

Young Carers

Some children and young people have additional responsibilities because a family member who is sick or disabled needs their help. When young people do this, they are known as young carers.

The term young carer applies to

Anyone under 18 years of age who helps to look after someone with a disability or long-term illness. This may be a physical disability, frailty due to old age, a learning disability like autism, mental health illness like depression or a drug or alcohol dependency.

Young carers help in a lot of different ways, like doing housework or shopping, keeping an eye on someone, helping them to wash and dress and cheering them up.

Young carers may look after a disabled brother or sister or a parent or other adult family member. Helping out at home is a normal part of growing up but young carers often have to do far more than other young people. This can make doing homework more difficult and restrict time available to meet up with friends. Without some help or support there is a danger this can affect the young person's future education and ability to make friends.

Help from Social Care

Local Authorities are responsible for providing social care support for families so that children and young people do not have to undertake an inappropriate level of caring responsibility.

To enquire about help that may be available phone our Children's Services Contact Centre on 0845 603 5620.

At School

Many young people who provide care find that their school work is affected. They may miss time off school in order to stay home or find it difficult to complete homework or make friends with their peers. In some schools there is a designated lead person to help support young carers to help ensure they achieve and meet their potential.

Local young carer's services

There are a variety of young carers' projects across Hampshire who work in a variety of settings to help young carers to come to terms with their situation and deal with their worries. They do this either through one to one support or group work, where young people learn to draw strength from each other. They also provide opportunities to talk and do activities outside of school. These support services are run by a variety of organisations and charities and are usually free.

Hampshire Young Carers Alliance

hyca@hantsweb.org.uk

www.hyca.hampshire.org.uk

Young Carers Initiative

01962 711 511 www.youngcarer.com

email: include-project@childrenssociety.org.uk

The Young Carers Initiative provide a variety of information for young carers, their families and the professionals involved in providing care.

Hampshire County Council - Children's Services

www.youngcarers.hants.org.uk

If there are no professionals coming into your home, you can visit your local Children's Services department and ask to have an assessment as a Young Carer.

Young Carers



The Young Carers' Projects around the county can provide a variety of information and support, such as:-

- someone to talk to
- information and advice
- a chance to get to know others with similar circumstances in a group setting
- the chance to have a break and have some fun at residential and activity days
- a newsletter and internet site
- and most of all, some time for young carers themselves.

What parents can do

If you think some of this may apply to your son or daughter:

- let him or her know that you understand the pressures they are facing
- discuss with them getting some help, perhaps through one of the local Young Carers projects or through the Connexions Service that provides advice to young people of 13 years and above.

Financial Benefits for young carers

16 is the earliest age at which you can claim benefits in your own right as a carer. These include Carer's Allowance and Income Support. You will not normally be expected to be available for work if you have caring responsibilities. For more information about your full benefit entitlement see the benefit leaflet included in this pack.

Young Carers Projects - Where to get help

Andover Young Carers 8-18

Lorena Burlison - lorena.burlison@btconnect.com
Test Valley (North) 01264 333788
Mobile: 07796 370555

Basingstoke Voluntary Services

Ed Ives - ediveswara@voluntaryservices.com
Basingstoke & Deane 01256 423892
Mobile: 07872 025838

Community First New Forest

Marie Shotbolt - marie.shotbolt@cfnf.org.uk
New Forest 01425 482773

East Hampshire Young Carers Project 10-18

(signposting for under 10s)
Angie Marker - angie.marker@hants.gov.uk
East Hampshire 01730 268252
Mobile: 07956 065632

Eastleigh Young Carers Project 11-18

Joanne Newcombe –
jnewcombe@1community.org.uk
Eastleigh 02380 902465

Havant Young Carers Group 10-18

(signposting for under 10s)
Gideon Fitch - gideon.fitch@hants.gov.uk
Havant 02392 472813 Mobile: 07773 316360 and
Ria Emery - ria.emery@hants.gov.uk
Havant 02392 262014

Kids Young Carers (Fareham & Gosport)

7-10, 11-13, 14+, siblings.
Sharon Barr – sharon.barr@kids.org.uk
Fareham & Gosport 01329 242960/57
Mobile: 07795 478066

Romsey Young Carers 5-18

Mary Ward - yccoordinator@romseycarers.org.uk
janet@clickers.org.uk
Test Valley (South) 01794 515126
Mobile: 07951 186462

Rushmoor & Hart 10+

David Hewlett - david.hewlett@hants.gov.uk
Mobile: 07736 792814

Winchester Young Carers 8-17

Ben Hogbin - office@wycp.org.uk
Winchester 01962 848039 Mobile: 07736 006428