

HOW CAN YOU RECOGNISE A YOUNG CARER?

A young person may be a young carer if he or she:

- Is concerned for an ill or disabled relative
- Needs to be in constant contact with home
- Appears stressed or tired
- Is isolated from their peers
- Has caring responsibilities for younger siblings
- Is withdrawn or secretive about their home life
- Lacks money for their basic needs
- Struggles to concentrate in class or frequently misses days of school

Does this sound like someone you know?

Parents, young people and professionals are welcome to get in touch for more information on the support we can provide or sign-post to.

For professionals who intend to make a referral, please ensure that you have the family's consent to do so and complete an Early Help Assessment (EHA), which is available on the Brent website.

FOR MORE INFORMATION ON SERVICES AND SUPPORT FOR YOUNG CARERS PLEASE CONTACT:

Brent Family Solutions Team

Phone: 020 8937 3001

Email: EHA@brent.gcsx.gov.uk

www.brent.gov.uk

SUPPORTING BRENT YOUNG CARERS

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"I missed a lot of school because dad wasn't well. I didn't like leaving him, in case he fell over and couldn't reach a phone or pull the cord. I went to school twice a week. That was it."

"My mum has a mental illness, but no one told me why she was acting so weird. None of the doctors told me. They didn't think about how I was feeling and how worrying it was for me."

"I want to help mum. It makes me upset and I get depressed. I think it's my fault and I feel that I'm the reason she drinks. Then I feel embarrassed and ashamed, and then I feel guilty for feeling like this about her. I mean, she's my mum."



Information for families
and professionals

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BRENT
CHILDREN'S
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WHO ARE YOUNG CARERS?

A young carer is a person under 18 who provides essential and on-going care and emotional support to a family member who is physically or mentally ill, disabled, or misuses substances such as alcohol or drugs.

Lots of children and young people want to help their family and feel proud that they are lending a hand. At the same time, the impact of these caring responsibilities may cause difficulties at home, in school or college, or in their social life.

Sometimes it can be difficult to recognise someone as a young carer, but there are thousands of young carers right here in Brent.

WHAT CAN HELP A YOUNG CARER?

- Acknowledging that they are in a caring role and recognising the value of their contribution
- Supporting the person who is cared for, to reduce pressure on the carer
- Having regular breaks from caring, and having access to the same opportunities as other children and young people of their age
- Meeting other young carers and knowing they are not alone
- Having someone to speak to who understands their situation.



HOW WE WORK

In Brent, partners from a variety of agencies work together to offer support for young carers.

We meet with young carers and their families to discuss the needs of the individuals and the needs of the whole family. This may take place at home, or over the phone.

Once we have made an assessment, we develop a plan of support to meet the needs of the individual and their family. Our priorities are to:

- Keep families together
- Reduce the amount of caring a young person has to do if it is too much for them
- Increase the young carer's self-esteem and confidence in managing their situation
- Facilitate support from the young carer's school or college
- Make sure that the young carer gets regular breaks, and has time for friends and fun
- Improve the school outcomes and life opportunities of the young carer
- Ensure that the young carer is supported by other adults and professionals in their life
- Make sure that the young carer has someone to talk to when things are difficult
- Check that the family is receiving all of the support and financial benefits available to them
- Make sure the young carer is supported at times of significant life changes and through their transition to adulthood.

WHAT WE CAN OFFER

Some partners offer direct support to families and also work with other agencies to access help, which can include:

- Specialist assessments, advice and information
- Advocacy, coordinating support and the reassurance that someone is looking out for the young carer

- Emotional wellbeing support
- Access to local young carers' groups
- A termly drop-in session with council officers, where young carers can share their views
- Regular activity days and time out, and networking opportunities with other young carers
- Help to access activities and clubs in local areas
- Respite for young carers
- Access to parenting programmes and other parenting support
- Access to mentors, play therapists and other support services
- Access to training for young carers to learn more about their relative's illness or disability.

RAISING AWARENESS

We want to make sure that children and young people with caring responsibilities get support from all of the different adults in their lives.

We therefore offer information sessions and training workshops to a wide range of other professionals, so they have a better understanding about what children and young people do when caring and how it affects them.

