

Young Carers Cumberland

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

We work with young carers (those aged 18 and under who have caring responsibilities) to help give them individualised support to help them thrive.

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

Referrals

We welcome referrals from young people, parents and carers as well as professionals.



Visit our website to find out more and access our referral form – scan the QR code.

What is 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 the young person helps with:

- getting a family member dressed or washed,
- reminding them or, or taking them to appointments,
- taking care of young brothers or sisters or family members,
- help with household tasks, e.g., cooking, cleaning, washing, shopping and paying bills,
- collecting prescriptions or helping the person you look after to take medication...

Every young carer's life looks different but helping to care in such a way often means that they might miss out on other opportunities. They may feel that they don't have enough time for themselves, friendships, homework or out of school activities.

How we help

All young carers that are referred 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 for the individual young person and family.

Who are Family Action?

Family Action is an award-winning national charity that works from the heart of local communities to support people through change, challenge and crisis.

We protect children, support young people and offer direct, practical help to families. It's what we've done for over 150 years.

Contact us: Young Carers Cumberland



[Click here to email us](#)



Or call us, on 01228 474171

family-action.org.uk