

What young carers say about our service:

"Before I went to young carers I thought I was the only one – now I know I am not!"

"I did not think that anyone would be able to help my situation but the young carers team have"

"I got to go on trips to the zoo and cinema and meet other children who were like me, I thought I was the only one who had a poorly Mum at home"

"It's good to know there's always someone I can talk to about my worries"

"My brother gets support for his autism from a special group, I used to feel left out until I started getting involved with the trips young carers run. Now I feel happier at home and get along with my brother much better. They helped me to understand his condition too"



Compliments, comments & complaints...

West Cumbria Carers welcomes all feedback about our services and will aim to use the information you provide to improve our service.

If you have a compliment, comment or complaint about our service then please let us know.

How to Contact us

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Charity No. 1119369 | Reg in England No. 6123034



West Cumbria Carers
Supporting young & adult carers

*Do you help someone at home?
We can support you*



Young Carers Project

Tel: 01900 821976

Email: general@westcumbriacarers.co.uk
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Who are young carers?

Young carers are young people and children, who take on physical, practical or emotional responsibilities at home because someone in their family is:

- Disabled
- Has been ill for a long time
- Experiences mental ill health
- Has a learning disability
- Has a problem linked to alcohol or drugs

Who do young carers help?

- Mum
- Dad
- Brother
- Sister
- Grandparent
- Or another family member



We support people like you, who care.

Are you a young carer?

Young carers are children and young people, who help the person they care for in different ways.

All families are different and your caring might involve providing emotional support and/or practical help such as:

- Preparing meals
- Doing the cleaning, shopping or laundry
- Administering medication
- Helping someone with dressing or going to the toilet
- Dealing with bills and finances
- Translating or interpreting
- Looking after siblings
- Collecting prescriptions
- Accompanying them to the GP or hospital
- Being there when they are sad or depressed

Young carers might experience the following:

- Great feelings of responsibility
- Physical tiredness, due to lifting or helping their relative or doing lots of housework
- Worries about their parent's health and future wellbeing
- Having to communicate with services or the authorities on behalf of their parent
- Not having time for schoolwork or relaxation



How West Cumbria Young Carers Project can help:

- Develop a plan of support to meet the needs of individual young carers
- Offer young carers someone to talk to through one to one support
- Increase young carers awareness and confidence to manage their situation.
- Help young carers to get more support at school or college.
- Help young carers get a regular break and time for friends and fun.
- Support young carers at times of significant life changes and the transition to adulthood.

What to do next

To find out more about how to access our services and support then give us a call on **01900 821976** or visit our website at www.westcumbriacarers.co.uk