Are you a young person who looks after or helps to look after someone? If you do you may be a young carer

Young Carers Project

Young People’s Support Services

North East Lincolnshire Council

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www.nelincs.gov.uk

Working in partnership with the Primary Care Trust
Who are young carers?
They are children and young people who look after, or help look after, someone at home who has a long-term illness or disability. This could be a parent, brother, sister or grandparent. Young carers help out in many different ways;

- doing housework
- going shopping
- keeping someone company
- helping someone get dressed or washed
- listening to someone or cheering them up

How can the Young Carers Project help?
If you are a young carer, you need to have time off from caring, time to do the things that other young people may take for granted. Things like;

- chilling out
- having your own space
- having fun
- talking to someone
- meeting other young people who care for someone

What services does the project provide?
At the project we provide various group work activities and workshops to support you, such as male, female or sibling groups, and social and sporting activities.

Information and advice
At the project we have lots of different information about illness, disability, children’s rights and other services that may be able to help you. If you would like information please let us know and we will make sure you get it.

Advocacy
Sometimes young carers need someone who can speak to other people on their behalf, for example teachers or social workers. Staff at the project can help with this, but contact will only be made with your permission.

Individual work
Some young carers might need some extra ‘time out’ for lots of different reasons. If you don’t feel ready to join a group, but still need a break from caring, then this project provides things like;

- meeting in school for a chat
- occasional outings
- confidence building
- a listening ear from someone who won’t judge you or your situation

At our young carers project we will;

- support you
- give you the chance to be yourself
- give you some space
- listen to anything you want to talk about
- give advice or find out information if you need it
- give help in practical ways so that you can spend more time with your friends

What do young carers say?
'I didn’t think that I was a young carer at first. I just did what I could for my mum. Sometimes I missed playing out with friends. That was hard, but that’s what being a young carer can be like.'

Carl, 11

‘The young carers group gave me some space - space to be myself, space to have fun and enjoy myself and space to talk if I wanted to.’

Jenny, 14