

Who are Young Carers?

Young Carers are under the age of 18 and look after someone with a chronic/terminal illness, disability, mental health problem or an alcohol or drug addiction/dependency.

They may be looking after a family member or friend.

Young Carers often help by doing things like:

- Washing
- Cleaning
- Shopping
- Cooking
- Giving medication
- Taking care of fellow siblings
- Translating or interpreting
- Helping with bathing and personal care

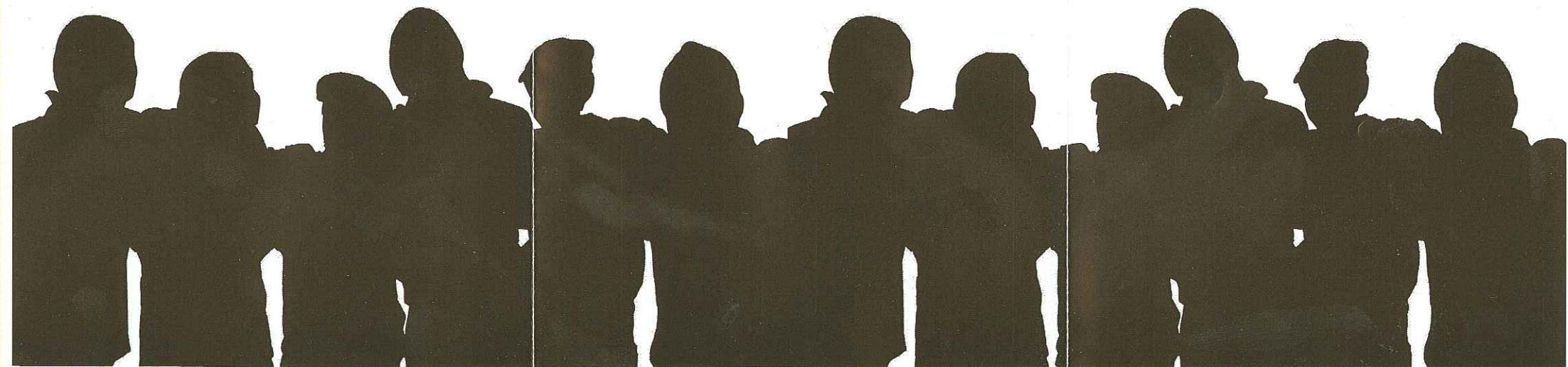
What issues do they face?

- Not having much free time - leisure and recreational opportunities are limited
- Struggling with school and homework
- Bullying
- Greatly increased at-home responsibilities
- Stress and anxiety

What we do

- Raise awareness of the existence of young carers and their needs.
- Provide guidance, information and support to those working with young carers.
- Offer information, guidance and emotional support to young carers and their families.

- Provide daytrips/outings and other respite opportunities to tackle issues of isolation and social exclusion often experienced by young carers
- Highlight services available to young carers and their families and encourage their use so that young carers have opportunities in life available to other young people.
- Help professionals develop and adapt services to meet the needs of young carers.
- Provide training opportunities for those working with young carers.
- Help professionals identify and close gaps in provision for young carers.



Young Carers Project Team

The Carers Association Southern Staffordshire (CASS) has a dedicated team of Young Carers Workers who are based in Stafford and Lichfield, who cover the districts of:

- Stafford and Stone
- Cannock Chase
- Tamworth
- Lichfield
- East Staffordshire
- South Staffordshire

If you would like to refer a young person to our organisation then please contact CASS on the telephone number listed on this leaflet.

Carers Association Southern Staffordshire

The Carers Centre
Austin Friars
Stafford ST17 4AP

Tel. 01785 606675
enquiries@carersinformation.org.uk

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young carers project

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