

Many young carers do not consider themselves to be a carer – they are just looking after someone in their family who needs help and getting on with what needs to be done. In order to care safely and in good health young carers need information, support, respect and recognition.

"The amazing thing is that we get to come to Young Carers and their support means more than anything."

"I love hanging out with other young carers. I have loads of mates now and I don't feel like I'm the only one."

"The girls' group has made me feel more confident with meeting new people. Also it has taken the pressure off my shoulders at home."

"My son's self-esteem has increased, he's developing strategies to cope at school and in his life in general. When you're a young carer it's hard and you cope because the staff are there for you."

"I enjoyed having time out from everyday life and having a laugh with amazing new friends."

The Carers' Support Centre

We support children and young people under 18 in Bristol and South Glos who provide substantial care for a family member who is ill, disabled or misusing substances. We work with families and give one-to-one support to individual young carers, we provide social activities and outings, and we work with professionals and agencies.

*If you care,
we care.*

The Carers' Support Centre

What's your homework tonight?

To find out more or make a referral contact us.

Tel: 0117 939 2562

Email: youngc@carerssupportcentre.org.uk

Web: www.carerssupportcentre.org.uk

The Carers' Support Centre, Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ

Caring for someone?

Information for young carers and their families



Is this you?

- Are you under 18 and is someone in your family ill, disabled or misusing substances?
- Do you help them with things like shopping, cooking and cleaning, or looking after younger brothers or sisters?
- Do you worry about how someone close to you is behaving or feeling and do you worry about leaving them alone?
- Do you worry about what might happen to your family if you talk to somebody about any of these things?

You may be a young carer.

- Do you want to talk to someone about things that worry you?
- Do you want to have a break from looking after someone at home?
- Do you want to meet other young people like you, who look after someone at home?

Information for parents or relatives

- Does a child or young person care for you or someone else in the family – that is more than just helping out?
- Do you worry about the responsibility your child has because of their caring role?
- Do you feel that your child needs help or support for themselves?
- Do you worry about what might happen if you tell a professional that your child is caring for someone at home?

You may think that your child does not need any sort of help, especially if they haven't said so. But, we know from our work that young carers are vulnerable to bullying as well as under achievement at school. We also know that they can benefit enormously from respite holidays and breaks, and from opportunities to meet other young carers and take part in activities.

"My mum has depression, anxiety and suffers with self harm. On the bus I would be wondering how she would be during the day, if she was safe. At college I would text and ring my mum as much as I could to see what she is doing, to see if she is okay."
Young carer, aged 17

How we can help

We know that asking someone outside the family for help can be very difficult.

We are an independent charity, and you can talk to us in confidence.

Contacting us could be an important step for you and your family.

"My son has greatly benefitted from the groups he's been to. It gave him time out with other young carers when he needed it and lots of support from the support workers."
Parent

When Charlie joined the project, he had been supporting his mother who had a drug addiction. He was extremely shy and lacked confidence. We were able to offer Charlie regular one-to-one support which helped him with confidence, hygiene and issues at school. Today, Charlie is a confident, outgoing child who has a close network of friends.

"My family is so different, so people don't come to my house to play."
Young carer, aged 10

"I had a friend who broke up friends with me because of what I do."
Young carer, aged 14

"I care for my mum who has severe back problems and I care for my dad and brother. My dad has lung disease, skin cancer, breathing problems and now his hearing is going...so the things he can't do I do. My brother has cerebral palsy. I help my family get through the day."

I do the basic chores of what a parent is supposed to. It's quite hard. You don't have much of a social life. I'm not complaining but that's life I guess. That's my everyday life. Caring is my life. All I want is help, support and for someone to BE THERE."
Young carer, aged 16