

family
action

Young Carers Cumberland

Promoting and improving the health and wellbeing of young carers and their families.



family-action.org.uk

Who are Young Carers Cumberland?

We work with young carers (those aged 18 and under who have caring responsibilities) in Cumberland to help give them the support they might need.

We work with each individual, as well as their family, to help to reduce caring needs where we can and help the young person to have as normal a life as possible – where they can do the things that others of a similar age can do.

How we help

All young carers benefit from an assessment to identify what support we can help them with, based on their individual situation.

Support may include:

- A personal support plan (following their Young Carer Needs Assessment),
- 1:1 support sessions,
- whole family support,
- opportunities to meet other young carers.
- support with school or college, and
- signposting to other services, information and advice that could be helpful.

Contact us:



[Click here to email us](#)



Or call us, on 01228 474171

Are you a young carer?

Young carers are children and young people, who help with practical or emotional tasks at home.

This may be because someone in their family has a disability, a long term illness, experiences mental ill health or has a problem linked to alcohol or drugs.

It may be that you help with:

- getting a family member dressed or washed,
- reminding them of, or taking them to appointments, or,
- taking care of young brothers or sisters or family members.

Every young carer's life looks different. If you are helping to care for someone else, however, it might mean you miss out on things. You may feel that you don't have enough time for you – for friendships, homework or other activities.

If this sounds like you, we'd love to hear from you. Contact us, or click on or scan the QR code to visit our website.



If you're rather, speak to your parent or carer, or an adult you trust.