WHO ARE YOUNG CARERS?

YOUNG CARERS PROGRAMME
Caring for those who provide Care

A young carer is a person aged 18 or under who has caring responsibilities or duties for a friend or family member suffering from any of the following:

- A long-term illness/condition
- A physical or learning disability
- A drug or alcohol problem
- A mental health condition

The support provided by a young carer varies, but typically it involves a combination of personal care (such as helping to dress or bathe), practical care (such as cooking, cleaning, and shopping) and emotional care (such as talking through their concerns with them).

The care and assistance they provide, is done so without any form or payment or formal agreement.

Waltham Forest

Are you a young carer?

- Are you aged between 6 and 18 and living in Waltham Forest?
- Do you help look after your parent, carer or a sibling because they are disabled, have emotional or mental health needs or drug/alcohol dependency?
- Do you worry about the person you care for?
- Does your family have problems with money, finding work or getting benefits?
- Do you have less time than your friends to do things you enjoy?
- Do you have difficulties at school or college?

Do you feel isolated or different from other young people around you?

How can we support you?

We can help you to access:

Whole family support

Clubs and positive activities

Support with education and training

Days out and Residential breaks

What opportunities you can access through the Young Carers Programme

Young Carers Club 6 to 18 yrs (term time only)
A space where young carers can meet other young carers, as well as participate on offsite activities, residential trips and workshops.

Offsite trips
Voted for by our young carers to places like amusement park, the seaside, bowling and trampoline park.

Duke of Edinburgh Awards for 14 to 18 year olds
Fully funded places for young carers if their school is running the scheme.

Residential trips
Participation and attendance at the young carers festival.

Workshops and training
To help enhance and develop knowledge and skills.

We can also refer you for targeted support from our partner agencies and organisations if you have specific needs that require specialist support.

HOW TO CONTACT US

Parents, young people, and professionals are all welcome to contact us to discuss and find out more about the programme and how we can support young carers and their families.

Email direct:
young.carers@walthamforest.gov.uk

Website:
www.walthamforest.gov.uk/adult-social-care/being-carer/young-carers

To refer yourself for whole family support, call the councils **MASH** service on **0208 496 2310** and request a young carers assessment of need.

Referrals to our programme need to be made by your Early Help Practitioner or Social worker.

If you are a professional making a referral for a young carer, please ensure the young carer is aware, and the referral has been discussed with the young carer and their family.

Waltham Forest