

St Helens Young Carers Centre

Contact us on 01744 677279 for more information

Web: www.sthelensyoungcarers.org

or follow us on twitter @StHelYoungCarer

Our Family Support Services

We have a team of Family Support Officers that provide intensive support to Young Carers and their families. The support they offer will depend on the needs of the family as a whole, the services provided may include the following services below:

Definition of a Young Carer

A Young Carer is someone aged 6 - 18 years of age who provides regular or ongoing care and emotional support to a family member, who is ill, disabled, has a mental health condition or misuses drugs or alcohol. They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. A Young Carer may complete tasks, such as, cooking, cleaning, personal care, administering medication etc.

Family Support & One to One Support - Upon referral, we firstly identify what support is needed for both the Young Carers and their family, we will then put in to place the appropriate support & also make the necessary referrals into other agencies ie. Occupational Health, Counselling etc. An action plan, outlining the support offered will be sent out, we then work with the family until all actions have been completed. Not all Young Carers will have a Family Support Officer at all times, although they will still be registered with our service and can come back to us when support is needed.

Personal Budget Awards - We offer awards to Young Carers up to the amount of £250. The amount awarded depends on the individual circumstances of the Young Carer. It is provided to enable the Young Carer to take a break from their caring responsibilities i.e. attend a club or pursue a hobby that they are interested in.

Advocacy Support - We will offer support to Young Carers and their families by liaising with agencies/professionals on their behalf, on issues relating to their caring role. E.g. we will contact school and update them on the caring role of the Young Carer subject to gaining parental consent and ask if any additional support within school can be offered.

Ongoing Practical & Emotional Support when needed

Our service fully understands that circumstances can change, for those who have a caring role; all our Young Carers can come back to us and access our Centre for support. We will put in the appropriate support needed to ensure the Young Carer is better able to cope with their caring responsibilities.



Our Respite Activity Services

Our Activity Co-ordinator leads an enthusiastic team of support staff who deliver a number of weekly activity sessions, support groups and training sessions, together with facilitating large events. Activities can include the following:

12 Monthly Respite Activity Programme (6 – 16 years)

For those Young Carers who do not have any social opportunities and are not able to meet up with their friends as a result of their caring role, we offer regular activity sessions both at the Centre and in the community, they are **age specific** groups. Young Carers are able to get involved in a range of activities, such as, art & craft sessions, visits to the cinema, meals out, games nights and many more!

Residential Breaks - Young Carers, who have limited social opportunities, will be invited to our residential breaks. The aim of these breaks is to ensure the Young Carer has a break from their caring role but to also enable them to make new friends helping them to build a network of support which extends beyond the Centre i.e. facebook etc. They take part in activities that they would usually not have the chance to do, such as, canoeing, raft building, zipwire, problem solving etc.

Young Carers Committee – Known as Chattin 4 Action (11 years +) –

Young Carers who would like to get involved in shaping services in St Helens are invited to the committee; they meet monthly and work on projects that will improve the lives of Young Carers. They work on projects that make difference to Young Carers eg. working with schools, GP surgeries and other agencies.

Training/Awareness Sessions - We tailor our training to meet the needs of Young Carers, the types of training we offer are; employability workshops, first aid, healthy relationships, confidence building etc. We plan our sessions on a quarterly basis, we include a range of training that will help Young Carers to improve their skills so that they are better able to communicate with professionals and support the person they care for.

Young Adult Carers – 16 -19 years are supported in the following ways:



Young Adult Carers Group (YADS for 16 – 19 years)

For those Young Carers who will be going into adult services, we run a group that helps them to meet new friends, learn new skills and help them in areas, such as, CV writing, employability skills, confidence building, budgeting etc. Once they reach 19 years of age we support them with their transition over to our Adult Carers Centre.

Income Maximisation for Young Adult Carers - We have a team of specialist staff who can support our Young Adult Carers (16 years +) with advice and support on whether they are receiving the benefits they are entitled to when caring for a family member, they complete a full benefit check and will help with the forms that need to be completed.

Carers Emergency Card (16 years +) - The Carers Emergency Card provides peace of mind 24 hours a day, and would reduce anxiety about leaving the person they care for alone for any length of time. It is a free service. The Young Adult Carer would be the named emergency contact for the person they care for and would hold a card.

Additional Information – In addition to the above, please see below further information about our organisation.

Regular Newsletter - We send out a newsletter on a quarterly basis to keep in touch with all Young Carers & their families. The newsletter details information that is useful, it enables those Young Carers who may need support to get back in touch with us or information on when they can access our drop in session.

Young Carers in School Award Programme - We have a Young Carer Outreach Officer that works closely with schools. They raise awareness and support school staff on how to identify Young Carers by delivering assemblies and staff training sessions. There are a number of drop-in sessions in schools during lunch time that Young Carers can access for support and advice. We also have a Young Carers Card which can be shown in lessons to help Young Carers to be excused when they are worried about leaving the person they care for. For more information visit our website or contact the Young Carers Centre and ask for Eleni Foscett.

Fundraising We are an independent charity, we rely heavily on raising money to support our Young Carers. If your school/organisation/Company would like to get behind us and support our fund raising efforts, please get in touch on 01744 677279 and we will do whatever we can to support your initiative.