

Young Carers



Information for
Young Carers living in
Rhondda Cynon Taf



RHONDDA CYNON TAF

02 Who are Young Carers?

"I help my brother
because he's
got special needs"

"I help to do chores
and help to comfort my
Mum because she's not
very well"

"I go down to the shops
for my Dad because he
finds it hard to walk"



Young carers are children and young people who help to care for someone in their family.

The person they care for is often a parent but can be a sibling, grandparent or other relative who needs care because of disability, illness, mental health difficulties or problems with drug or alcohol misuse.

What support is there for Young Carers?

"I didn't know what to expect but then it was nice having someone to talk to about **ME**"

"It was good to know there was someone out there who wanted to help"



There is lots of support available for Young Carers.

The Young Carers Assessment Worker will spend time finding out about you: what you like, what you get up to, how you feel and what could make things easier for you. Maybe you're finding it difficult to get to school, or you might want your Mum or Dad to get some more help.

The Young Carers 'Support Workers' will try and help you to do the things that you want to do such as getting involved in leisure activities or helping you with things like applying to go to college, finding out about courses and giving you time to talk about any problems you're having.

What support is there for Young Carers?

"It's a place where you can go and have someone to talk to about anything"

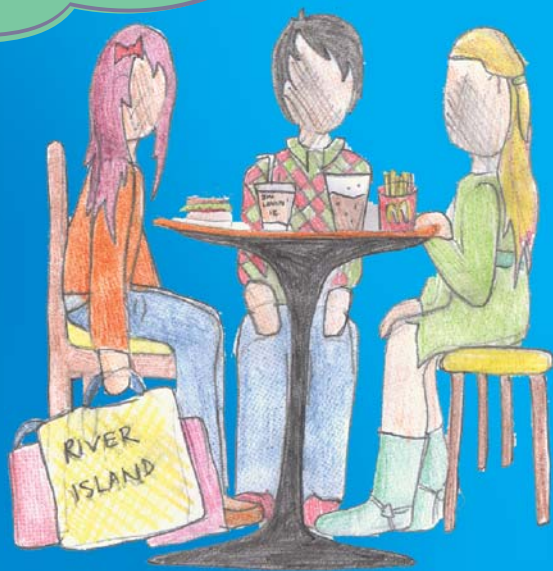
"A chance to go places, go on trips, try new things and make new friends"

"They helped me sort out my bullying and school problems"

"It's a chance to have a break"

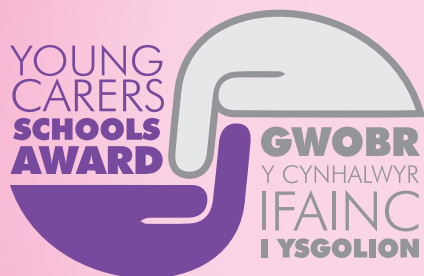
If you are under 18, there is a Young Carer's Project, that you can go to where you can meet other Young Carers and have a break from being at home. The project provides lots of activities for Young Carers such as cooking, sports, arts and craft and lots of time to have fun!

If you are aged 18 to 25, there is a dedicated Young Adult Carer's Development Worker who provides information, advice and support as well as arranging workshops and social events.



What else is being done for Young Carers?

In Rhondda Cynon Taff we are always looking to improve things for Young Carers. We are continuing the role out of the RCT Young Carers Schools and College Award. This Award is aimed at improving the identification and recognition of Young Carers in Education settings. As well as ensuring Young Carers get the support, information and guidance that they need.



Ok, so what do I do now?



If you or someone you know wants to find out more about
Young Carers Support, please contact us on
01443 425006

Email: YoungCarersSupportTeam@rctcbc.gov.uk
Text : 07824 496485

Thanks to all the young carers who helped us
put this leaflet together.