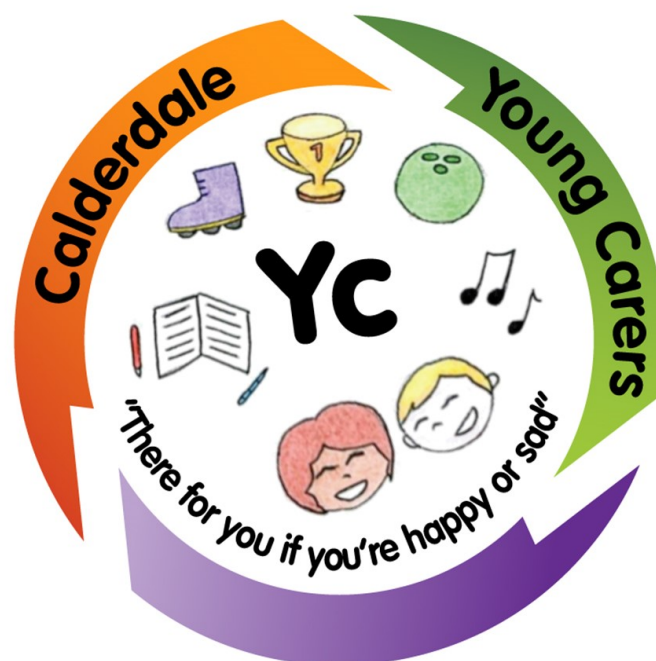


# Calderdale Young Carers



## Service Booklet

## Who are Young Carers?

The official definition of a young carer is '...a person under 18 who provides or intends to provide care for another person'

Children and Families Act 2014



## What is the Young Carers Service?

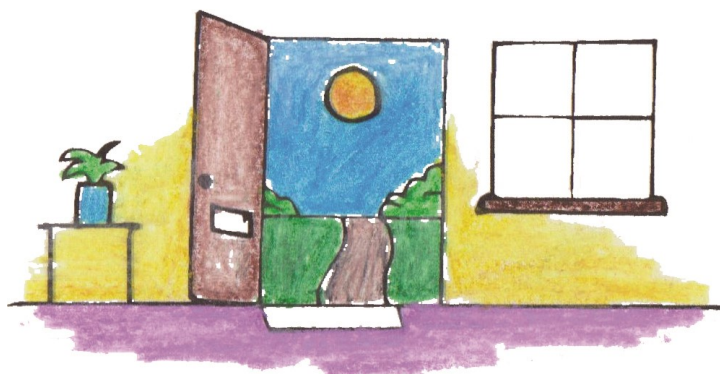
Calderdale Young Carers Service works with Children and Young People aged 8-18 years old who live with someone who has a long term health condition, mental health diagnosis or substance misuse issue.

Where there may already be services working with the person who has the illness or disability, we are a service for the children and young people in that household.

The aim of Calderdale Young Carers Service is to reduce the impact of the caring role on the lives of children and young people.

## Facts and Figures

It is estimated that there are 800,000 young carers in Britain, but this number is likely to be much higher, with approximately 1,500 young carers in Calderdale. In 2023 Calderdale Young Carers Service was in contact with over 400 young carers providing a wide range of support to meet their needs.



## What do Young Carers do?

Young Carers may help their family members by; shopping, cooking, preparing meals, cleaning, being available to listen and providing emotional support, keeping an eye on them, helping them to wash or dress, taking them to the toilet, making sure they take their medication, helping them to move around etc.

## Why do Young Carers need support?

Some young carers manage their caring responsibilities well and enjoy the role they have. Being a young carer can be very positive and can help children and young people to develop skills. But sometimes being a young carer means taking on responsibilities which;

- Puts their own health and safety at risk
- Adversely affects their school work and attendance
- Impacts their ability to make friends and socialise
- Interferes with their own development and future aspirations

## What does the service offer?

Young carers' families often have a range of needs which involves Calderdale Young Carers Service working with other agencies to increase the chance of getting the best possible support for the whole family.

These may include;

Educational services, e.g. schools; health care professionals; family support services; young people's services etc.

The support we provide includes;

- Young Carer Assessments to identify needs
- Respite through group activities
- Targeted groupwork (e.g. emotional health and wellbeing)
- Information and advice
- Individual support
- Awareness Raising
- School passport and school drop ins

## Getting involved

If a professional or other service (such as family support, school, social worker etc) is already working with the young care or their family they will need to complete a referral form which goes via the Early Intervention Panel. This panel is a group of professionals from a wide range of services who support children and young people and they meet regularly to ensure the right services are allocated to the right families.

If you want to make a referral for yourself or a family member you can contact us directly on **0800 3895785** (from a landline only) or **01422 261208**.



## Young Carers Assessment

The Children and Families Act 2014 highlights new rights for young carers. It states that every Local Authority has a duty to offer young carers an assessment of their needs based on their caring roles.

This means that Calderdale Young Carers Service has created an assessment that looks at what responsibilities the young carer has and how they are impacted by them. Following the assessment a plan is decided with the young carer, their family and the professional undertaking the assessment. The plan will say what could be done to best meet the needs of the young carer.

## Accessing Support

Depending on the outcome of the Young Carers Assessment the tailored plan of support could include access to the following parts of the service;

- Young Carers Passport (support in schools)
- Schools drop in
- Regular group activities
- Individual work
- Targeted group work

## Group Activities

**Information** - You will be sent an activity programme via email with details of activities four times a year. Most of the group sessions are delivered at The Orange Box in Central Halifax. These activities currently run on Thursday evenings.

**Booking** - To book onto a Thursday session you need to ring between the **Sunday 7am - Monday 9am on the week of that session**. You can call on either **0800 3895785** or **01422 261208** or book via email: **[calderdaleyoungcarers@calderdale.gov.uk](mailto:calderdaleyoungcarers@calderdale.gov.uk)**

## Group Activities

**Allocating Places** - On most sessions we can take a maximum of 12 people. Sometimes we have more than 12 people booking a place, if that happens we pick names out of a hat to keep it fair.

**Pick ups** - We offer lifts to as many young carers as possible, we are not able to give an exact time for pick ups as it is session dependant. There may be times when we ask parents/carers to support with transport.

**Cost** - Free unless stated otherwise

**Contacting us during a session** - if you need to contact a us during a Thursday session please ring **0777 176 5295** as there may not be anyone in the office.

**Health and safety** - please make sure we are fully aware of any allergies or medical needs the young carer may have and that they bring the necessary medication to sessions.



## Individual Work

This is where a member of our staff sees a young person once a week for several weeks to look at issues such as;

- Understanding an illness or condition in the family.
- Understanding and expressing emotions
- Improving self-esteem/confidence

This work will usually be identified through a Young Carers Assessment however we welcome contact from parents or concerned professionals if you feel that a young carer requires additional support.

## Targeted Group Work

Throughout the year we run a wide range of special projects where young carers meet as a group to look at specific issues.

Some of these project might include;

- Creative Emotions Courses
- Sports Projects
- Consultation Sessions

We will do our best to provide courses if there is a specific topic that we feel a group of young carers will benefit from.

## School Support

In 2012 we launched our 'Young Carers Passport' to help young carers get access to support in school quickly and discretely.

The passport can be used in all secondary schools in Calderdale and some primary schools. Contact us if you want to know if your school is already using the passport scheme.

We also have a member of staff who's role is to support young carers in getting support in school.

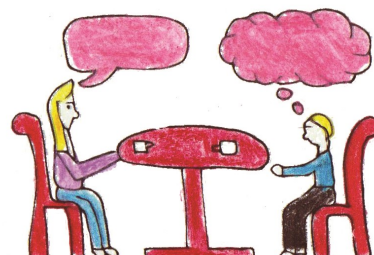
## Referrals to other services

Sometimes we don't have the answer. If that is the case we can make a referral to another service who would be able to support you in that specific area. These services might include family group conferencing, family support, mental health services.

## Young Adult Carers—YACS

We recognise that young carers aged 14 –18 may have different needs so we provide support for them in a different way. They have their own activity programmes and meet bi-weekly on a Tuesday evening at The Orange Box. YACs can access the rest of the service in the same way as the younger group the only difference is the group sessions.

The sessions are run on a drop in style basis and YACs are supported to work towards independent travel for these sessions. Recent activities have included Escape Rooms, Healthy Minds, Budgeting Skills and Independent Living Skills.



## Getting in touch

Calderdale Young Carers Service

The Orange Box Young People's Centre

1 Blackledge

Halifax

HX1 1AF

Telephone: 01422 261208

Email: [calderdaleyoungcarers@calderdale.gov.uk](mailto:calderdaleyoungcarers@calderdale.gov.uk)