

# Sandwell Young Carers: Survival Guide





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## Is this guide for me?

### Am I a young carer?

Are you under the age of 18?

Do you spend a lot of time looking after someone in your family who has a physical disability, ill health, or who might use drugs and/or alcohol?

**If you answered YES to one or more, then you are a young carer and this guide is just for you.**

### What might I do to help?

You may be doing lots of different things to help. Here are some of the things young carers may do to help:

- **Domestic management** e.g. shopping, cleaning, washing, changing beds, cooking
- **Household management** e.g. paying bills
- **Nursing tasks** e.g. giving medication
- **Personal care** e.g. bathing, dressing, toileting, feeding
- **Providing emotional support** e.g. listening to the cared for
- **Responding to demanding behaviour**
- **Communication** e.g. translating, sign language



I felt alone. I joined Sandwell Young Carers and I met an amazing group of kids who were just like me



Young Adult Carer



# Sandwell Young Carers: Survival Guide

## How about me?

Many young people do not see themselves as a young carer. They see what they do as 'normal' and it is just our way of life.

Every young carer is different. Some may care for one person; others will care for more. Some may only spend 5 hours caring a week; others will be caring more than 50 hours a week.

Caring for someone you love can be rewarding and develop lots of skills. Caring can also be hard work and might:

- Make you feel worried, sad or lonely
- Make your health worse
- Mean you miss out on time with friends
- Mean that you fall behind in school or college
- Stop you getting or keeping a job
- Stop you wanting to achieve goals for the future

**You might feel that no one understands how you are feeling or what you are going through.**

**You are not alone. There are THOUSANDS of other young people who care for someone in their family who may have similar thoughts and feelings as you.**

**NEVER BE AFRAID TO ASK SOMEONE FOR HELP**



Sandwell Young Carers gives me the chance to share my experiences with others, and gives me opportunities to help people in the same situation as me



Young Carer



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## Who can help me?

### Sandwell Young Carers

Sandwell Young Carers is a registered charity set up to support young carers aged 5-18 years living in Sandwell.



We have been supporting young carers in Sandwell for over 25 years. Our services are free and confidential.

### Our Short Breaks Programme offers:

- Youth and Play Sessions
- Residential Breaks
- Holiday Schemes
- Day Trips

### Our Support Service offers:

- One-to-One Well-Being Support
- Integration and Education Support
- Homework/Study Support Sessions
- Advocacy
- Group Support

**If you would like more information, call our Support Hotline on  
0121 525 8002**

**We do not have a waiting list. Once a referral is received, someone from our Support Work Team will contact the family regarding membership. Your family can refer you to us by visiting [www.sandwellyc.org.uk](http://www.sandwellyc.org.uk)**



At Sandwell Young Carers there is help everywhere. They helped me understand that young carers deal with different things and you can always meet someone who understands how you feel



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Here are some more people you can talk to ask for help:

## Family and Friends

- Parent/Guardian
- Grandparent
- Cousin
- Sibling
- Aunt or Uncle
- Friend

## Education/Training

- Form Tutor
- Teacher
- Pastoral Team Member
- Head Teacher
- Teacher Assistant
- Receptionist

## Health

- G.P.
- Counsellor
- Care Co-ordinator
- School Nurse
- Physiotherapist
- District Nurse

## Social Care

- Children's Social Worker
- Community Operating Groups
- Adult Social Worker
- Sandwell Children's Trust

## Others

- Sports Coach
- Youth/Play Worker
- Faith Group
- Support Worker



I got to meet people around  
my age in similar situations



Young Carer



## Young Carers Rights

In April 2014, two new laws, the Children and Families Act 2014 and the Care Act 2014, came into effect with regards to young carers and their families, particularly around the right to an assessment of their needs for support.

There are three distinct types of assessment for carers outlined in the Children and Families Act 2014 and the Care Act 2014:

- Young Carer's Assessment for carers under 18
- Transition Assessment for young adult carers before they turn 18
- Carer's Assessment for all carers aged 18 and over

You have the rights as a young person and as a young carer:

- As a young carer you have the right to be supported and to get the help you need
- You have these rights regardless of how often you care for someone
- You have the right to an **ASSESSMENT**

The assessment will find out if the Local Authority is doing enough to support you.

“ We found today's session very informative as it helped us understand each of the challenges we faced during COVID-19 and how to stay safe. ”

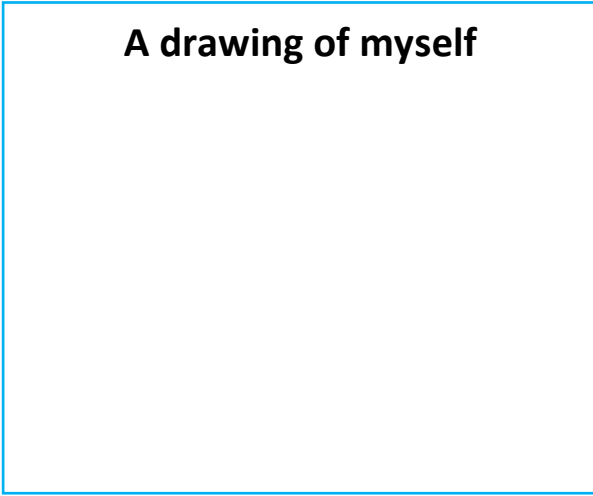
Young Carer



# Sandwell Young Carers: Survival Guide

## All About Me

A drawing of myself



Who do I help?

Brother  
Mum Nanny  
Sister Granddad  
Dad

What do I do to help?

Washing  
Sign language  
Paying bills  
Dressing  
Shopping  
Emotional  
Cooking  
Support  
Bathing  
Giving medication  
Feeding  
Toileting  
Translating  
Cleaning

What skills have I learnt as a young carer?

Listening  
Cooking  
Empathy  
Organisation  
Problem solving  
Reliable  
Communication  
Kind  
Independence  
Calm under pressure  
hearted



# Sandwell Young Carers: Survival Guide

Who can I talk to?

Social Worker      Football Coach      Form Tutor

Counsellor      COG      G.P.      Pastoral Team

Support Worker      School Nurse      Teacher      Family

What support would I like?

One-to-one      Someone to talk to      Study support

A break      Joining SYC      Someone to help me speak up

Meet others with a caring role      Visit to the School Nurse

Anything else?

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# Sandwell Young Carers: Survival Guide

## Signposting Links

Here are some services that you might find helpful:

Sandwell Young Carers Beam	<a href="http://www.sandwellyc.org.uk">www.sandwellyc.org.uk</a> <a href="http://www.childrensociety.org.uk/information/young-people/well-being/services/beam-sandwell">www.childrensociety.org.uk/information/young-people/well-being/services/beam-sandwell</a>
Carers Trust	<a href="http://www.carers.org">www.carers.org</a>
Carers UK	<a href="http://www.carersuk.org">www.carersuk.org</a>
ChildLine	<a href="http://www.childline.org.uk">www.childline.org.uk</a>
Connexions	<a href="http://www.connexionssandwell.co.uk">www.connexionssandwell.co.uk</a>
DECCA	<a href="http://www.ourguideto.co.uk">www.ourguideto.co.uk</a>
Just Youth	<a href="http://www.justyouth.org.uk">www.justyouth.org.uk</a>
Kooth	<a href="http://www.kooth.com">www.kooth.com</a>
Murray Hall	<a href="http://www.murrayhall.co.uk">www.murrayhall.co.uk</a>
Route2Wellbeing	<a href="http://www.route2wellbeing.info">www.route2wellbeing.info</a>
Samaritans	<a href="http://www.samaritans.org">www.samaritans.org</a>
Sandwell Advocacy	<a href="http://www.sandwelladvocacy.org">www.sandwelladvocacy.org</a>
Sandwell Children's Trust	<a href="http://www.sandwellchildrenstrust.org">www.sandwellchildrenstrust.org</a>
Talk to Frank	<a href="http://www.talktofrank.com">www.talktofrank.com</a>
The Children's Society	<a href="http://www.childrensociety.org.uk">www.childrensociety.org.uk</a>
The Mix	<a href="http://www.themix.org.uk">www.themix.org.uk</a>
Young Minds	<a href="http://www.youngminds.org.uk">www.youngminds.org.uk</a>

“ ... it showed me that everyone is in the same boat as me and that I ain't alone. It also showed me that I have an important role and I feel important that I care for my parents.

”

Young Carer





If you would like more information or guidance please do not hesitate to get in contact with us:

**Sandwell Young Carers Family Centre,  
The Old Vicarage, 44 Bratt Street, West Bromwich, B70 8SB**  
[www.sandwellyc.org.uk](http://www.sandwellyc.org.uk)

**Support Work Team:**

**07802 492 341**

**[support@sandwellyc.org.uk](mailto:support@sandwellyc.org.uk)**

**Short Breaks Team:**

**07922 424 376**

**[contact@sandwellyc.org.uk](mailto:contact@sandwellyc.org.uk)**

**Promotion & Awareness Team:**

**07821 863 604**

**[sandwellyoungcarersforum@sandwellyc.org.uk](mailto:sandwellyoungcarersforum@sandwellyc.org.uk)**

You can also follow us on Facebook and Twitter for more up-to-date information.



**SandwellYoungCarers**



**@sandwellyc**