

Contact us:

YOUNG CARERS SUPPORT TEAM

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Michelle Bell or Denise Lawton



CHILDREN AND YOUNG PEOPLE'S SERVICE

No English?

For information please call:

08000 193530 للحصول على المزيد من المعلومات اتصل ب: (Arabic)

০৪০০০ ১৯৩৫৩০ আরও আরও তথ্যের জন্য: ০৪০০০ ১৯৩৫৩১ (Bengali)

談話電話號碼的訊息, 請電: 08000 193532 (Cantonese)

हिन्दी में जानकारी के लिये 08000 193533 पर फोन करें (Hindi)

کوردی ژانباری به گوردی سۆزانی تانلوان بۆ ژانبار 08000 193537 (Kurdish Sorani)

Para mais informação em português contacte-nos através do telefone 08000 193538 (Portuguese)

ਪੰਜਾਬੀ ਵਿਚ ਜਾਣਕਾਰੀ ਲਈ 08000 193539 ਤੇ ਡੈਲ ਕਰੋ (Punjabi)

"Warbixinta oo af Soomaali ah wac 08000 193540" (Somali)

اردو میں انفارمیشن کے لیے: 08000 193541 - زبانیں - Urdu)

Nie mówisz po angielsku? Po informacji zadzwoń pod numer 08000 195587 (Polish)

Не знаете английский? Для информации звоните 08000 195586 (Russian)

For information in large print, audio, Braille or to request a signer to speak to us please contact 01724 296296



www.northlincs.gov.uk

**Guide to
The Young Carers
Support Service**

Going Forward Together

What is a young carer?

A young carer is a person under 18 who regularly cares for a family member who is mentally or physically ill, has a disability, or drug or alcohol problems.

Their day to day responsibilities might include cooking, cleaning, nursing or personal care, shopping, childcare for siblings or giving emotional support to the adult they care for.

Children are often very happy to help their parent or family member and it can be very positive but children also have the right to be looked after, to have their own time to play, develop and learn.

We aim to reduce the most negative and damaging effects that some young carers experience and acknowledge that those young carers who are well adapted to their caring role may also benefit from support and time out.

“A child becomes a “young carer” when the level of care-giving and responsibility to the person in need of care becomes inappropriate for that child and impacts on his or her own emotional or physical well-being or educational achievement and life chances”.

What do we provide?

- Support to complete a self assessment to identify the young persons needs in relation to the care they provide.
- Help to find the right support for the young carer and their family.
- Opportunities to have a break from caring responsibilities, meet other young carers and share experiences.
- Advice and support in coping with feelings and self care.
- Information to help young carers learn about the illness or disability that affects the person they care for.
- Advocacy on behalf of the young carer and support for the young person to advocate for the person they care for.
- Regular consultation about what young carers want and need from services.
- We work with schools, colleges and other agencies to raise awareness about young carers, including how to identify and support them effectively.

How do I make a referral?

It is important that families are involved in the decisions that affect them so we only accept referrals where the young person and parent are involved in the process.

Referrals are made using our referral form and this should be accompanied by a Common Assessment (CAF) or other specialist assessment which identifies the nature and impact of the young persons caring responsibilities.