



# Young Carers Project

We are here to support young carers across Northumberland, ensuring that children and young people have the support they need to learn, develop and thrive, to enjoy positive childhoods and to achieve their full potential.

## Who are Young Carers?

A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled, has a mental health condition or misuses drugs or alcohol. They might help with practical tasks at home, physical care, emotional support, look after siblings, run errands, go shopping or remind the person they look after to take their medication.

## How it works

Referrals are taken through the Northumberland County Council's website by completing the Young Carer Wellbeing Check. This is then passed on to the Young Carers Support Worker at Carers Northumberland. You can find the form here:

[www.northumberland.gov.uk/Children/Young/Young-carers.aspx](http://www.northumberland.gov.uk/Children/Young/Young-carers.aspx)

## What can Carers Northumberland do?

We use a whole family approach, which ensures that both children and parents are able to get the support they need. All young carers will have an assessment of their needs which identifies the level of caring and how this is impacting on their life. A plan is then put in place with the young carer and their family to support to reduce the impact of caring, and ensure that the young person is allowed the same life opportunities as their peers. We will help to access things like:

- o Young Carers Assessment
- o Whole family support
- o One to one sessions
- o Access to Carers Breaks
- o Access to an Active Northumberland pass

## Want to know more?

Get in touch today!

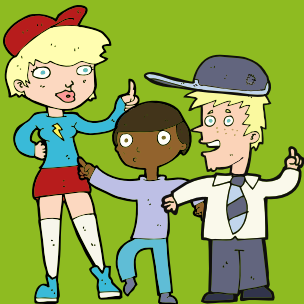
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