

Young Carers Darlington

Young Carers Darlington provide individualised support to help Young Carers and Young Adult Carers to realise their full potential.

Working with ages 5-24, we support Young Carers in their caring roles and helping to ensure they have the same access to opportunities as every other young person.

We want Young Carers to experience positive childhoods: to learn, develop and thrive no matter their situation.

About 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.

To find out more about who we are and what we do, scan the QR code below.



Young Carers Darlington

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youngcarersdarlington@family-action.org.uk

Saint Teresa's Hospice, Wellbeing Hub
91 Woodland Rd
Darlington, DL3 7UA

9-5pm, Monday - Friday



Follow us on Facebook!
Family Action Young Carer Services

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family
action

Young Carers Darlington

Supporting young carers to thrive and achieve their full potential.



www.family-action.org.uk

Who are we?

Family Action provides a service for Young Carers and Young Adult Carers, aged 5–24, across Darlington. The service is paid for by Darlington Council.

What is a 'Young Carer'?

Young Carers are children and young people under 18, who take on practical or emotional responsibilities at home because someone in their family has a physical or learning disability, has a long term illness, experiences mental ill health or has a problem linked to alcohol or drugs.

Being a Young Carer can be hard and they may feel that they don't have enough time for themselves, friendships, homework or out of school activities.

A young person aged 16–24 with such caring responsibilities is typically known as a Young Adult Carer.

It is important to recognise that Young Adult Carers have different support needs to older adults who care for a family member.



Are you a young carer?

Do you...

- help your family member get dressed or washed?
- help with household tasks, e.g., cooking, cleaning, washing, shopping?
- pay bills?
- remind and/or take them to appointments?
- collect prescriptions or help the person you look after to take medication?
- provide a listening ear?
- often worry about the person you care for?
- take care of young brothers or sisters or family members?

If you answered yes to any of the above you could be a Young Carer/Young Adult Carer and we may be able to support you.

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I know how to use strategies now to help me manage my caring role and mam's health needs...

Young Carer, Durham

What support can we offer?

All Young Carers benefit from an assessment to identify what support we can help them with. Support may include:

- Support plan following a Young Carer Needs Assessment (under 18s) or an assessment of need for Young Adult Carers over 18
- 1:1 support sessions
- Whole family support
- Opportunities to meet other Young Carers
- Signposting, information and advice
- Access to Carer Breaks fund
- Support with school, college or university
- An ambassador programme for those moving on from the service who wish to use their experience to benefit their peers.