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



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

about our service.

well being and resilience...

Gloucestershire Young Carers
7 Twigworth Court Business Centre,
Twigworth, Gloucester, GL2 9PG

01452 733060

info@glosyoungcarers.org.uk

www.glosyoungcarers.org.uk



Supporting the "YOUNG" in young carer

Registered Charity No. 1090289

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...

'Safe, Sorted and Supported'

Support in completing a young carer's Keep Safe plan in case of family emergency

'Caring Counts'

Group programme addressing your needs as a young carer

Support for the whole family

Our locality workers can advise and actively support family members to get the support that they need

Information & Advice

Child friendly information about specific illnesses, coping with life's challenges and keeping well

'So We Know'

Group programmes for young carers who help to look after someone who misuses alchohol or drugs

Assess what support you may need as a young carer

Short Breaks

Activity groups and trips for young carers who need a break from their responsibilities

Emotional Support

Access to counselling and peer support

'My Time'

One to one befriending with a volunteer

Support at school/college

Access to young carer support in schools. Advice about moving up and moving on

'Us Too'

Group programme for young carers who help to look after someone with mental ill health

Having a voice and being heard

Creating opportunities to work with professionals and services to improve the way they respond and support young carers and their families