Young Carers Parent and Guardians Pack

1. **Who are Young Carers?**
2. **Young Carer Example Stories**
3. **How do I refer to Sefton Young Carers?**
4. **What happens after a referral is made?**
5. **What support does Sefton Young Carers offer Young Carers?**
6. **What support do they offer school/college?**

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CARERS TRUST

Reach out to us

yc@carers.sefton.gov.uk

0151 288 6060

27-37 South Rd, Waterloo, L22 5PE

Who are Young Carers?

Young Carers (5-15) and Young Adult Carers (16-25) help look after somebody in their household who is ill, has a disability, struggles with their mental health or substance dependence.

Young Carers have **responsibilities** to provide care at home, as without their support it can become difficult for that person to **cope.**

The care provided can be **practical, personal** or **emotional.** Young Carers may also help to care for **siblings** or take on part-time employment to provide **financial** support.

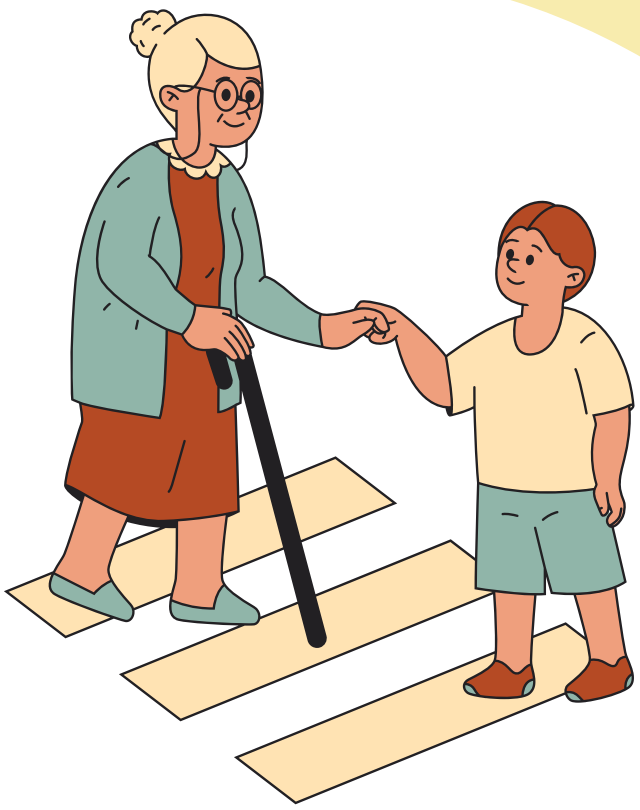
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Young Carer Examples

Young Carers and Young Adult Carers can complete many different types of care. Every caring role is different.

Here are some examples:



Jennie is 11 years old and cares for her Mum who has chronic fatigue. Jennie completes household tasks of laundry, preparing meals and tidying up. Nan helps to care for Mum while Jennie is at school.

Adam is 14 years old. Adam's Grandad is living with dementia and has recently moved in with Adam and his parents. Adam helps Grandad dress and move around the house. He keeps him company as he is distressed when alone. Adam worries about leaving his Grandad as he has had falls in the past

Sam is 7 years old. Sam's younger brother has a diagnosis of Autism and ADHD. Sam and their brother share a bedroom. Sam cannot dance or play music in the bedroom as this can cause her brother to be very upset. Sam fetches her brother's favourite teddy when he is distressed and takes her other sibling's into another room.

Referring a Young Person to Sefton Young Carers

Before making a referral please ensure:

1. The Young person is between age 5-15 (Young Carers) or 16-25 (Young Adult Carers).
2. The Young Person's home address is in Sefton.
3. Parental consent has been granted for the referral.



Making a referral?
There are 3 different options:

1. Email yc@carers.sefton.gov.uk and we can provide you with our digital referral form.
2. Call Sefton Carers Centre and we will post a referral form to you.
3. Visit Sefton Carers Centre, Waterloo and fill out a form with a YC Team Member.

If you think your child may be a Young Carer but are unsure, give us a call to discuss! 0151 288 6060

I've made a referral, what happens next?

Referral picked up by YC Team Member

YC Team Member calls parent or guardian for further chat

Introductory Meeting arranged between YC Team Member and young person in school

Follow up phone call completed with parent following Introductory Meeting. Young person registered if all three parties agree they are a young carer. If not, signposted to other relevant services.

Young Carer can now access Sefton Young Carers personal support, breaks and respite activities. Parent or guardian is invited to WhatsApp group notice board to keep up to date with group / half-term activities.

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What support do we offer Young Carers and Young Adult Carers?

Social Inclusion

- Bi-weekly after-school groups in Crosby and Southport.
- Full timetable of free trips and outings during school holidays.
- Residentials and short break opportunities.

Personal Support

- 1-1 individualised support sessions in school.
- Six weekly check-in messages sent to parents to keep up to date.
- Young carer text/WhatsApp messaging support with their designated Young Carers engagement worker.

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What does Sefton Young Carers offer to School or College?

General Advice and Support

- Sefton Young Carers are happy to offer any advice and guidance to schools wanting to better support Young Carers.

School Assemblies / Staff Sessions

- We offer school assemblies / staff sessions to raise awareness of how to identify and support Young Carers to pupils and staff.

Young Carers in School Award

- We are happy to support schools in making an application for the YCiS National Award.

Young Carers Individual Support

- Our partnerships with schools ensure that young carers who require 1-1 support can have this support in school with a Young Carers worker.

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