

## What you can expect from Gloucestershire Young Carers

- We can talk to you or someone supporting you to help you make a decision about whether a referral to Gloucestershire Young Carers is right for you.
- When we receive a referral we will write to you to arrange a visit to find out how looking after someone affects you. If you need support because you are helping to look after someone we will ask you about what support you and your family need and work out a plan of support with you and your family together.
- We will seek to help you and your family members access support and services to reduce the impact of caring. This may include giving you information and advice; helping you get more support from family, friends and your community; helping you to access some of the services we or other agencies provide; helping your family members to access the service they need.
- Some young carers will only need a short period of support from Gloucestershire Young Carers, others will need longer term support. We will review your support to see how well it is working and whether changes need to be made.
- Carers Gloucestershire is a charity that supports carers over the age of 18 years. We work closely together to ensure that you and your family are fully supported.  
[www.carersgloucestershire.org.uk](http://www.carersgloucestershire.org.uk)



### Our Mission is:

*...to support young carers in reaching their potential, enabling them and their families to access support that minimises the physical and emotional impact of caring and promotes health, well being and resilience...*

Check out our website for a whole range of information, advice, useful links, resources and further details about our service.

Gloucestershire Young Carers  
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GLoucestershire  
**YOUNG**  
CARERS

Supporting the "YOUNG"  
in young carer

## Gloucestershire Young Carers can check out what support you need if you:

- Live or go to school in Gloucestershire.
- Take on responsibilities at home because someone in your family is disabled, has been ill for a long time, experiences mental ill health or misuses drugs or alcohol.
- Feel that you miss out on things after school/college and at weekends because you have to look after someone at home.
- Worry about how your relative is behaving or feeling and worry about leaving them alone.
- Are aged between 5 and 24 years old (limited range of services for 5 - 7 years old)

“ I definitely feel a lot more confident and don't feel alone any more... ”

