

## Leeds Young Carers Support Service

We support families where a child or young person in the home is providing care for someone who has a mental health or physical illness, disability or a difficulty with drugs or alcohol.

Families share with us their thoughts, wishes and feelings on what is happening for them. By working together with local services, we reduce the caring tasks children and young people provide, and support families to improve their quality of life.

### Family Action

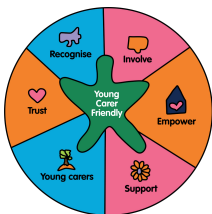
Family Action is an award-winning national charity working from the heart of local communities to support people through change, challenge and crisis. We protect children, support young people and offer direct, practical help to families.

It's what we've done for over 150 years.



Scan for more info

Leeds Young Carers Support Service is funded by:



## Leeds Young Carers Support Service

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We welcome referrals from parents and carers as well as professionals. Visit our website to find out more and access our referral form.

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[www.family-action.org.uk](http://www.family-action.org.uk)



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## Leeds Young Carers Support Service

Providing specialist information, advice and support to young carers, their families and professionals.



[family-action.org.uk](http://family-action.org.uk)

## Who is a young carer?

Young carers are children under the age of 18, who take on physical, practical, or emotional tasks at home due to someone in their family having an illness, disability, difficulty with drugs or alcohol or experiences mental ill health.

Do you or your child:

- Help a family member get dressed or washed?
- Help with household tasks, e.g., cooking, cleaning, washing, shopping?
- Pay bills?
- Remind and/or take a family member to appointments?
- Collect prescriptions or help a family member to take medication?
- Often worry about the person who is cared for?
- Take care of younger brothers or sisters or other family members?



## How are young carers supported in Leeds?

Looking after someone can sometimes take up a lot of time and it can be very difficult to cope with everything. Going to school, meeting up with friends and the young carer doing the things they enjoy can be hard for them to fit in.

The first service or professional a young carer or family member speaks to about the care they are providing has the responsibility to explore this further and find out what the family feel they need.

Services in the area work with children, young people and their families to find out the best way to get support. It could be from a range of services including school or our Young Carers Support Service.

The important thing is that the child, young person and family have been able to fully talk about what is happening for them, including what is going well, what they are finding difficult and get support with understanding which service is best placed to support them and how to access it



**We have a wet room so Mum can have a wash easily and I am doing less caring now. I am going to school and feel so much happier.**

Young carer

## What our support looks like

If the type of care a child or young person provides is impacting a lot on what they can do and how they feel, a referral to our service may be the right type of support.

A Young Carers Practitioner would complete a Young Carers Needs assessment with the family to explore ways to reduce the level of care the child or young person is providing and ensure the cared for person has the right care and support in place.

We meet with the young carer and their family to understand what is going well and what is causing difficulties.

### Our priorities are to:

- Reduce the amount of caring a young carer is doing.
- Ensure the cared for person is receiving all the support and financial benefits available to them
- Help the young carer to get more support at school or college.
- Make sure that the young carer has someone to talk to when things are difficult.
- Support young carers during transition periods including changing schools and accessing adult services.