

# Young Adult Carers



## THE CARERS GUIDE TO WHO WE ARE AND WHAT WE DO



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STRONG HERITAGE | STRONG FUTURE  
**RHONDDA CYNON TAF**  
TREFTADAETH GADARN | DYFODOL SICR

# WHAT IS A YOUNG ADULT CARER

**Does this sound like you? Are you aged 18-25 years and help look after a family member, a relative, friend or neighbour, who, without your help, would not manage because of illness, age or disability? If so, you are a young adult carer.**

Being a carer is sometimes not something people plan to do, nor do they recognise they are carers, making them invisible to services and the help they are entitled to. You're not alone, in the Census in 2011 there were 29,640 adult carers within the Borough of Rhondda Cynon Taff.

There are 229,318 young adult carers aged between 18-24 years of age in the UK who provide care for more than 20 hours per week with a further 27,000 providing care for 50 hours.

Many young people give up on socialising, education, training and employment to support and care for someone. This is why we are here to help you.

The help you provide as a carer can be different from person to person. Some carers do things such as shopping, cleaning, paying the bills, looking after a brother or sister, providing emotional support, physical support including feeding, bathing, dressing, toileting, medicating, supervising and giving emotional support, which can lead to you having very little personal time.



The term used to describe a 'carer' does not include anyone who;

**Receives payment for caring for someone**

**Works as a volunteer on behalf of a voluntary organisation**



# MEET SOME OF OUR YOUNG ADULT CARERS

Hi all, I'm Martina. I started caring for my parents then sadly my father passed away. The young adult carers project helped me so much, other young adult carers should come forward. We are like a family.



**MARTINA**



**ABBIE**

My name is Abbie, I'm 17 and I started caring for my mother in 2011, she has cardiomyopathy. The Project has helped me loads, getting me involved and taking me out which gives me some time to myself, It's helped me be a normal 17 year old again.

Hi I'm Leanne, I care for my mother. The young adult carers project has helped me by building my confidence up through meeting other carers in the same position as me and im truly grateful for their help and support.



**LEANNE**

# THIS IS JUST SOME OF THE THINGS WE DO TOGETHER

## The Clothes Show Live

The trip was fantastic and I felt totally spoilt. We were looked after well and I felt so much better after having the experience. **Feedback from a carer**



## Climbing Snowdon

I enjoyed climbing Snowdon, I learnt how quickly the temperature changed and how important team work and having good communication skills helps me.

**Leanne**

I enjoyed walking up Snowdon, I felt like I had achieved something plus socialising with other young adult carers.

**Charlotte**

## White water rafting

I had a really brilliant time, I did things I would never have done before.

**Shannon**

It was fab, it helped me with my confidence.

**Denise**



## Rock Climbing and a day at the beach

I really enjoyed the rock climbing because I have never done it before and it was something new I had to try.

**Katy**

I enjoyed the beach and caving because we had lots of fun and I swam in the sea.

**Liam**

# SOME OF OUR PRIORITIES TO YOU


**1 Have a flying start in life** 

Being a carer may have meant you gave up on your learning and personal goals because of your caring responsibility. To us this doesn't mean you cannot re-look at your education, employment or training. We will help you achieve your goals and get a flying start no matter your age or current caring situation.

**2 Have a comprehensive range of education and learning opportunities** 

Carers are sometimes invisible to school/college/university settings. This may be because a young person may not want to tell their teacher/tutor or purely because the educational setting are not aware of your situation.

As a project we can be your voice. We can speak to your school, college, university or training provider on your behalf. If you found you couldn't manage in school previously because of your caring role but would like to go back to undertake training or attend college for example, we will help you every step of the way. If you feel you would like help with building your confidence, CV writing, or if there are any other courses you feel may be useful to you, let us know.

**3 Enjoy the best possible health** 

It is vital to us that we take into account, not only the extent and type of caring you are doing but also the impact that caring is having on your own health or the potential of risk to your own health. Your physical and emotional wellbeing may be at risk because of the impact of caring and the lack of time to think about yourself as the person you care for comes first. As a project we will provide you with one to one support to give you the opportunity to talk to us and give you a break from your caring environment.

## **4 Have access to play, leisure, sporting and cultural activities**



As a project we have recognised that carers of all ages have limited time to spend with friends, or to take part in social, sporting and cultural activities. As a project we will arrange group activities for you to meet other carers such as yourself. We will look at the support offered to the person you care for to see if other services can provide more support to give you some time for yourself.

You are also entitled to a level 3 discount with the Council run sports centres within Rhondda Cynon Taff.

## **5 You are listened to and treated with respect**



As a carer you are entitled to a free carers assessment. The assessment will help us understand how much caring you do, the type of caring and the impact this is having on you. Being listened to, treated with respect and your identity being recognised is the first stage of our support. All our support is tailored to each individual in a person centered planning way.

## **6 Have a safe home and a community which supports physical and emotional wellbeing**



It is vital for us as a project to take into account, not only the amount of caring you do but also the potential impact this may have on you. We can offer you one to one support plus access to a free counselling service, for you to be able to chat about how you feel.

Like all carers, having time off from your caring role is very important. We organize a range of group activities ranging from having a meal, going to the cinema through to canoeing.

## **7 You are not disadvantaged by poverty**



All activities provided by us are free of charge. We can also help you with the cost of equipment to attend college or even driving lessons to help you travel to work or college/university.

As a project we may be able to help you with any benefit queries or concerns you may have.

# USEFUL CONTACT INFORMATION

## **Coleg morgannwg**

### **Aberdare campus:**

Cwmdare Road  
Aberdare, Rhondda Cynon Taff  
CF44 8ST

Telephone:  
01685 887500  
Email: [college@morgannwg.ac.uk](mailto:college@morgannwg.ac.uk)

### **Nantgraw campus:**

Heol Y Coleg, Parc nantgraw  
Cardiff,  
CF15 7QY

Telephone:  
01443 662800  
Email: [college@morgannwg.ac.uk](mailto:college@morgannwg.ac.uk)

### **Rhondda campus:**

Llwynypia, Tonypanyd,  
Rhondda Cynon Taff

Telephone:  
01443 663202  
Email: [college@morgannwg.ac.uk](mailto:college@morgannwg.ac.uk)

## **Merthyr Tydfil College:**

Ynysfach, Merthyr Tydfil  
CF48 1AR

Telephone: 01685 726000  
Email: [college@merthyr.ac.uk](mailto:college@merthyr.ac.uk)

## **The University of South Wales**

University of South Wales  
Pontypridd, Wales, UK  
CF37 1DL

Telephone: 08455 76 77 78  
Email: [enquiries@southwales.ac.uk](mailto:enquiries@southwales.ac.uk)

## **Services For Young People**

Support is offered for young people aged 11-25, such as Detached Youth Work Support, Training & Accreditation, Wicid.tv & New Media Opportunities, Volunteering & Placements, E3+ & 5x60 - (although e3+ provision is after school activities the young people do not need to be attached to any particular school/education to attend), Outdoor Education, Duke of Edinburgh & Environmental, Participation & Youth Forums, All statutory Youth Clubs across RCT  
Email: [sfypreferrals@rctcbc.gov.uk](mailto:sfypreferrals@rctcbc.gov.uk)

## **Careers Wales**

Telephone:  
0300 123 3833

## **Job Centre Plus**

Telephone:  
0845 6060 234

## **Rhondda Cynon Taff Leisure Facilities**

[www.rctcbc.gov.uk/leisure](http://www.rctcbc.gov.uk/leisure)

## **Social Service First Reponse Team**

**(queries for adult social services)**

Telephone: 01443 425003

## **Carers UK**

[www.carersuk.org/wales](http://www.carersuk.org/wales)



## Where can I find help, support and advice? Young Adult Carer Development Worker

The Young Adult Carer Development Worker can provide a range of information and advice for young adult carers and those who work with you. This can include visiting a family to carry out a Young Adult Carer's initial assessment.



The aim of the young adult carers service is to:

- Raise awareness of the needs and experiences of young adult carers aged 18 – 25
- Ensure young adult carers have high aspirations to achieve their full potential by supporting engagement in learning.
- Make sure there is a seamless transition service ensuring no one is lost in important developmental stages of their lives.
- Ensure young adult carers have access to a wide range of relevant information and advice, are able to form their own networks of support and are supported to enter further education, employment and training.
- Work holistically with other family members and services and to empower the young adult carers to take ownership of this service.

We recognise the very valuable role you provide. We are aware that without support carers may have difficulty coping with the emotional and physical demands of their role, this can lead them to feel isolated, unsupported and alone.

# CONTACT US:

Young Adult Carer Development Worker  
Carers Support Project  
Heddfan  
Ilan Avenue  
Rhydyfelin  
Pontypridd  
CF37 5PN

Telephone: (01443) 668845

Mobile/text: 07887450716

Email: [youngcarerssupportteam@rctcbc.gov.uk](mailto:youngcarerssupportteam@rctcbc.gov.uk)

Web page: [www.rctcbc.gov.uk/YAC](http://www.rctcbc.gov.uk/YAC)

