

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 have been like this for you. Many children help 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 on **01758 704455** to make a self-referral, or to have a chat and more information. The team will consider your situation and may arrange an assessment of your needs. It is also possible for you to contact Action for Children who specialise in supporting young carers.

Action for Children who run the young carers project in Gwynedd. They can also give you advice and provide services on behalf of Cyngor Gwynedd. 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.

Young Carers

There is now an app for your phone that can keep you in touch with your support network and includes a button 'Ping my school', that sends a direct message to your teacher if anything is causing you trouble. Visit the aidí website for more information about for the app and the Young Carers ID card, which works alongside the app <https://www.aidi.cymru/en/>



There is a video at the end of the page which shows how the app works and how it has already helped young carers, like yourself, in school.

You can have the card or the app or both; you can make this choice when applying online. They are both linked to a discount scheme in places such as McDonalds and Byw'n lach, where you can go swimming for free and take a friend along with you.

Here is a link to the discount page, where new ones are being added all the time: <https://www.aidi.cymru/en/disgownts-discounts/>

Cyngor Gwynedd now employ a full time Young Carers Officer, Ffion Edwards, who raises awareness with others about the implications of being a young carer. If you would like more information about anything you have read

Young Carers

here, you are welcome to contact her on

Ffionwynneedwards@gwynedd.llyw.cymru

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

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.

"I feel I'm getting what I need from the project because when I want to talk, I can talk.... I know I can talk without being judged".

Young carer aged 17

"I love the recognition my card and app give me. It's nice to know that someone cares about us and sees us".

Young carer aged 14