

Referrals to the project

The project welcomes informal enquiries from you or your family, as well as professionals and voluntary agencies. All referrals made must have consent.

Assessment

Once a referral has been made to the project a member of staff will visit you and your family to discuss the project's services.

Young Carers Project

North East Lincolnshire Council
Young People's Support Services

Tel: **01472 326294 option 3 then option 2**

Email: admin.yps@nelincs.gov.uk

www.nelincs.gov.uk



Young Carers Project

**Does anyone in your family have an illness, medical condition or disability that affects you?
Do you look after or help to look after someone?
If so, you may be a young carer.**

Working in partnership
with the Primary Care Trust



Who are young carers?

They are children and young people of any age who have a family member with an illness, medical condition or disability. They may look after or help look after their parent, brother, sister or Grandparent or other family member. Young Carers may help out in many different ways such as:

- 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. We also provide social and sporting activities.

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

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.

Our young carers say that because of the support the project provides I CAN:-

- Go to places I have never been before
- Relax from school and home
- Feel more confident
- Feel less stressed

- Know I am not alone
- Forget my mum is sad/poorly
- Do fun activities
- Be listened to
- Express myself
- Express my emotions/feelings
- Have someone to talk to
- Mix with others who understand my problems
- Have a support network of my peers
- Spend time being the child I am
- Be understood

