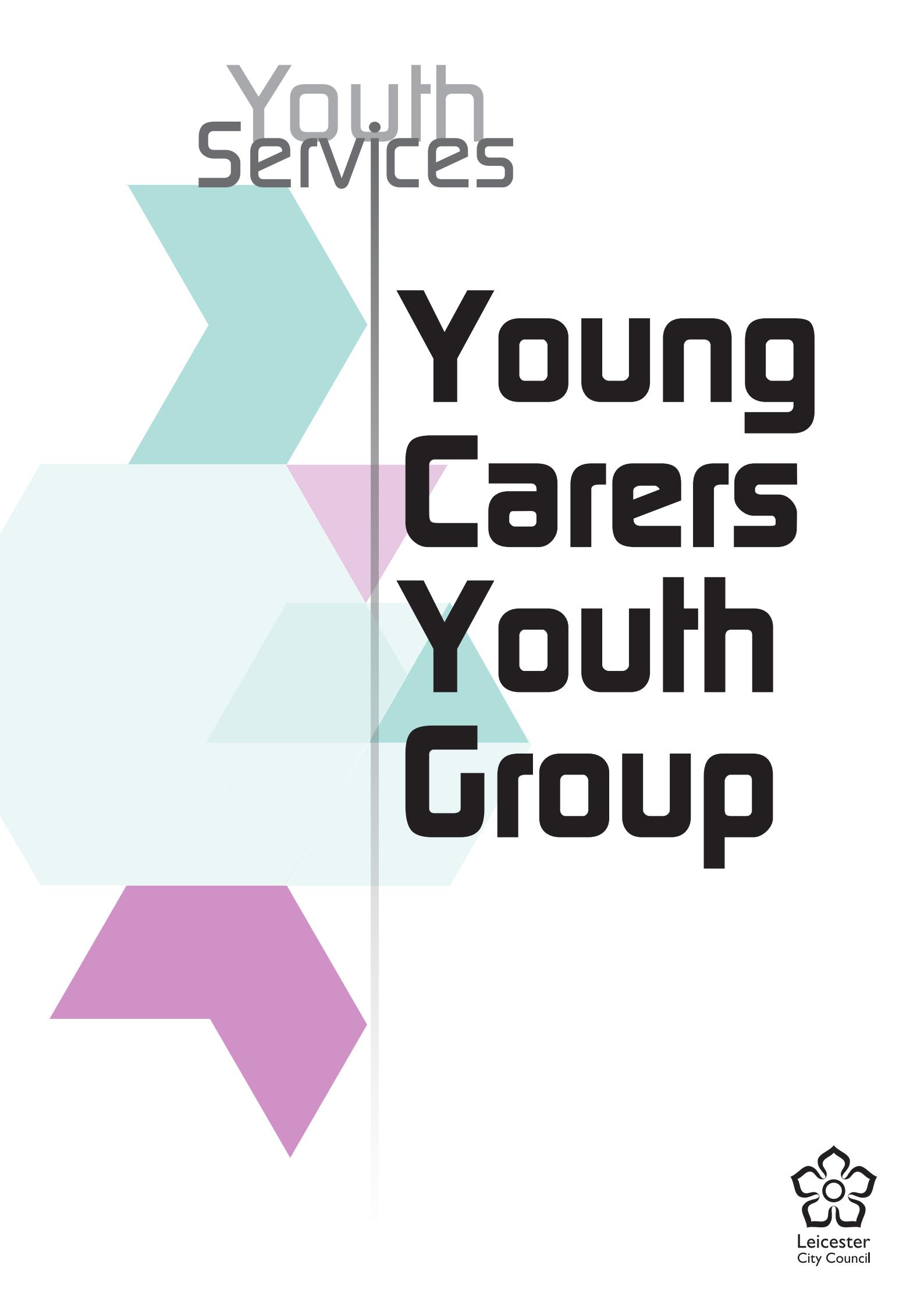


Youth
Services



**Young
Carers
Youth
Group**



Young Carers Youth Group

Background

Barnardo's CareFree Young Carers' Service was established in 1996 to offer a wide range of practical and emotional support services to young carers in Leicester and Leicestershire.

A young carer is a child or young person under 18 whose life is affected by caring for a family member who has a physical illness or disability, mental health difficulties, sensory or learning disability or has a problematic use of drugs or alcohol.

Looking after a person might mean:

- listening to them and keeping them company
- cooking meals and making drinks
- interpreting and translating
- looking after brothers and sisters when parents are unwell
- cleaning and tidying the house
- providing personal care such as helping with dressing and bathing
- doing shopping, laundry, ironing
- helping with medication
- managing finances



Many young carers undertake a wide range of domestic tasks and responsibilities as well as having to provide nursing care, personal care and emotional support.

The effect this can have upon the young person's life often goes unrecognised by professionals and families alike and yet the consequences of missing out on childhood can be very far-reaching. Many young carers are disadvantaged in terms of their educational, social and personal development, and few have the time or energy to simply have fun and be 'carefree'.

The situation is made worse by the fact that most young carers feel unable to discuss their problems with friends or other adults, through loyalty and fear of the consequences.

CareFree Young Carers' Service aims to provide a flexible, responsive, and culturally sensitive service and offer a wide range of activities and support for both the young person and their families.

Information taken from Barnardo's Website

Partnerships

In partnership with Barnardo's the Youth Service offers a Young Carers Youth group once a week in the city centre. This is a safe environment where young people can concentrate on being young people; meet others in a similar situation and join in with positive activities. The group meets on a Wednesday, 6.30 – 8.30pm at the Centre Project.



Referring Young People to the Young Carers Youth Group

All young people who attend the group come via a referral. A Barnardo's Care free Project Worker will complete a home visit to discuss with the parent and young person; introductions and consent to share a support plan with the Youth Service.

The Project Worker will then contact the Youth Worker to ensure a smooth handover and a plan is in place to support the young persons need.

To refer a young person to the group please contact Barnardo's on: 0116 288 7182.

To find out further information regarding Young Carers Group programme or to arrange a visit please contact: Anthony Grant at Anthony.grant@leicester.gov.uk

Young people's involvement:

Within the Young Carers group staff will encourage young people to take the lead as much as possible; encouraging them to share their point of view and input suggestions when planning sessions. At the end of every session an evaluation will take place, including the young people's feedback.

Young Carers forum is a place where young people can make their views known; fundraise for activities & equipment and promote the issues that affect their everyday life. Young people attending the Young Carers group are encouraged to take part.

