

## Who is a Young Carer?

A Young Carer is a child or young person aged 18 years or under who helps to look after a family member who has a disability, mental health condition, illness, or a substance misuse problem.

Helping may be a normal part of growing up, however, this group of young people regularly carry out significant or substantial caring tasks and assume a level of responsibility which would normally be associated with an adult.

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



family members. Young Carers can be of any age, gender, ethnicity or from any cultural 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.
- Doing lots of household chores like shopping, cleaning and cooking
- Looking after younger 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 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 can feel socially isolated, missing out on opportunities that are available to their peers due to the additional caring they take on. It has been shown that Young Carers struggle in school, are more likely to become NEET and are often bullied for being different.



## What can Wired Young Carers Services offer?

We work to support young carers in Warrington by:-

- Providing young carers with **one to one emotional support**. This can take place at a location of the young carers choice e.g. 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 Support, Child in Need, Child Protection and School meetings.
- **Liaising with School** so that teachers can better support their students.
- **Consultation** with Young Carers to shape the service.
- **Alleviate and reduce** inappropriate caring responsibilities by assisting the young carer and their family to access additional support.
- **Weekly drop ins** at various venues across Warrington. Providing respite from their caring role along with an opportunity to meet other young carers, access peer support, make friends, try a new activity and have fun!



- **Trips and activities** such as bowling, film nights, Chester Zoo.
- **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 Details

To access the Wired Young Carers Service, or for more information please contact the team:

Telephone: **01925 633 492**

E-mail: [wcsadmin1@wired.me.uk](mailto:wcsadmin1@wired.me.uk)

Website: [www.wired.me.uk](http://www.wired.me.uk)

Address: **Wired Carers Centre**

**86 Sankey Street**

**Warrington**

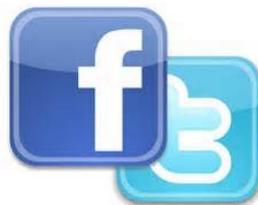
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### Referrals:

Wired welcomes referrals from young carers, parents and professionals.

We always require consent from the Young Carer before a referral can be made, and if the Carer is aged under 14 then parental consent must be obtained.

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# Wired Young Carers Service Warrington



## Information for Young Carers, families and professionals

