



Young Carers Project

The project supports young carers up to the age of 18 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.

What is a Young Carer?

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 to refer a Young Carer

Referrals are taken through the Northumberland County Council's website by completing the Young Carer Wellbeing Check. The referral is then assessed by The Early Help Team. After assessment, if suitable the referral will be 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

What can Carers Northumberland do?

Once registered Young Carers can access our services, which include:

Young Carers Impact Assessment

The impact assessment will consider how caring affects a young person, both physically and emotionally and how it affects their progress at school, college or work. It will also include how caring affects their social life, friendships and leisure.

Whole family support

We use a whole family approach, which ensures that both children and parents are able to get the support they need and access to information, advice and guidance for the family

One to one sessions

One to one sessions are offered either, over the telephone, video call or face to face in school, their local community or home. The sessions give young people a chance to talk, explore their feelings and try techniques to help them relax.

Access to Carers Breaks

Young Carers can access a small grant, to fund a hobby or have a day out.

Access to an Active Northumberland pass

Young carers aged 8-13 can access an unlimited swim pass and those aged 14 plus can access, a gym, swim and class pass.

A regular Newsletter

Young carers will be sent a regular newsletter, with updates on the service as well as information from external partners

Young Carer ID Cards

Young Carers can access ID cards, these cards can be used to inform professionals they are young carers, or to show proof of their caring role when needed.

Want to know more?

Get in touch today!

Call: 01670 320025

Email: info@carersnorthumberland.org.uk

Website: www.carersnorthumberland.org.uk

