

Info about the Young Carers Service

What do you define as a young carer?

Young carers are children and young people who look after, or help to look after, someone who has a physical illness or disability, learning disability, mental ill-health, is affected by substance misuse, or is elderly/frail.

Some young carers may be the only carers in the home or may support another family member in care tasks.

The person being cared for is usually a parent, sibling or other family member.

Care tasks which young carers could be involved with include:

- ♥ Practical
- ♥ Personal
- ♥ Family responsibilities
- ♥ Medical Care
- ♥ Emotional Support
- ♥ Care of Younger Siblings

"We want you to build a relationship with us and our families" - Young Carer 2020



Why do we help?

Most of the young people we work with are committed to helping their family, and want to continue their caring role. Caring can be a very positive part of young people's lives, although it can also lead to some problems, such as tiredness, problems keeping up with education, lack of social outlets or worrying about the person they care for.

Torbay Young Carers Service's aim is to support the young person and their family in this, while working to make sure that the young carer's physical or emotional health, education or social life are not adversely affected by the caring role.



How do we try to help?



If and when difficulties arise, we work positively with the young person and their family to find solutions.

Our service offers: in-school support (most secondary schools and some primary schools); young carer groups; activities; one-to-one support and liaison with other services in order to provide support to the whole family.

We understand how difficult it can be for families where there are additional care needs, and aim to be there to support, not to judge and to work alongside families, rather than make more demands of families who already have so much going on.

Contact Details

If you would like to find out more about our service and how we can help you and your young carer, please get in contact by any of the following:

Email: youngcarers@torbayyouthtrust.org.uk

Telephone: 01803 895299

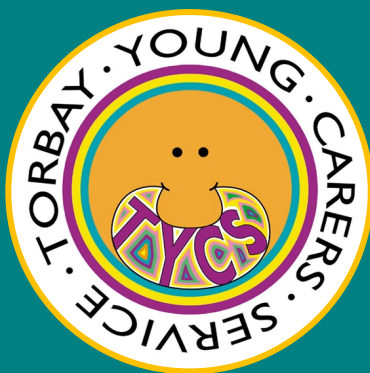
Address: Torbay Youth Trust, Torbay Business Centre, Coach Station, Lymington Road, Torquay, TQ1 4BD

Unfortunately, we do not have drop in sessions or fixed times in the office, but if you would like to set up a meeting please contact us via the methods above

Website: www.torbaycarerstogether.co.uk/torbayyoungcarers



Torbay Young Carers



From all staff at Torbay Young Carers Service