

We are here to listen, help and support YOU!

It is up to you and your family if you would like to register with the **Young Carers Service**.

We also work on other issues that affect individual families as every family is unique.

We can offer support in a number of different ways:-

Confidential emotional one:one support—someone to talk to.

Advocacy—supporting you to ensure that your views, wishes, issues and feelings are heard and understood by other people in your life, eg. parents, teachers, other professionals.

Inform YOU of your rights, ensure you understand them and how they can be used to help you and your family.

Support with CAF and Family Support Meetings.

Emergency Card- which provides a safety net for the 'Cared For' and peace of mind for YOU

If you are over 16 caring for an adult you can access a Free Leisure Pass.

Quarterly Young Carers Newsletter

Events Calendar

Drop-In sessions—a chance to meet other Young Carers and access peer support.

Trips and activities.

If you have any questions about the service or would like to enquire about referring in, please feel free to contact us.

You can contact us by:

Phone: 01925 442 452

Free Phone: 0800 731 6941

Text: 07912 581 868

Email:

wcschildrensadmin@wired.me.uk

Website: www.wired.me.uk

Post: 86 Sankey Street

Warrington

WA1 1GP

If you are over 14 years you can sign your own consent form



YOUNG CARERS SERVICES

WARRINGTON

ARE YOU AGED 18 OR UNDER

DO YOU LOOK AFTER SOMEONE?

IT IS MORE COMMON THAN YOU THINK

YOU COULD BE A YOUNG CARER!



WHAT IS A YOUNG CARER?

A Young Carer is a child or young person under the age of 19 who cares for a family member with an illness, disability, mental health difficulties or addiction.

You may not think of yourself as a carer and other people like friends, teachers, doctors, and other family members might not know or think that you are. Young Carers can be boys or girls and can come from any ethnic background or culture.

Looking after someone might mean keeping an eye on them, or keeping them company. It could also mean doing housework, shopping, helping someone get washed, dressed or move around. You may have to help out looking after brothers or sisters.

If this happens in your family, **YOU CAN ASK FOR HELP AND SUPPORT**– this does not mean that social services will want to come and take you in to care. The law says that families must be kept together if at all possible!

You can refer yourself or ask to be referred to **Wired Young Carers Service**. We can then work out how you feel we can best support you!!

COULD THIS BE YOUR DIARY?

MONDAY– stayed at home to help mum. She couldn't get out of bed because she was too depressed.

TUESDAY– Got a detention for not handing in my homework. When I got home, mum had had a fall. Called the doctor.

WEDNESDAY– had to do the washing and put baby brother to bed this evening because mum was in hospital. Didn't have time to do my homework

THURSDAY– Felt really sad because I haven't been out for ages. Picked up dad's tablets and kept an eye on him.

FRIDAY– Did the shopping, cooked the tea and gave my brother a bath to help mum out.

If any of this sounds familiar, you and your family can get help.

YOU ARE NOT ALONE.

There are lots of other families in Warrington and the rest of the country, where children help to look after someone. We are here to help support you to enjoy and achieve in life.

SOME OF THE THINGS YOU MIGHT FEEL?



Happy



Angry

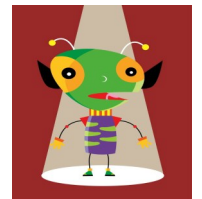


Want to Talk

Confused



Loved



Different



Tired