

Who are Young Carers?

Young Carers are children and young people up to the age of 18 years who provide care for another family member. They could be caring for someone who has:

- A physical disability or illness.
- Mental ill health.
- A sensory disability, for example be blind or deaf.
- A problem with drugs or alcohol.

The Young Carer may be the main Carer or sharing the care with another parent, sibling or grandparent.

What can the Young Carers Project provide?

- Individual support – help Young Carers get a break from their responsibilities at home.
- Support with representation – Young Carers often need help to ensure the person they care for is getting appropriate services.
- Information – this includes a pack, newsletter and appropriate information on illnesses and disability for different age groups.
- Individual and holiday grants to enable Young Carers to have a break.
- Young Carers Group - provides a range of activities for all ages.

What is the Young Carers Project?

The Project provides support to Young Carers who play a caring role in their family and provide care which would usually be done by an adult. The project is run by Tameside Services for Children and Young People and is organised by the Young Carers Project Leader.

What happens at the Young Carers Group?

The Group aims to provide Young Carers with an opportunity to meet other Young Carers. It organises a range of trips and activities throughout the year.

How are these activities organised?

Most of the trips are just for Young Carers and do not include friends or other relations.

Once or twice a year we organise an activity for all the family.

There is no charge for these activities although Young Carers might need to bring spending money or packed lunches.

Don't worry if you cannot provide transport for the Young Carer. If this is the case, they will be picked up and returned to their home.

Parents/Carers will need to sign a permission form and give emergency contact numbers for their children to attend the group.

How does a Young Carer get hold of this service?

If you know of a young person who might benefit from the Project, please contact the service below. Staff will be happy to offer further information, advice and support. They will also carry out an assessment (explained in the next section).

Contact:

**Young Carers Project
Ridgehill Childrens Centre
School Crescent
Stalybridge
SK15 1EA**

Tel: 0161 338 8645

What grants are available to Young Carers?

There are two main grants which the Project can help Young Carers get:

- Family or individual holiday grants.
- Individual small grants to assist Young Carers to go to activities to give them a break from caring. Activities could include dancing classes, sports activities or school trips.

What is an assessment?

This looks at Young Carers' needs and the services needed to support them. Families receive a copy of the assessment which explains details of the services that may be provided.

If the Project cannot support the young person with actual services, we will give information and advice about other services and organisations that may be able to help.