

Wired Young Adult Carers advertise all news and events in a **quarterly newsletter** and events calendar

What is advocacy?

Advocacy is helping young adult carers get their views across and take part in decisions that affect their lives.

A Young Adult Carers Advocate is on your side. They are: independent, help carers to explore options in order to make an informed decision, make sure that young adult carers rights are respected and their views, wishes and feelings are heard by others.

Advocacy is a voice for you!

Raising awareness

The Wired Young Adult Carers team can also provide advice and guidance for professionals. We offer information sessions so professionals can gain a better understanding about young adult carers issues and what they can do to support them. Please contact the team for more information.

**Contact us on
01925 633492**

To access the Wired Young Adult Carers Service, or for more information please contact the team: Telephone: **01925 633 492**

E-mail:

wycadmin1@wired.me.uk

Website: **www.wired.me.uk**

Address: **Wired Carers Centre
865-101 Sankey Street
Warrington WA1 1SR**

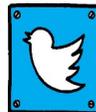
Referrals:

Wired welcomes referrals from young adult carers, parents and professionals. We always require consent from the Young Adult Carer before a referral can be made.

Follow us on Facebook and Twitter!

Facebook: <https://www.facebook.com/WIREDYoungCarers>

Twitter: https://twitter.com/wired_yc



Wired Young Adult Carers (19-25 years)



**Supporting you to
look after your
own wellbeing
while
caring for others**



Who is a Young Adult Carer?

A Young Adult Carer is a young person aged 19-25 years who helps to look after someone who has a disability, mental health condition, illness, or a substance misuse issue.

Often Young Adult Carers may not think of themselves as Carers, and may not be recognised as such by other people like friends, college tutors, GP's and even other family members.

Some examples of the different ways a young adult person might care for someone:

- Providing personal care – helping someone to get up, washed or dressed.
- Doing lots of household chores like shopping, cleaning and cooking
- Looking after brothers and sisters



- Providing emotional support
- Keeping an eye on someone and staying home a lot of the time to make sure someone is ok.

Many Young Adult Carers enjoy their responsibilities and are proud of being a carer. However, there is also evidence that it can have a negative impact on their health and wellbeing. Young Adult Carers can feel socially isolated, missing out on opportunities that are available to their peers due to the additional caring they take on.



The Young Adult Carer Service is here to work alongside you at your pace. Our aim is to support you to ensure that your caring role does not significantly impact on your health, wellbeing, ambitions and opportunities.

What can Wired Young Adult Carers Services offer?

Would you like to talk to someone? Wired Carers Services offer counselling to all Young Adult Carers and former carers, who would like to speak confidentially about their situation

We work to support Young Adult Carers in Warrington by:-

- **Providing** one to one support in a relaxed and friendly environment, including emotional support.
- **Advocacy**
- **Alleviate** and reduce inappropriate caring roles by assisting young adult carers and their family to access additional support
- **Liase** with College/Employer
- **Consultation** with Young Adult Carers to shape the service
- **Regular drop ins** Providing respite from their caring role along with an opportunity to meet other Young Adult Carers, access peer support, make friends, try a new activity and have fun!
- **Signpost** to other agencies that could offer appropriate support to help reduce caring responsibilities
- **Emergency Contact Card**, providing peace of mind and identification for the Young Adult Carer.
- **Trips and activities** such as bowling, photography group, cinema etc.