

Facts 4 U 2: I care too – information for young carers

This fact sheet can be made available in other languages or formats on request by contacting 0161 770 6666. For further information please see our detailed fact sheet **Information for all**.

What's a young carer?

Young carers simply a way of describing children and young people up to 18 years old who care or give support to someone at home who is unwell, disabled or has a mental health problem. Sometimes they provide support when the family are going through a traumatic time; for example divorce or death in the family or they might also be providing care and support where there are members of the family affected by drug or alcohol abuse.

Most often the person cared for is their Mum or Dad. Sometimes it is a brother or sister, grandparent or other relative who they live with. Occasionally it may be a family friend.

A young person may be a primary carer (the main person in charge of looking after someone) or they may be what is called a secondary carer, helping someone else, usually an adult, to care.

If you care or help care for someone you are definitely not alone. There are around 6 million people in Britain that care for a member of their family or a close friend. At least 50,000 of these people are children and young adults, and there are probably many more who haven't told anyone else of their situation

What do young carers do?

As a young carer you may help with:

- Doing the housework or cleaning.
- Doing the shopping or cooking.
- Dealing with money or bills.
- Giving medicine.
- Interpreting.
- Keeping an eye on someone.
- Washing or dressing.
- Being a shoulder to cry on.

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Young carers are all individuals and have different caring roles. What links them is the care and support they provide for someone else, which helps them understand how others in that situation feel.

Who can help you care?

Oldham Young Carer's Project aims to recognise and support children with caring responsibilities (up to the age of 18), by offering individual counselling, advocacy, advice and information, group social activities, and workshops. The project aims to raise public awareness about the particular needs of children with responsibilities.

For more information about the Oldham Young Carer's Project, contact them on 0161 621 9400 or e-mail them at laurataylor@positivestepsoldham.org.uk

Who else can help?

At School

You can talk to any of your teachers if you need help with problems at school or want to talk about problems at home.

In secondary school the school nurse may be able to answer questions you have about the medical problems of the person you care for.

If you're having problems at school, in particular if you're having time off school because of your caring situation at home, the Education Welfare Officer will be able to help you sort them out.

Your school friends can listen to you.

At College

You can talk to your personal tutor or the student advice service about problems you are having at college or at home.

Family Doctor

You can make an appointment to see your G.P. on your own if you're worried about your health or medical problems in your family. Your doctor can't talk to you though about your relative without their permission.

Social Services

You can contact Children's Assessment Team at Royton Town Hall on 0161 911 3790/1 or by email socs.children-services.fieldwork@oldham.gov.uk

National Organisations

You can also phone and talk to the following national associations:

Carers UK

Offers free help to every carer including children and young people.

Write to:

Carers UK
20-25 Glasshouse Yard
London EC1A 4JT

Phone: 0207 490 8818

Fax: 020 7490 8824

Email: info@carersuk.org

Website: www.carersuk.org

Childline

A free 24-hour helpline for children and young people in trouble or danger. Offers confidential counselling for any problem.

Phone: 0800 1111

Website: www.childline.org.uk

Samaritans

A 24-hour confidential telephone service for anyone in despair.

Write to:

Chris
P.O. Box 90
Stirling
FK8 2SA

Phone: 0847 90 90 90

Email: jo@samaritans.org.uk

Website: www.samaritans.org.uk

Remember you can always talk to your parents, family and friends

We value your comments and suggestions

We want to provide good quality services for people in Oldham and as we are a public service you have a say in what we do. We want you to be completely satisfied with our services but to ensure this we need to know what you think. What we do best? Where could we improve things? Do you have any ideas or suggestions? Only by listening to you can we give you the service you deserve.

If you wish to make a comment about our services you can email us on customer.feedback@oldham.gov.uk or you can phone us on 0161 770 4191 or you can write to: Complaints Officer, Chief Executives Department, PO Box 160, Civic Centre, Oldham, OL1 1UG.

Contact

You can access fact sheets in a number of ways:

Download: www.oldham.gov.uk

Tel: 0161 770 6666

Email: contact@oldham.gov.uk

Write to: Contact Oldham, PO Box 196,
Civic Centre, West Street, Oldham OL1 1QJ

Call in: to any council office and requesting them

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