

Walsall Young Carers Service

HEROIC LEADERS
HELPFUL
#WALSALLYOUNGCARER
COMMITTED
DEDICATED
AMAZING CARER
VITAL

CARING POWERFUL
INSPIRING

Supporting you in your caring role



Walsall Council



Young Carers

"dedicated, compassionate and caring"

Are you a young carer?

Young carers are children and young people aged 8 to 18 who help care for someone in their family because of a mental health illness, physical illness or disability or because of drugs and alcohol issues.

Young carers usually care for parents, grandparents or siblings and help their family members with:

- shopping, cooking, cleaning, washing, collecting prescriptions
- providing personal care, helping with bathing, dressing and to take medication
- providing emotional support, including talking to someone who is distressed, helping someone communicate with others
- sometimes managing the family budget
- looking after younger siblings

Often as a young carer you can be:

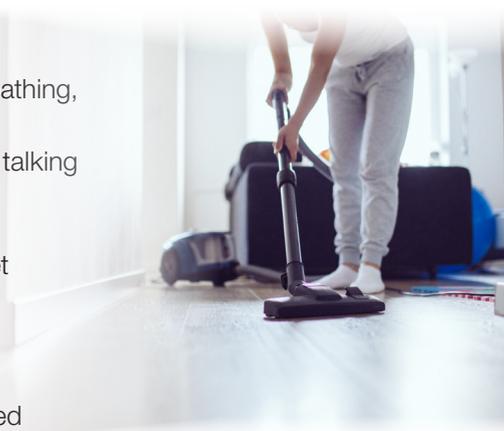
- worried about things and get stressed
- feel isolated
- struggle with school work and homework
- bullied
- late for school quite often
- missing out on seeing your friends and having fun

If you think you are a young carer the Walsall Young Carers service is here to help and support you.

We will work with you and your family to look at ways of supporting you as a young carer as well as the family member you care for, this will be carried out by completing together a Young Carers Assessment.

Following the completion of the assessment, we will offer you

- An opportunity to join the young carers group where you can have fun through activities, meet other young carers and have days out
- The Young Carers ID card
- Someone who is there to listen to you if you want to talk (Young Carers Champion)
- A leisure pass to access council leisure services
- Support for you and your family in meetings with other services and your school to make sure your views are heard, if needed



Young Carers Group (for Children and Young People 8 to 18 yrs of age)

The Young Carers Group Walsall meet monthly at My Place in Walstead Road Walsall.

Its a support group and provides an opportunity for you as a young carer to take some time away from your responsibilities at home, meet other young carers, make friends and have fun!

Activities you can take part in, includes:

- Cooking
- Arts and crafts
- Young person-led projects
- Music and sport
- Activities and trips
- Group games
- Discussions and consultations
- BBQs, discos, community feasts and family events
- ASDAN Awards



The Group is well attended and valued by all, the young carers tell us that My Place is important to them as it's somewhere they can relax and talk to people who understand what life is like for them.

- “I feel listened to and supported by staff at My Place”
- “My Place is a ‘Safe Place’ where I can enjoy activities that I dont get chance to do very often”.

Young Carers ID Cards

This is a card that will be given to you following the completion of the Young Carers Assessment and forms part of our support.

The aim of the card is to support you, for you to be formally identified as a carer, to make sure others always involve you, value the support you give and to make sure you receive the support you deserve.



Young Carers Champions

A Young Carers Champion is a member of staff including teachers and school nurses who are dedicated in supporting young carers.

They help to identify who maybe a young carer, raise awareness of young carers and provide information and advice to their colleague's in the service or school where they work.

A Young Carers Champion will also:

- Be your first point of contact
- Be identifiable as a Young Carers Champion within your school, college or within the service's you access
- Attend the Walsall Young Carers Action Group
- Support and advocate for young carers who do an amazing role caring for family members

What happens next, how does it work?

If you think you are a young carer we will arrange to meet with you as soon as we can and find out about your caring role and how we can support you and your family.

We will do this by completing together a Young Carers Assessment.

Please speak to your teacher or school nurse who will make a referral into us or ask a member of your family to email us at YoungCarersEarlyHelp@walsall.gov.uk, visit our website go.walsall.gov.uk or call us directly on 07506092870