

Who is a Young Carer?

A Young Carer is a young person 18 years or under who helps to look after someone who has a disability, mental health condition, illness, or addiction.

Helping may be a normal part of growing up, however, a Young Carer regularly carries out significant caring tasks and assume a level of responsibility, which would normally be associated with an adult.

Often Young Carers are hidden. They do not think of themselves as Carers, and may not be recognised as such by other people like friends, Teachers and GP's.



Young Carers can be of any gender and from any ethnic background.

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

- Providing personal care – helping someone to get up, washed or dressed.
- Completing household chores like shopping, cleaning and cooking.

- Providing emotional support.
- Administering medication.
- Lifting and carrying.
- Managing finances.

Many young carers enjoy their responsibilities and are proud of being a young carer, however, there is also evidence that it can have negative impact on their health and wellbeing. Young Carers may feel socially isolated, missing out on opportunities that are available to their peers due to the additional caring role they take on. Young Carers may struggle in school and are more likely to become NEET (not in education, employment or training).

What can Wired Young Carers Services offer?

We work to support Young Carers in Warrington by:-

- Providing Young Carers with **one to one emotional and practical support**. This can take place at a home, school or somewhere else.
- **Advocacy** - Ensuring that Young Carers voices are heard and that their views, wishes and feelings are taken into consideration in matters or decisions that affect their lives.
- **Support in meetings** e.g. Family, School, Team Around The Family, Child in Need, Child Protection Conferences etc.

Liaise with School so that teachers can better support their students. We currently hold a drop in service once every 6 weeks in every high school in Warrington, Warrington Royal Vale College, Priestly College and Chester University (Warrington Campus)

- **Consultation** with Young Carers to shape the service through our Young Carers Champions.
- **Alleviate and reduce** inappropriate caring responsibilities by assisting the young carer and their family to access additional support.
- **Weekly drop ins** providing respite from their caring role along with an opportunity to meet other young carers, make friends, try a new activity and have fun,



- **Trips and activities** such as music sessions, arts, crafts and games night.
- **Emergency Contact Card**, providing peace of mind for and identification for the young carer.
- Wired Young Carers advertise all news and events in a **quarterly newsletter** and events calendar
- **What is advocacy?**

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

A Young Carers Advocate is on your side. They are independent, help young carers to explore options in order to make an informed decision, make sure that young 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 Carers team can also provide advice and guidance for professionals. We offer information sessions so professionals can gain a better understanding about young 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 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**

85-101 Sankey Street,

Warrington, WA1 1SR

Referrals:

Wired welcomes referrals from young carers, parents and professionals.

We always require consent from the Young Carer before a referral can be made.

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Twitter: twitter.com/wired_yc



Wired Young Carers Service Warrington



Information for Young Carers, families and professionals