

## There are people to talk to, and they are;

- Family
- Friends
- Teachers
- School Nurse
- Social Worker
- Youth Worker
- Doctor



### Wellbeing and Young Carers Team

Wellbeing and Young Carers Team  
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# 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



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



**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
3. 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
5. 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**