



ST HELENS YOUNG CARERS CENTRE

WHO ARE WE?

We are a local charity;

We offer a wide range of support to help Young Carers aged 6 – 20 years.

Our aim is to reduce the caring role for the Young Carer and help them to better cope with their caring responsibilities.

We want to create opportunities so that Young Carers can maintain a healthy social life, feel supported whilst in school/college and have the chance to pursue their own aspirations!



CONTACT/FOLLOW US

Call us: 01744 677279

Email us: info@sthelenscarers.org.uk

Facebook: St Helens Carers Centre

Twitter: @StHelYoungCarers

Instagram: @sth.yc

WHO IS A YOUNG CARER?

A Young Carer is someone aged 6 - 20 years.

They provide 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.

"I LOVE IT AT YOUNG CARERS, IT'S ONE OF THE PLACES I REALLY ENJOY GOING TO AND TALKING, I HAVE LOVED MEETING NEW PEOPLE AND HAVE LINKED IN WITH THEM OUTSIDE OF THE SESSIONS TOO!"

- A quote from one of our Young Carers

YADS

Young Adult Carers Group (16+)

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 and can apply for grants on their behalf too!

FUNDRAISING

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 fundraising efforts, please get in touch on 01744 677279 and we will do whatever we can to support your initiative.

WHAT SERVICES DO WE OFFER?

Family support & 1:1 support

We offer Young Carer 1:1 sessions, providing the Young Carer with emotional or practical support. They may just need someone to listen to them while they off-load their worries, ask questions or simply talk about the impact caring has on them.

We identify what support is needed for both the Young Carers and their family, we then put in to place the appropriate support & also make the necessary referrals into other agencies ie. Occupational Health, Counselling etc.

We work with families to look at what they would need to do in the event of an emergency, for example, should the person they care for need to go into hospital.

Personal Budget Awards

We offer awards to some of our Young Carers. 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.



Respite Programme

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!

Advocacy Support

We speak to professionals and agencies on behalf of the Young Carer and their family on issues relating to their caring role.

For example, we can speak to school/colleges or other agencies to make them fully aware of the impact of caring

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 on a regular basis 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.

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.