

**North
Lincolnshire
Council**

Wellbeing and Young Carers Leaflet

*Parents
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

Misuses drugs or alcohol



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

Helping to give medications



***We are here to support,
not to judge!***



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 the young persons
community
Set up support within school

**Please note we do not offer regular activities or
carer breaks**

How do I get support for my child who is caring?


Speak to your child about their caring role, and
how they would feel about receiving support
Contact us directly us to discuss a referral, or ask a
professional you trust to do so

When we have accepted a referral your child will be given
a worker

Their worker will write to you and your child to
introduce themselves and arrange visits

When we visit your child we will identify what support is
needed/wanted. We will also visit you to look at what
support is required for the whole family, including the
cared for person

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



Support for you and your family

Your local children centre can help with many aspects of family life, including, parental concerns, child development and family play sessions. **Find your local centre on the north Lincolnshire council website.**

Community wellbeing hubs, which ensure that adults remain active and retain their independence, sometimes with community or voluntary support. **Contact on: 01724 277906.**

Adult Social Care are there if you think you need support they have a range of services depending on what your needs are. They offer short and long term support to help you to plan the way you want to live.

Contact on: 01724 297979

Family Carers Team, who assess adult carers who care for another adult to identify their needs. **Contact on: 01724 298393**

Brigg Carers Support Centre, help support all carers over the age of 18, including parent carers. They offer a range of courses, training and counselling. **Contact on: 01652**

650585

Family Information Service who have information to help families in North Lincolnshire. **Contact on:**

01724 296629

Wellbeing and Young Carers Team

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