

welcome

to the young carers info pack

Who is a Young Carer?

'Young Carers are children and young people under 18 years, who care for someone in their home who is ill, has a physical or mental disability, or drug or alcohol problems.

The aim of the Young Carers Project is to support young carers age 9-18 by providing:

- * Help
- * Support
- * Information
- * Trips
- * Activities
- * Support/youth groups
- * Signposting to other services.



If you require help or information on something not covered in this pack, please do not hesitate to contact us.

We look forward to hearing from you.
Call us at Carers in Hertfordshire on:

01992 586969

Or email us: young.carers@carersinherts.org.uk
Or check out the website www.koolcarers.org.uk



OUR Rights

as children who care

We are individual young carers in unique situations. Each one of us is both a child and a carer, and have rights as such. As both children and carers, we have a right to:

- * Self-determination and choice (to be children, carers or both)
- * Be recognised and treated separately from the care receiver
- * Be heard, listened to and believed
- * Play recreation and leisure
- * Education
- * Health and social care services specific to our needs
- * Practical help and support, including respite for carers
- * Protection from physical and psychological harm including the right to protection from injury caused by lifting etc.
- * Our lives and families to be consulted and fully involved in discussions about decisions which affect us
- * Information and advice on matters that concern us and our families (including benefits, services and medical information)
- * Have access to trained individuals and agencies who can deliver information and advice with appropriate expertise, in confidence
- * Independent and confidential representation and advocacy
- * A full assessment of our needs, strengths and weaknesses, including full recognition of racial, cultural and religious needs
- * Appeal and complaints procedures that work
- * Stop physically caring

Ref: Young Carers Research Group in association with Crossroads (1994) 'Getting it right for young carers - a training pack for professionals' in 'Young Carers Strategy 2000- 2003' - Wiltshire Young Carers p8.



Young Carers Council

trips and activities

fun for everyone

Trips & Activities

The Project provides trips, activities and workshops free to young carers once they have been referred to the Project.

The list below is an example of the trips offered in previous years.

Theatre Trip

Day trip to Alton Towers

Narrow Boat Weekend

Activity Days
sailing, climbing etc.,

Speak Easy Consultations
including fun activity

Young Carers Conference

Bowling Trip

Mask & Film Making &
First Aid Workshops

Football Skills

Manicure & Make up





YC Council

working on your behalf

YOUNG CARERS COUNCIL

A Voice for Young Carers in Hertfordshire

* The Young Carers Council was formed in 2001

* There are 12 members, all of whom have been or are young carers.



They meet several times a year to discuss with the Project the services that you and your family use, and how those services can be improved. They can also attend organised training courses.

They meet with professionals from other agencies and organisations to tell them how young carers feel and help to influence services.

The Council helps plan and organise the Annual Young Carers Conference and Speak Easy consultation events that all young carers can attend.

If you would like to know more about the Young Carers Council, contact Cindy or Marie at the Young Carers Project.

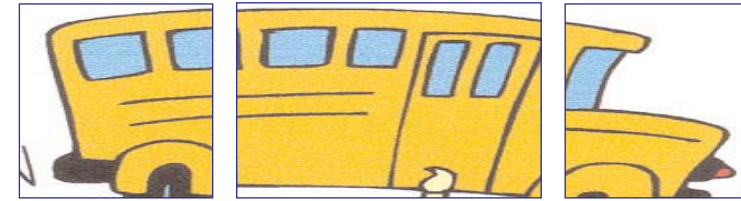
"Being on the council is great, we know we are being listened to"

"We have lots of fun planning the conference and "Speak Easy" events"

School work



back to school



Staying Kool in School

How can we help you while you are at School?

- * We can offer to take assemblies and tell other pupils about young carers.
- * We can offer to talk to teachers in your school about young carers issues.
- * With your permission we can talk or write to your teacher on your behalf about the help and support you may need.
- * We can come into school and talk with you about things that may be worrying you.
- * If you are moving to secondary school we can help make the transfer less worrying by talking to the head of year 7 or form tutor about the support and help you might need.

If you would like to know more about the school liaison work, please contact Cindy or Marie at the Young Carers Project

support **4** you it's cool

YOUNG CARERS - SUPPORT GROUPS 11-13

NORTH HERTS

Young Carers Group
Age group 11-13
Nightingale Day Centre
Nightingale Road
Hitchin
Herts
Tel: 01992 586969
SG5 1SD

NORTH HERTS

Bancroft Young Peoples Centre
Age group 13 +
29 Bancroft
Hitchin
Herts
SG5 1JW
Tel: 01462 624802

STEVENAGE

Stevenage Young Carers
Age group 8-19
The Secretary
29 Woodland Way
Stevenage
SG2 8BU
Tel: 01438 880470



Some youth clubs in the county have a young carers link worker. These clubs provide various activities to young people aged 13+ years.

In some areas of the County there are support groups for young carers age 5-10 years.

For details and further information contact us at the Project on 01992 586 969

"i like going to the Group, I make new friends and do fun things"

people **2talk2** there is always someone there



YOUNG CARERS - SOMEONE TO TALK TO:

There may be things that are worrying you, like school work, home and family situation or bullying, and you may feel you would like to talk to someone else other than family or friends. The following YEIS Projects (Youth Enquiry Information Service) offer a drop in service, confidential advice, information and counselling for young people 14-25. For details of opening times please ring the numbers listed.

Urban Access Tel: 01442 252868
Hemel Hempstead

HATFIELD
YPIC Tel: 01707 26622

CHESHUNT
Drop In Tel: 01992 635000

BOREHAMWOOD
The Old PostOffice Tel: 0208 236 7607

ST ALBANS
Youth Talk Tel: 01727 868684
St Albans

WATFORD
Signpost

Tel: 01923 239495

STEVENAGE
Face to Face

Tel: 01438 749147

Other organisations you can contact if something is worrying you are:

Anti-Bullying Campaign
0207 378 1446

Childline 0800 1111

Kidscape Tel :0207 730 3300

If you do not wish to talk to a Counsellor or another organisation, but would just like to talk to someone who will listen to you, you can contact Cindy or Marie at the Young Carers Project by telephone: on 01992 586969

or email

cindy.honour@carersinherts.org.uk
marie.freeman@carersinherts.org.uk

Your calls and conversations with the above organisations, or young carers workers will be treated in confidence. They will not tell anyone else about your call unless they think you may be in danger.

Counselling for young people from 11 years upwards may be available at your School. Contact the Head Teacher or the School Connexions Personal Advisor for more information. Connexions Direct is a phone and web based service that offers quick and easy access to expert advice on a whole range of issues. Contact by phone on 080 800 13219 or e mail one to one confidential webchat at www.connexions-direct.com, or by texting on 077664 13219

WWW.info4u

where do you want to go

LET THE WEB BE YOUR GUIDE!

Useful website addresses:

www.koolcarers.org.uk that's us - 'Carers in Hertfordshire' The Young Carers Project is here for you.

www.connexions-direct.com Connexions PA's support young people 13 - 19 years

www.youthclubs.org.uk - where you can meet other young people.

www.bubblycrew.org.uk - A London based young carers project.

www.childrenssociety.org.uk/youngcarers -

www.bullying.co.uk/children - a nation-wide charity to help children affected by bullying.

www.successunlimited.co.uk - website on bullying at school and in the workplace.

www.youngcarers.hants.org.uk - lots of useful stuff about a Young Carers Project.

www.carers-connect.org.uk - info and contacts from carers website in Scotland.

<http://www.hertsdirect.org> - look in Young Peoples Channel.

www.kidscape.org.uk - site for school, students and parents.

www.sibspace.org - for any young person who may be looking after a brother or sister.

www.cedricworld.org - via nch.org.uk - 'Activities' and 'Cool Sites' pages. A really fun and useful site!

Young carers please note - Make sure you are protected from any danger

you might be at risk when using the Web! You are dealing with strangers. So heed the advice below!

~ Cedric's 'Be Safe' page - in www.cedricworld.org ~

