



**YOUNG
CARERS**

**WE CARE
YOU CARE.**

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Can we ask you...

- ☐ Do you spend a lot of time helping someone close to you? Maybe a brother, sister, parent or grandparent?
- ☐ Do you miss out on spending time with friends due to looking after somebody?
- ☐ Do your family talk or confide in you when they have a problem or are feeling low?
- ☐ Do you sometimes have to help a family member to get up, washed or dressed?
- ☐ Do you do more household chores than other people your age? Perhaps you often shop, cook and clean for your family?
- ☐ Do you spend a lot of time looking after a family member because of their illness, mental health, physical or learning disability or drug/ alcohol misuse?

If you answered yes to any of the above, you may be a young carer or young adult carer.





☒ **FRIEND**

☒ **SON**

☐ **BROTHER**

☒ **STUDENT**

**WE CARE
YOU CARE.**

I am a young carer.

A young carer is...

Someone, under 18, who supports someone who needs help eg. brother, sister, parent/ guardian

A young person that helps someone in their family home who may have a mental health issue, illness or disability (physical or learning) or misuse drugs or alcohol

A child who gives up personal time to help support their family member

If this is you, we hope you find this guide useful. It has been created by local young carers who have experience of finding themselves in a caring role and not knowing who can help. We hope this guide helps you to understand the support available to you and how to access it.

If you don't understand anything in this guide, or are looking for further support, please turn to page 10 for a list of local organisations and useful websites.



I am not alone.

The latest census identified 166,000 young carers in the UK (ONS,2011), the actual figure is likely to be much higher, with the Children's Society estimate being closer to 700,000.

I can...

Meet some of these other young carers, have some fun and gain support through my local young carers service, The Junction (see page 8 for more details).

I am entitled to...

A confidential chat with someone to find out if there is any support I could benefit from or would like. This is called an **Assessment**. Support for young carers is currently governed by The Children and Families Act, and the Care Act (2014). These stipulate that all young carers under 18 have a right to a needs assessment.

"Without an assessment, thousands of young carers could be taking on inappropriate and excessive levels of care without the support and help that they badly need"

The person doing the assessment with you, will talk and work with you to make decisions on whether your situation is ok and look at what support could help you and the person you care for.

ONE IN 12
SECONDARY AGED PUPILS

I am a young carer because...

Mum became real ill on drink and couldn't cope

I help by cleaning and going to the shop so she doesn't drink. I also cook for her because she had the shakes and I was scared in case she burnt herself. I like caring for her because she gradually gets better with my help

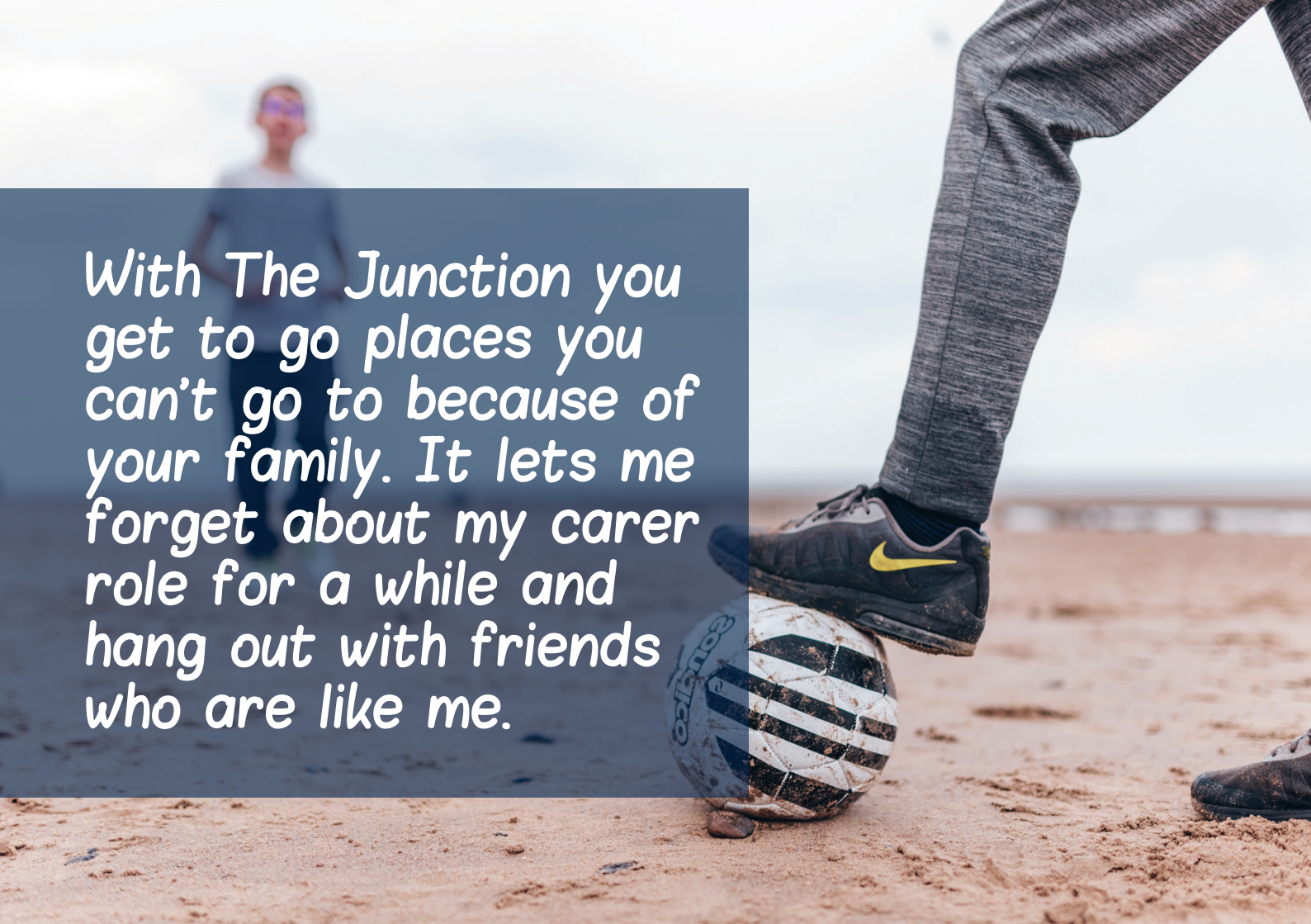
?

My brother has autism

I miss out on a lot of things because my Mum and Dad have to care for him a lot. He has severe speech problems and I feel very lonely sometimes.

My Mum has diabetes and Lipodystrophy

I cook my food, wash up, tidy up my room and always do as I am told. I like being a carer because I can help my family.



With The Junction you
get to go places you
can't go to because of
your family. It lets me
forget about my carer
role for a while and
hang out with friends
who are like me.

WE ARE YOUNG CARERS. ARE YOU?



01642 756000

"We are all young carers and we spend a lot of our time helping someone close to us. This has a big impact on our lives, our emotional development and our education. Young carers like ourselves need recognition, understanding and support."

- Young Carers, The Junction

The Junction delivers 1:1 support and a range of age appropriate group, social and developmental activities for young carers.

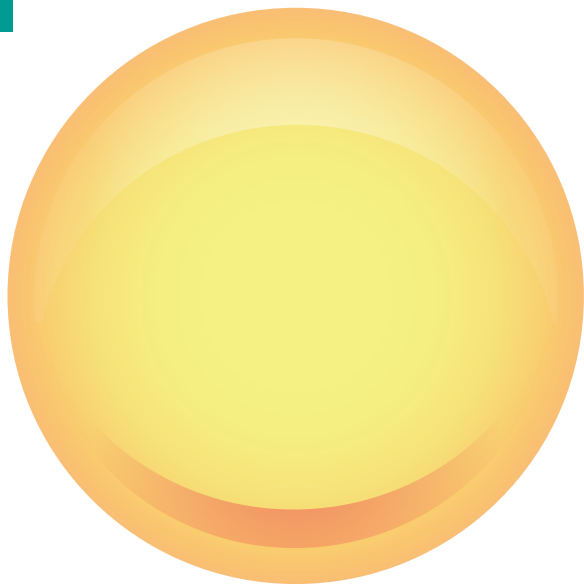
Our non-judgemental, confidential support services make a real difference to the lives of children, young people and their families across Middlesbrough and Redcar & Cleveland.



WWW.THEJUNCTIONFOUNDATION.COM



@TheJunctionFoundation



I feel...

Being a young carer can have a huge impact on your health, wellbeing and social life.

Emotionally:

drained, worried, frustrated, always on edge

Physically:

tired, not always able to get a full nights sleep

Socially:

same routines, regular hospital appointments, miss out on things as a family or with friends

How does it make you feel?



If you want to tell someone about how you feel, please contact one of these local organisations for support. You are not alone.

Carers Together

Supporting young adult carers

St Mary's Centre
82-90 Corporation Road
Middlesbrough
TS1 2RW

01642 488977

carerstogogether@btconnect.com
www.carerstogogether.co.uk

Child & Adolescent Mental Health Service

Supporting children and
young people experiencing
mental health problems

0300 013 2000

www.tewv.nhs.uk

Headstart

Supporting school aged
children and young people in
Middlesbrough with low level
emotional difficulties

Ask in school or find out
more through **The Junction**

Middlesbrough Recovery Together

Confidential drug and alcohol
service for adults and young
people in Middlesbrough.

01642 876323

www.changegrowlive.org

The Junction

Supporting young carers

19 Station Road
Redcar
TS10 1AN

01642 756000

info@thejunctionfoundation.com
www.thejunctionfoundation.com

OTHER USEFUL WEBSITES

childrenssociety.org.uk/youngcarer

youngminds.org.uk/find-help

childline.org.uk

youngpeople.nyas.net

**WE CARE
YOU CARE.**

We hope by producing this guide we have provided a useful tool to help you navigate all the local services and support available to you as a young carer living in Middlesbrough.

A digital copy is available to download at www.mvda.info

All information correct on date of publication: June 2018.