What our Young Carers service can offer you

An assessment which helps you and your family think about things that would make a difference

Information about the illness or disability of the adult you care for

Someone to talk to who will listen Opportunity to meet other young carers

Help for the whole family

A break from caring

Emotional support

Getting
help, advice
and support for
the adult you
care for

Get you
support in
school / college

3arnardo's Reg. Charity Nos. 216250 & SC037605

Someone
to speak up
for you when no
one wants to
listen

How to contact us

If you think you are a Young Carer and would like more information please contact us.

Or someone can contact us on your behalf:

0151 228 4455

If there is an answer phone please do not be put off, leave a message with your phone number, and we will call you back.

Action With Young Carers
109 Eaton Road, Liverpool, L12 ILU

Fax: 0151 228 8788

Email: youngcarers.liverpool@barnardos.org.uk

There is more information on our website www.barnardos.org.uk/youngcarersnorthwest

Leaflet designed by Young Carers from Liverpool

We endorse the United Nations Convention on the Rights of the Child, in particular Article 12; 'Children have the right to say what they think should happen, when adults are making decisions that affect them, and have their opinions taken into account'.

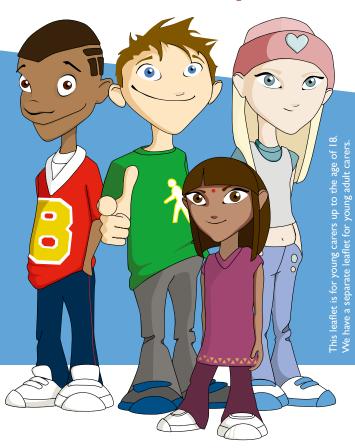








Action with Young Carers Liverpool



Supporting you and your family

in partnership with:





Barnardo's Action With Young Carers

Is commissioned to ensure that young carers and young adult carers up to the age of 25 years are identified and can receive a carers assessment under the statutory duty of Liverpool City Council.

Who is a Young Carer?

A young carer is defined in law as a 'person under 18 who provides or intends to provide care to another person'. This includes 'providing practical or emotional support' (Children and Families Act 2014).

Action With Young Carers works with young carers and young adult carers who are caring for an ill or disabled adult. Some illnesses and disabilities can be seen others cannot.

They can include;

- Physical illness or disability
- · Learning disability
- Mental health problems
- Drug or alcohol problems

We know that Young Carers often do not think of themselves as carers and it is important that you are recognised and get the support you need.



Young Carers tell us that caring sometimes affects:

Their health, including physical, mental health and emotional wellbeing, making them feel:

- Anxious
- Worried
- Tired because they are not getting enough sleep
- Worn out with aches and pains

Their school and college work:

- Feeling stressed
- Not having time to do homework
- Being bullied
- Not being able to concentrate because of worry or being tired
- Not being able to attend after school clubs or activities
- Not being able to go on school trips

Having a social life:

- Having time with friends It can be difficult to go out with friends, sleep over at their house or have friends to their house
- Not enough time to themselves and to do the things they enjoy

How they feel about themselves:

- Not knowing who to trust or who to talk to
- Thinking they are the only one in this situation and no-one understands