There are people to talk to, and they are;

- Family
- Friends
- Teachers
- School Nurse

- Social Worker
- Youth Worker
- Doctor



Wellbeing and Young Carers Team

Church Square House, 30-40 High Street, Scunthorpe, North Lincolnshire, DN15 6NL

Telephone 01724 296679

youngcarers@northlincs.gov.uk

North Lincolnshire Council



Wellbeing and Young Carers Leaflet

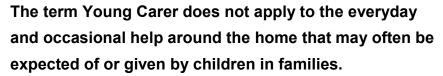
Children and Young People edition



WHAT IS A YOUNG CARER?

A Young Carer is someone under the age of 18 who assists in the care/support of someone if their family or a friend who has:

- A disability
- Illness/Long Term Health Condition
- A mental health condition
- Misuses drugs or alcohol



Somethings Young Carers may be doing:

- Practical tasks such as cooking, housework and shopping
- Physical care such as helping some one out of bed
- Emotional support
- Personal care such as helping some one to dress
- Managing the family budget
- Helping to give medications
- Looking after brothers or sisters



You are not alone!

Statistics show that there are estimated over 700,000 young carers in England.

THE YOUNG CARERS TEAM

What can we provide?

- Somebody to talk to
- Support around caring role
- Signpost to other services
- Support for the Cared for person
- Help to find activities in your community
- Set up support within school

How to get support for the Young Carers Team?

- 1. Talk to your family, including who you care for about wanting support.
- 2. Ask someone you trust to contact us to discuss a referral
- When we have accepted a referral you will be given a worker
- 4. Your worker will write to you and also arrange to visit you and your family
- When we visit we will talk to you about your caring role and how this makes you feel
- 6. Together we will make a plan to support you in your caring role

If you want more information please search on the internet for:
Carers Trust Know Your Rights