

Young Carers Respite Support Service

Building Confidence,
Resilience and
Independence for a
Positive Childhood

Do you know a
young carer?

A young carer is someone under the age of 18 who provides, or intends to provide care for a family member, friend or relative because they have a disability, chronic illness, mental health difficulty or an addiction. A young carer will often assume the responsibility of an adult, providing physical and/or emotional care on a regular basis.

Awareness Raising and Training

Raising awareness of young carers and the responsibilities they experience is vital to ensure early identification and the implementation of necessary support. Young carers can often be 'hidden' as they find it difficult to recognise and/or accept their caring role, "just doing it because they are helping someone they love". It is important that young carers receive the help they deserve in relation to their caring responsibilities and so our awareness raising training will help you better understand how to identify young carers, where to refer and the support available to them. For further information about young carer awareness raising and training or to book a session, please get in touch.

Contact

Address: South Tyneside Young Carers.
The Eco Centre, Windmill Way, Hebburn,
Tyne and Wear, NE33 1SR.
Tel: 0191 4272795
Email: admin.styc@groundwork.org.uk
Web: southtynesideyoungcarers.org



Scan QR code to
visit website



/STYoungCarers

TEN



South Tyneside Council

What might a young carer do?

A young carer may be responsible for providing:

- Practical care, like cooking, housework and shopping
- Physical care, such as helping someone out of bed
- Emotional care, e.g. talking to someone in distress
- Personal care, such as helping someone dress/undress
- Support with managing the family budget
- Help to administer medicines or collect prescriptions
- Support to help someone communicate
- Support in emergency situations
- Help with looking after siblings.



The impact of caring for someone

Being a young carer can have a positive impact on the young person as they feel good and proud about the support they provide and the useful skills they learn. However, many young carers often don't see themselves as carers, which can result in them missing out on vital help and support they need and deserve. **Young carers can:**

- Miss out on opportunities due to their caring role
- Become isolated from their peers
- Struggle to concentrate and/or feel stressed
- Limited social opportunities
- Reduction in educational attainments
- Experience stigma and bullying for being 'different'
- Difficulty managing emotions
- Have little or no time for themselves.

What we offer

Our aim is for young carers to be confident, ambitious and independent, to be protected from inappropriate care and enjoy a positive childhood. As a result, we may provide:

- Young carers and families' assessment (5-18)
- Positive pathway planning (14+)
- Referral pathway to Connected Caring for young adult carers
- Young carers identification card
- Welcome pack and initial introductions
- Monthly E-Newsletter
- Information, advice, guidance and signposting
- Emotional resilience support
- Personal development workshops
- Advocacy
- Attendance and contribution to EHP, CIN and CP meetings
- Respite activities
- Family support
- Monthly drop in sessions
- Residential breaks
- Peer support networks
- Social action opportunities
- Volunteering opportunities/young carer voice
- Awareness raising and training

Young carer and family assessment

The Children and Families Act 2014 gives young carers the right to a carer's assessment in order to have their needs met, should the assessment identify this is required. **The Care Act** and **The Children and Families Act** should work together to make sure the needs of the whole family are met, ensuring inappropriate or excessive caring by young carers is prevented and/or reduced. South Tyneside Young Carers Service (TEN North East), is commissioned by our local authority South Tyneside Council, to conduct the **Young Carer and Family Needs Assessment**. The assessment is tailored to meet the needs of the young carer/family and will recognise current support networks available, alongside identifying the type, level, amount and impact of care. Positive pathway planning, future goals and raising aspirations, as well as the overall health and wellbeing of the young carer/family will be considered. A tailored plan of support will then be collaboratively developed and agreed between the case worker and young carers/family, with provision implemented to address needs identified.