



## What young carers say about our service:

“Young Carers has been a lifeline to me, having someone to talk to about how things are at home and meeting other young carers has improved my life”

“I thought I was the only one with a poorly Mummy at home but when I went on a trip with young carers there were lots of other children like me! I made some good friends and we had fun”

“I love my brother but sometimes I get upset because he has to go to hospital and I have to be brave. I talk to the lady from young carers about how it makes me feel and I get to go on fun trips with other boys and girls who have brothers and sisters like mine”



## Compliments, comments & complaints...

Carer Support West Cumbria welcomes all feedback about our services & 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.

## Safeguarding

Carer Support West Cumbria is committed to safeguarding and promoting the welfare of vulnerable adults and children and expects staff and volunteers to share this commitment.

## How to Contact us

Carer Support West Cumbria  
Suite 7F  
Lakeland Business Park  
Lamplugh Road  
Cockermouth  
CA13 0QT



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[www.carersupportwestcumbria.co.uk](http://www.carersupportwestcumbria.co.uk)

[carersupportwestcumbria](https://www.facebook.com/carersupportwestcumbria)  
 [CarerSupportWC](https://twitter.com/CarerSupportWC)

Charity No. 1119369 Reg in England No. 6123034  
West Cumbria Carers trading as Carer Support West Cumbria



## Young Carers Project



Do you help someone at home?



We can support you

Tel: 01900 821976  
Email: [general@carersupportwestcumbria.co.uk](mailto:general@carersupportwestcumbria.co.uk)  
[www.carersupportwestcumbria.co.uk](http://www.carersupportwestcumbria.co.uk)

## 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.carersupportwestcumbria.co.uk](http://www.carersupportwestcumbria.co.uk)