

# Support for Young Carers

## Who are young carers?

Young carers are children and young people under 18, who take on physical, practical or emotional responsibilities at home because someone in their family is ill, has a disability, experiences mental health problems or has a problem linked to alcohol or drugs.

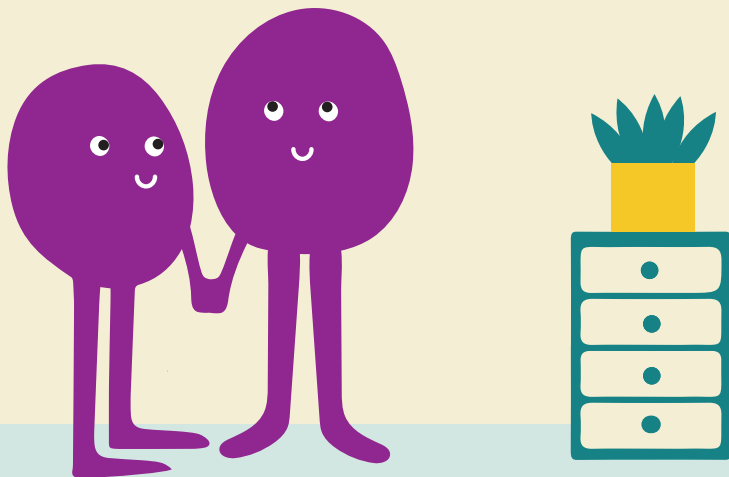
Lots of young people want to help out and feel proud that they can offer support, but we know from talking to young carers that having extra responsibilities can be difficult and have an impact on their lives both at home and at school or college.

Sometimes it can be difficult to recognise someone as a young carer – but does this sound like your family or a family you know?



## What can help young carers?

- Acknowledging they have a caring role
- Enabling the person they care for to access support so that young carers do not have to do so much
- Ensuring they have the same opportunities as other children and young people of their age
- Meeting other young carers and knowing they are not alone
- Having someone to speak to who understands



## How we work at Newcastle Carers

We talk to young carers and their family to understand their needs and how we can best support them – this is a Young Carer Assessment.

We agree a plan of support with the young carer and their family. This may involve direct support or working alongside other services and organisations to make sure the right support is in place.

### Our priorities are to:

- Reduce the amount of caring a young person has to do if it is too much for them or if they are finding it difficult. This may involve signposting the person they care for to other services and organisations for support

- Support young carers to access more help at school or college (but only if they want to)
- Make sure young carers have plenty of opportunities to have time for friends and fun
- Offer opportunities to connect with other young carers
- Ensure young carers have the same opportunities as others their age
- Ensure young carers are supported by other adults and professionals in their lives
- Make sure young carers are supported at times of significant change and during the transition to adulthood

## Get in touch with us

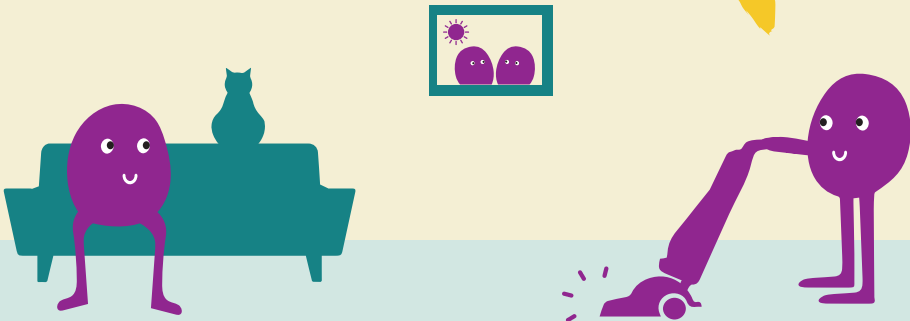
Parents, young people and professionals are all welcome to contact us for further **information**.

If you are the parent of a young carer you can contact us directly to get **support** for your child.

If you are a young carer aged 16 or over you can contact us yourself for **support**.

If you are a professional making a referral on behalf of a young carer and their family, you can find the **referral form** on our website.

Newcastle Carers works with carers of all ages. Contact us to find out more.



### Newcastle Carers

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