

## THE VALLEY AND CHILWELL MEADOWS YOUNG CARERS SUPPORT

**Young carers are children and young people who look after someone in their family who is ill, frail, has a disability or a mental health problem.**

The care that is given might be washing and dressing, shopping and cooking, dealing with money and bills, cleaning, giving medicine, keeping an eye on someone and being a shoulder to cry on. They may be providing care and support where there are members of the family affected by drug or alcohol abuse.

Young carers often look after their mum, dad, sister, brother, grandparent or family friend.

### **The impact of caring on young carer.**

Lots of young carers say they get many rewards and satisfaction from caring, and grow through a sense of responsibility. However, young carers should not be expected to take on too much, and need support to ensure problems don't develop.

- Many young carers may feel alone or isolated and unable to talk to anyone about their situation.
- Young carers can experience bullying from their peers.
- Their education and career prospects could be put at risk if they are taking on too much.
- Their health can be put at risk, especially when they are under stress.

### **Support for young carers**

If you are a young carer or if you know someone who is a young carer, advice and support is available from a range of sources:

Community services can provide:

- Information on local and national forms of advice and information.
- An assessment of the looked after person. It may be possible for us to provide support services in order to relieve you.
- An assessment to see what kind of support you need to be able to carry on caring, and ensure you are not taking on too much.
- Assistance in making referrals to local agencies, who may be able to provide further support.
- Direct Payments.

### **Contact**

Please ring Children's Services on **0115 915 0800** if you are a young carer and need information about support available for you.

Further information also can be obtained from:

- [The Princess Royal Trust for Carers - Young Carers](#)
- [Young Carers Initiative](#)
- [Young Minds - Young Carers](#)
- [Action for Young Carers via Carers Federation](#)

