



Young Carers Rotherham

Promoting and improving the health and wellbeing of young carers and their families.



family-action.org.uk

Young Carers Rotherham

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Monday to Friday - 9 to 5pm

Scan for more info:



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Young Carers Rotherham

Working with young carers and young adult carers aged 8-18, we support them to thrive.

With a focus on promoting and improving health and wellbeing, our experienced team works with each individual, and their family, to reduce caring needs as well as the negative impact that caring may have on the young carer's development and growth.

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

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.



Scan for more info

Young Carers Rotherham is funded by:



Who are Young Carers Rotherham?

We support the health and wellbeing of young carers and young adult carers (typically from age 8 until their 19th birthday) in and around Rotherham. We offer group work and one to one sessions, all tailored to each young carer. We are funded by Rotherham Council.

What is a young carer?

Young carers are children and young people, who take on practical or emotional responsibilities at home. This may be 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. They may feel that they don't have enough time for themselves, friendships, homework or out of school activities.



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.



I know how to use strategies now to help me manage my caring role...

Young carer

What support can we offer?

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

Support may include:

- A personal support plan following a Young Carer Needs Assessment
- 1:1 support sessions
- Whole family support
- Opportunities to meet other young carers
- Support with school or college
- Signposting to other information and advice that could be helpful.



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