

North Lincolnshire Council

Wellbeing and Young Carers Leaflet

*Children and
Young People
edition*



What is a Young Carer?

A Young Carer is someone under the age of 18 who assists in the care/support of someone if their family or a friend who has:

A disability
Illness/Long Term Health Condition
A mental health condition



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is

uses drugs or alcohol

The term Young Carer does not apply to the everyday and occasional help around the home that may often be expected of or given by children in families.

Some things Young Carers may be doing:

Practical tasks such as cooking, housework and shopping

Physical care such as helping someone out of bed

Emotional support

Personal care such as helping someone to dress

Managing the family budget



You are not alone!

Statistics show that there are estimated over 700,000 young carers in England.



The Young Carers Team

What can we provide?

Somebody to talk to

Support around caring role

Signpost to other services

Support for the Cared for person

Help to find activities in your community

Set up support within school

How to get support for the Young Carers Team?

Talk to your family, including who you care for about wanting support.

Ask someone you trust to contact us to discuss a referral
When we have accepted a referral you will be given a worker

Your worker will write to you and also arrange to visit you and your family

When we visit we will talk to you about your caring role and how this makes you feel

Together we will make a plan to support you in your caring role

If you want more information please
search on the internet for:
Carers Trust Know Your Rights



There are people to talk to, and they are;

Family
Friends
Teachers
School Nurse

Social Worker
Youth Worker
Doctor



Wellbeing and Young Carers Team

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