



Young Carers **HANDBOOK**

BLGC YOUNG CARERS RIGHTS AND INFORMATION HANDBOOK



**NOT ALL SUPERHEROES
WEAR CAPES, SOME
ARE **YOUNG CARERS****



**WE WANT TO ENSURE
THAT YOU GET THE RIGHT
SUPPORT AT THE RIGHT
TIME BY THE RIGHT PEOPLE.**

hello

We have put together an information handbook which we hope will be of use to you as a young carer.

We have included information on your rights and provided contact details of support that may be able to help you, should you need it.

If you think that there is anything else that may help others and share any stories about being a young carer that you want to tell us about, let us know.

If you have any ideas or feedback to give to us, then get in touch by calling 01204 540100 or email youngcarers@blgc.co.uk

We are here for you and want you to know that you are amazing!

We look forward to hearing from you.

BLGC Young Carers Team.

WHO

IS A YOUNG CARER?

+ A YOUNG CARER IS SOMEONE UNDER THE AGE OF 18 YEARS WHO HELPS CARE FOR A FAMILY MEMBER OR FRIEND WHO HAS A DISABILITY, ILLNESS, A MENTAL HEALTH CONDITION OR ADDICTION. THIS MAY INCLUDE:

- + Helping with household tasks
- + Providing emotional support
- + Looking after brothers and sisters and taking them to school
- + Helping with washing and bathing / showering
- + Giving medications and collecting prescriptions
- + Helping someone to bed or getting them up in the morning
- + Shopping, housework, preparing and making meals
- + Managing the family budget, paying bills, opening letters
- + Helping someone to communicate by advocating or using sign language
- + Interpreting for those whose English is not their first language

This is not an exhaustive list, but if you do any of the above, it is OK to ask for help. We are here to support you.

RECOVERY POSITION

What if one day you found them on the street
Surrounded by cold and damp and sleet

What if they're late, the sirens are loud
Paramedics are coming, your mind is a cloud

MRI Scanners, needles, IV's
Walking into a stroke ward does not come with ease

Sent to a friend's house, completely unaware
Your Dad's in an ambulance, this isn't fair

They could be in pain, or tired, or weak
It scares you so much, you can barely sleep

Not knowing when it will happen again
Terrified, panic, isolation and dread

Emergency contacts up on the fridge
The "path" to recovery is like a burning bridge

Sure you may joke, you'll pretend they're fine
But seeing them hurt, it KILLS you inside

By a Young Carer, Aged 13.



KNOW YOUR RIGHTS AS A YOUNG CARER



I'M ALONE. PEOPLE THERE UNDERSTAND MY STRUGGLES AND MY EXPERIENCE WITH THEM HAS BEEN VERY POSITIVE. THEY ALSO PROVIDE 1:1 SUPPORT FOR MENTAL HEALTH WHICH HELPED ME DEVELOP HEALTHY COPING MECHANISMS.

+ YOU HAVE THE RIGHT TO BE RECOGNISED AND SUPPORTED



- You have a legal right for your needs to be assessed through a young carers assessment, to establish what help and support that you and your family need.
- A young carer's assessment can determine whether it is appropriate for you to care for someone else and takes into account whether you want to be a carer.
- To be given the opportunity to make ambitious plans for the future and be given the support to achieve them.
- You have the right to high quality support for yourself and the person you are caring for.

+ YOU HAVE THE RIGHT TO EDUCATION

- You have the right to go to school and achieve your full potential and have the same opportunities as your peers.
- Schools must take your caring responsibilities into account and provide support where needed, such as flexible deadlines and access to a designated staff member.
- If you're 16 or over and not in full-time education, you may be eligible for help finding work or securing a college place or apprenticeship.
- You can ask for additional help, such as free school meals and counselling.



+ YOU HAVE THE RIGHT TO TAKE A BREAK

- You have the right to time for yourself, including hobbies, friendships, relaxation and to do the things that are fun and matter to you.
- Local authorities and charities may provide respite care, activities and support groups for young carers.



+ THE RIGHT TO HEALTH AND WELLBEING

- You should not have to take on inappropriate levels of care that harm your mental or physical health.
- Your doctor and local NHS services can offer free support for your physical and mental health.
- You have the right to confidential advice and counselling.



+ YOU HAVE THE RIGHT TO FINANCIAL SUPPORT



- Your family may be entitled to financial help such as Carers allowance (For over 16's) Universal credit or disability living allowance.
- Some organisations offer grants to support young carers with education, activities or respite. (This might be in the form of providing a tablet or phone or taking the young carer away for a weekend or day trip.

+ YOU HAVE THE RIGHT TO BE HEARD

You have the right to have your views and needs heard and considered when decisions are being made about your family. Charities and Advocacy groups can help you to speak up for yourself and your family.

+ UN CONVENTION ON THE RIGHTS OF THE CHILD



SCAN TO VIEW

- Governments and services working with families should respect the rights of families to direct and guide their children. But services and professionals working with young carers should recognise that they need guidance and space to be young people and to learn, play and enjoy positive futures (Article 5).
- Most importantly, young carers have the right to be consulted about everything that affects them and their families. If you're a young carer, your role is very important, and you have a right to be told about everything that affects your family before any decisions are made (Article 12).



+ THE BLGC COMMITMENT TO YOU AND YOUR FAMILY

To provide ongoing support to Young Carers, depending on their level of caring responsibilities

- Making regular contact with Young Carers whether via telephone, text, emails, or post.
- Regular Chill Out Sessions for you to meet other young carers.
- Offering Young Carers outdoor opportunities for example residentials, day trips, music sessions, arts and crafts sessions, sports, gym sessions, yoga, celebrations of culture such as Eid, Diwali, Christmas and others.
- Peer Support sessions.
- Offering Young Carers one to one support or groupwork.
- Offering advice and guidance to the parents of Young Carers including signposting to other agencies.



WHAT SUPPORT CAN WE OFFER BOLTON'S YOUNG CARERS



YOUNG CARERS GROUP SESSIONS

Primary School aged Young Carers:

Alternate Mondays
4.30pm – 6pm

Secondary School aged Young Carers up to age 18 years old

Alternate Mondays
6.15pm – 7.45pm

Peer Support group (Secondary)

Same Monday as
Secondary group
session 4.30pm-6pm

Our group offer aims to build a support network, for young people to meet other Young Carers and for those connections to develop into friendships. We aim to provide a platform for Young Carers voices, to empower young people to be their best self.

ShapeSession examples include:

- Wellbeing
- Keeping safe
- Sports and physical activities
- Arts and crafts
- Special guests



1:1 EMOTIONAL HEALTH AND WELLBEING SUPPORT

If due to caring responsibilities you feel this is having an impact on your emotional health and wellbeing, we can offer up to 12 sessions of short-term support.



WHO CAN HELP



BLGC Young carers service

Telephone 01204540111

Email: youngcarers@blgc.co.uk



EVERYONE HAS GOOD AND BAD DAYS. TRY AND FOCUS ON THE GOOD.

+ Kooth online

Support for young people aged 11-26. Anonymous and free service. Online counselling offered through instant chat messaging <https://www.kooth.com/>

+ Chat Health

NHS text messaging service for young people (0-18 years) with quick and easy access to confidential health advice from a specialist nurse. Text 07507 331753 for support.

+ SHOUT

SHOUT is a 24/7 UK crisis text service available for times when people feel they need immediate support. The service is for anyone who is in crisis (all ages). By texting 'SHOUT' to '85258'.

+ Be Kind To My Mind

(Bolton web portal for all ages)

www.Bekindtomymind.org.uk

+ Childline:

Telephone 080011111:

Free and confidential support 24/7.

+ Papyrus:

HOPELINE247 is a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide.

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINE247 for confidential support and practical advice.

Call: 0800 068 41 41

Text: 88247

Email: pat@papyrus-uk.org

Opening Hours : 24 Hours, 7 days a week (Weekends and Bank Holidays included)

SAY *hello*

BLGC

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