

work in schools

School can be rather difficult much of the time for a many young carers. They may be worried or stressed about leaving the person they care for. They may have their time at home taken up with their caring role. They may not be able to get a full night's sleep. All this means they might miss homework or coursework, they might end up being late for school, or they might not be able to stay behind after school. At times it may be hard to explain all this to school staff.

Swindon Young Carers can arrange for any Young Carer to have an identity card to use in schools.

We work with schools and colleges in Swindon and aim for them to have Young Carers standards in place. We can help staff to understand what

What people have said about us!

"My daughter has really benefited from coming to the young carers group. She has grown in confidence and also worked out that she is not on her own."

"Thank you for everything. You know that I do not like talking to people about what goes in my home but with your help I have been able to get the support I need at school."

Contact Us

Swindon Carers Centre

1 Wood Street, Old Town,
Swindon, SN1 4AN

01793 531133

carers@swindoncarers.org.uk

www.swindoncarers.org.uk

Charity No: 1061116

Company No: 3305621



Are you aged 5-18
years old and helping
to look after someone
because they have an
illness or disability?



Maybe we can help?

Who are Young Carers?

Young carers are children who look after someone in their family who has an illness, a disability, a mental health problem or a substance misuse problem, taking on practical and/or emotional caring responsibilities that would normally be expected of an adult.

- **The person they care for may suffer with an illness or disability**
- This may include a physical or learning difficulty, long term illness, mental health problems or the misuse of drugs or alcohol
- **Young carers look after a family member such as a brother or sister, their Mum or Dad or grandparent**
- Young carers help the person they care for with a variety of different things such as getting up and washing, taking medication or making sure they are safe
- **Some young carers may be looking after more than one person**



What can the Young Carers Team at Swindon Carers Centre Offer?

Firstly a Young Carers Support Worker will arrange for a home visit to talk with the Young Carer and their family to discuss what is happening in the home and how we can help. This normally takes about an hour.

We also look at whether other services could be of help so that some of the things the young carers may be doing could be done by other people.

After the first visit the Young carers Support Worker will offer a number of choices that may include any of the following:

- ♦ **Telephone, text, Facebook or e-mail support**
- ♦ Time out on your own with a Young Carers Support Worker
- ♦ **Groups and activities with other children and young people of the same age**
- ♦ To be part of the Young Carers Forum

We can offer additional services through Swindon Carers Centre such as support and activities for Adult Carers within the family.