations.

*To make a referral or for more information contact 01752 206626 and ask for a Young Carers Worker*