

Young Carers

Children and young people sometimes become carers too. You may be under 18 yourself and carrying out significant caring and household tasks because you have a parent, brother, sister, other relative or friend who

- has a physical or learning disability
- has a mental health problem
- has a long-term or terminal illness
- has a problem with drug or alcohol use

You may not think of yourself as a young carer because it may always been like this for you. Many children help out at home but a young carer is often responsible for someone in the family in a way most young people are not.

You have the right to ask for an assessment of your needs as a young carer. You can contact the Children's Duty Team to make a self-referral on **01758 704455**. The team will consider your situation and may arrange an assessment of your needs. They will consider whether or not they can provide any help for you in your caring role.

You can also contact Action for Children who run a young carers project in Gwynedd. They can also give you advice, and provide services on behalf of Gwynedd Council. As well as support in school/further education and/or work, they can offer emotional support one to one (face to face or digital) or in a group, opportunities to have a break from caring and to socialise with other young carers, provide advice and information on issues concerning young carers and the whole family and offer opportunities for young carers to speak their minds. You can contact them on **01248 364614** or by email at gwyneddyoungcarers@actionforchildren.org.uk It's also possible to contact through their Facebook page, where there is also useful information available <https://www.facebook.com/GofalwyrIfancYnysMonGwynedd>

If you are at school, it is important that the school is aware of your situation. They can support you. You should discuss your situation with someone at the school, such as your register teacher or any other sympathetic member of staff.

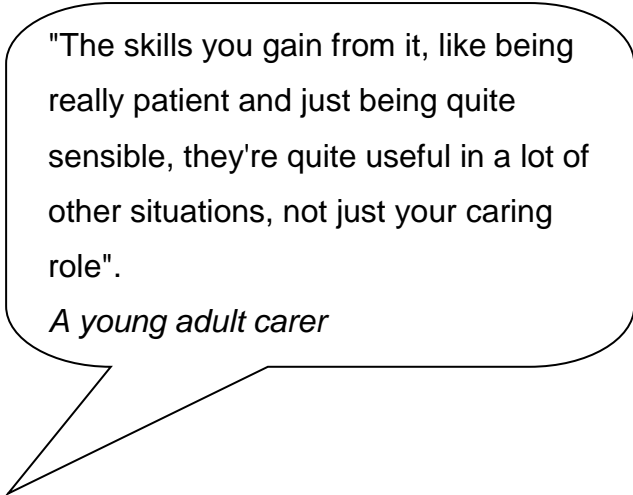
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When someone in your family has an illness or disability or problems with drink or drugs, it's normal to have different feelings about it. You may like the feeling of responsibility and get satisfaction from doing something useful for your family, or you may feel sad, angry or stressed. Talking to someone who will listen can help

Dewis Wales - a national website with local information about wellbeing services – has dedicated pages of useful information for young carers as well as general information for people looking after family and friends.

www.dewis.wales

Young carers say that although there are many positive and rewarding aspects to caring, they can miss out on things like school, social life with friends and activities. If caring is affecting your schoolwork, your health or causes you other problems, your family might be able to get help. It's really important that you don't try to manage on your own.



"The skills you gain from it, like being really patient and just being quite sensible, they're quite useful in a lot of other situations, not just your caring role".

A young adult carer