



Brent Carers Centre

Where Carers are valued and supported

Young Carers

What is a young carer

- **Is aged 25 and under.**
- **Cares for a friend or family member who cannot cope without their support due to illness, disability, mental health problems, or addiction.**
- **Helps care for a family member, relative, or friend and is under the age of 18.**
- **Provides unpaid care for a person with physical or mental illness, disability, or substance misuse**

Young Carers have a lot to do...

- Cooking
- Housework
- Shopping

A Young Carer is relied on to get these tasks done – sometimes there isn't anyone else who can do them.

Or mum or dad is too tired from looking after a sibling or grandparent to do it.



Young Carers have a lot to do...

A Young Carer can also have extra tasks:

- Being responsible for getting bills paid.
- Helping to give someone their medicine and / or collecting prescriptions.
- Helping someone communicate.
- Looking after brothers and sisters
- Taking them to school
- Helping to Bathe them
- Physical care, such as helping someone out of bed.
- Emotional support.
- Helping someone dress.



Being a young carer can be difficult

Angry

- 68% of Young Carers are bullied in schools
- 56% of young adult carers in college or university were struggling because of their caring role. 17% said they may have to drop out for reasons associated with their caring role and 13% said that they may have to drop out for financial reasons.
- 45% of young adult carers reported that they have mental health problems.

Isolated

Lonely

Frustrated

Being a young carer

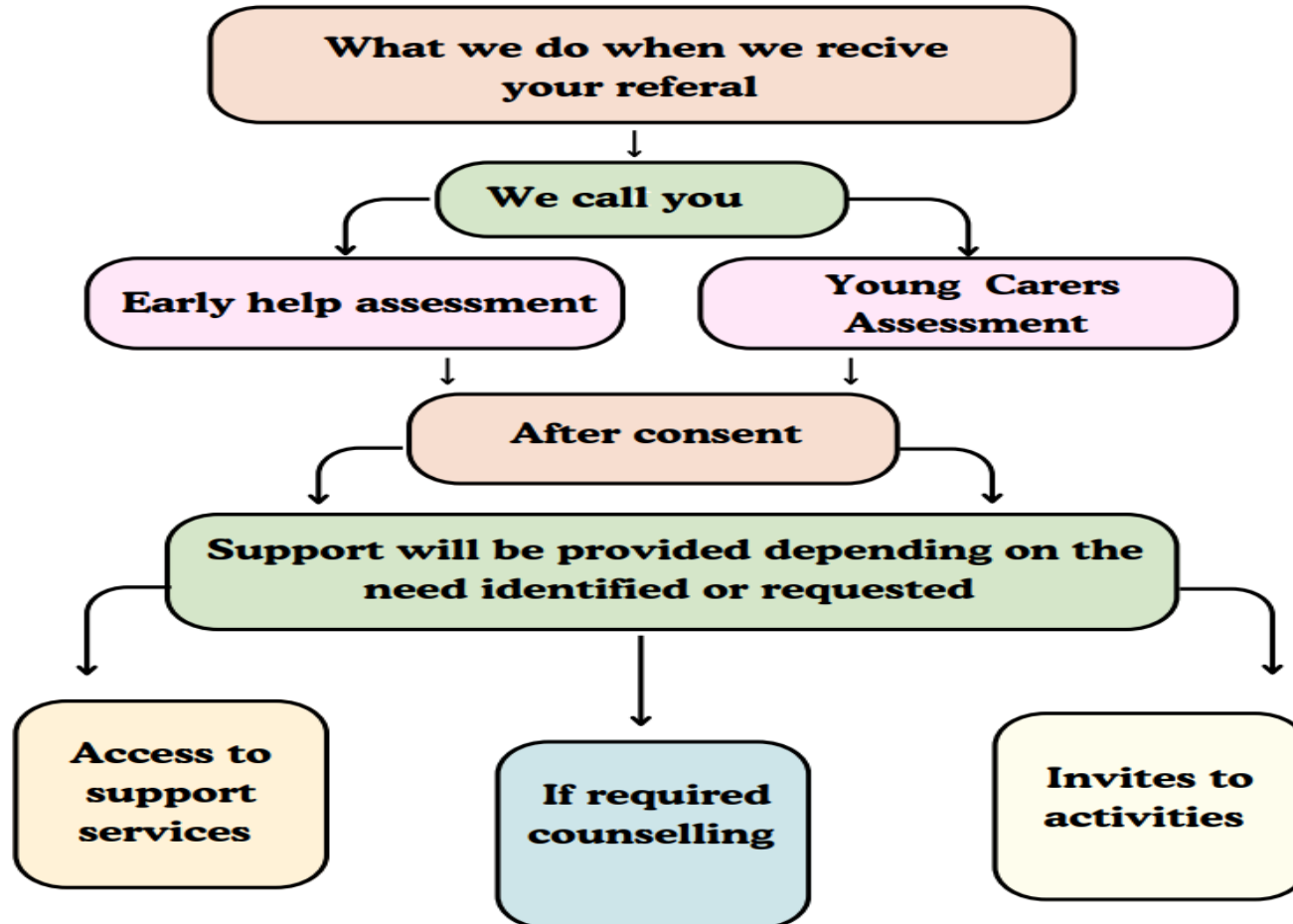
Positive:

- Feel proud of what they do
- Feel closer to family
- More responsible
- Building additional skills
- Feel useful

Negative:

- Additional stress
- May have to complete tasks that upset them
- Feel isolated
- Decreased school performance
- Difficulty developing sense of self
- Interrupted sleep
- Difficulty concentrating

What is our process



Brent Young Carers Service run fun activities & more...

- We run activities like Go Karting, Ice Skating, Cinema trips etc
- We can help to get grants to provide learning support, laptops, driving lessons etc. (What we can apply for depends on the needs of the young carer and the difference the grant can make to their lives.)
- We always make sure we have your parent's permission to sign you up as a Young Carer



Event examples



Army weekend



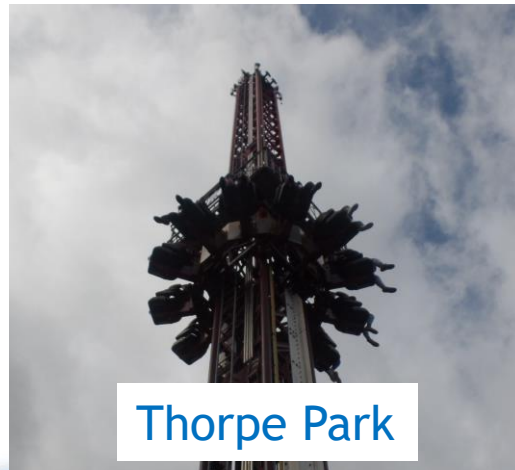
Wembley Tour



Go Karting



Residential weekend



Thorpe Park



Theatre

How else do we help

- **Information, Advice & Signposting:**

Know your rights as a Young Carer and what support we can offer you. We will also tell you of other support services you may find useful.

- **Early Help Assessments:**

This process can help to plan the right support needed for you and your family.

- **Advocacy & Representation:**

We can support you as a young carer to ensure your views, concerns, wishes and feelings are heard and understood by other people in your life. E.g. parents, teachers and other professionals

How can we help?

- Our priority is the young person and their well-being. So we listen very carefully to your views.
- We can go to meetings for young people and liaise with schools, particularly if the young person is experiencing problems.
- We give advice and guidance to young carers and also to parents. This can include asking other places if they can give any help. (Like Social Services or school)

