

## Support for you and your family

- Your local children centre can help with many aspects of family life, including, parental concerns, child development and family play sessions. **Find your local centre on the north Lincolnshire council website.**
- Community wellbeing hubs, which ensure that adults remain active and retain their independence, sometimes with community or voluntary support.  
**Contact on: 01724 277906.**
- Adult Social Care are there if you think you need support they have a range of services depending on what your needs are. They offer short and long term support to help you to plan the way you want to live.  
**Contact on: 01724 297979**
- Family Carers Team, who assess adult carers who care for another adult to identify their needs.  
**Contact on: 01724 298393**
- Brigg Carers Support Centre, help support all carers over the age of 18, including parent carers. They offer a range of courses, training and counselling.  
**Contact on: 01652 650585**
- Family Information Service who have information to help families in North Lincolnshire.

### Wellbeing and Young Carers Team

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

Telephone 01724 296679

[youngcarers@northlincs.gov.uk](mailto:youngcarers@northlincs.gov.uk)

North Lincolnshire Council



Wellbeing and Young Carers Leaflet

# Parents 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



The term Young Carer does not apply to the everyday and occasional help around the home that may often be expected of or given by children in families.

Some things Young Carers may be doing:

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



***We are here to support,  
not to judge!***

## 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 the young persons community
- Set up support within school

**Please note we do not offer regular activities or carer breaks**

**How do I get support for my child who is caring?**

Speak to your child about their caring role, and how they would feel about receiving support

1. Contact us directly to discuss a referral, or ask a professional you trust to do so
2. When we have accepted a referral your child will be given a worker
3. Their worker will write to you and your child to introduce themselves and arrange visits
4. When we visit your child we will identify what support is needed/wanted. We will also visit you to look at what support is required for the whole family, including the cared for person
5. Together we will make a plan to support your child in their caring role