

Who is a young carer?

A young carer is a child or young person who looks after someone in their family who has an illness, a disability, or is affected by mental ill-health or substance misuse.

They may be doing the following things to support them:

- Cooking
- Cleaning
- Shopping
- Looking after siblings
- Collecting or giving medication
- Helping them to wash or dress
- Listening to their worries

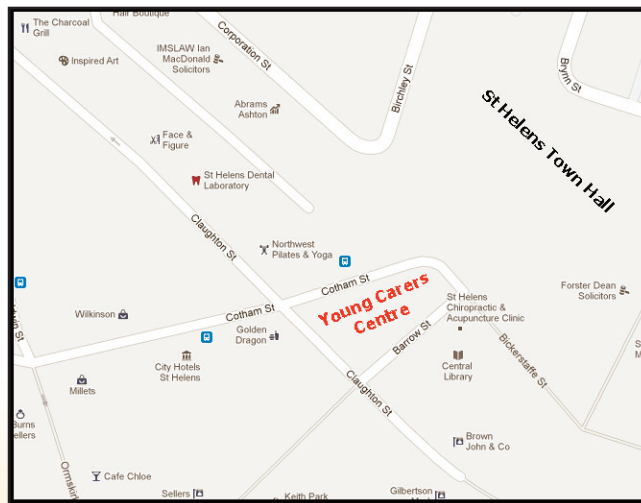
How it may affect them:

- Worried about person they care for
- Late for school/ poor attendance
- Unable to spend time with their friends
- Feel lonely and isolated
- No time to complete homework

Many young carers do not recognise their caring role and simply see themselves as sons, daughters, brothers and sisters helping a loved one. Identifying a young carer is the first step to getting them the support they need.

How To Contact Us:

The Young Carers Centre is located in St Helens town centre opposite the Town Hall in Fishwich House, 18 Cotham Street, WA10 1SJ.



Telephone:

01744 67 72 79

Email:

info@sthelenscarers.org.uk

Website:

www.sthelenscarers.org.uk

Postal Address:

**St Helens Carers Centre
31-35 Baldwin Street
St Helens WA10 2RS**

Charity Registration Number 1089663

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**Do you look
after someone
at home?**

**If you are aged
between 6 & 18
Then we
can help you!**

The Young Carers Centre



Respite Breaks

♦ **Group Activities**

We run regular groups at the Centre for different age ranges where Young Carers can socialise, learn new skills and have fun. There are different types of groups depending on whether you care for a sibling or an adult family member.

♦ **Trips**

We go on fun days out e.g. Alton Towers. Closer to home we organise theatre outings, trips to cinema and always have fun at Laser Quest!

ALL our services are FREE to Young Carers



Support We Offer

♦ **Support Workers**

The staff members at the Centre are available to help Young Carers and their families with signposting and advocacy and organising breaks and activities for the Young Carer.

♦ **One to One Support**

We run a drop in service every Thursday between 5.30pm and 7.30pm where Young Carers can meet with a member of staff for a one to one chat.

If you are a Young Carer you can contact us direct by telephoning us or by coming in on any Thursday between 5.30pm & 7.30pm or email us at info@sthelenscarers.org.uk

If you are a professional you can make a referral via a referral form or by telephone or by our website. Referrals can only be made for Young Carers between the age of 6 and 18 and they must live in St Helens.

♦ **Training Courses**

Training courses for Young Carers are available at the Centre including Confidence Building, First Aid and many more.

♦ **Activities & Trips Out**

Regular activities and trips to give Young Carers a life of their own.

For further information on any support we can provide please telephone.

How To Access Our Services ?

Once a referral has been made, our trained staff will contact the Young Carer to discuss what services they may be entitled to.

All Young Carers accessing activities / trips / breaks will need the consent of their parent or guardian.

Tel: 01744 677 279