

Young Carers

This fact sheet outlines services to support children and young people who provide care to their parents, siblings and other relatives because of physical illness or disability, learning disability, drugs and alcohol addiction or mental health problems.

We believe that children and young people should not have to do the same levels of caring as adults. Because of being a young carer, children and young people can miss out on school or time with friends, not get enough sleep and have a lot of worries.

If you are under 18 and caring for someone, it is important that you get the help and support you might need.

If you need help and support

Support for young carers can come from many different places

There might be a teacher, school nurse or a young carers group at your school where you can chat about how things are going at home. You can talk to your GP or youth worker about the caring you do and how you feel about it.

You could join your local Young Carers' Project - these groups offer different activities, breaks, or trips, and can give you lots of information and support.

South

South and Vale Young Carers' Project

Tel: **01235 510212**

Email: Carers@svCarers.org.uk

North

Spurgeons Young Carers' Service

Tel: **01865 309602 / 07854 726678**

Email: kwash@spurgeons.org

Oxford City

Oxford Young Carers' Project

Tel: **01865 205192**

Email: youngCarers@Carerscentre.co.uk

Oxfordshire County Council does lots of work to support young carers

You can ask for a family assessment or if you are aged 16 or over you can ask for an assessment of the caring you do - these assessments can be done by the care manager or social worker of the person you are caring for.

If your family does not have a care manager or social worker then the young carers project can help you get the assessments and support you might need

For any other information about work to support Oxfordshire's young carers and their families then please call the County Council's Young carers staff on **07919 298263**

Useful contacts

The Children Society

The Children's Society's Include Project works with voluntary and statutory services to support children and young people who care for parents or siblings who suffer from chronic illness or disability.

Website: www.youngCarer.com

Princess Royal Trust for Carers Young People's website

Information and help for Young Carers

Website: www.youngCarers.net

Health information for teenagers

Website: www.teenagehealthfreak.net

Childline

24 hour free and confidential help line for children and young people

Tel: **0800 1111**

Website: www.childline.org.uk

Cruse Bereavement

Special counselling for young people

Tel: **0808 808 1677** (FREE phone helpline available Monday - Friday, 0930 - 1700)

Website: www.rd4u.org.uk

General Youth Information

Guide to Young People

Address: TheSite.org, YouthNet UK, First Floor, 50 Featherstone Street, London, EC1Y 8RT

Tel: **020 7250 5700**

Email: media@youthnet.org

Website: www.thesite.org

Youth Net

An organisation that guides and supports young people, enabling them to make educated life choices, participate in society and achieve their ambitions.

Address: YouthNet, First Floor, 50 Featherstone Street, London, EC1Y 8RT

Phone: **020 7250 5700**

Fax: **020 7250 3695**

Website: www.youthnet.org

Information Shop for Young People

Part of a national network of "shops" initiated by the National Youth Agency. It provides a free and confidential information, advice and support service for young people between the ages of 14 and 25.

Website: www.informationshop.org.uk

Carers' Line

Advice line from the National Carers' Association

Tel: **0345 573369**

Caring Matters/Carers' UK

Advice service on legal aspects of care

Website: www.Carersuk.org

Rethink Carer Support

For young Carers of adults with mental health difficulties

Tel: **01865 455607**

Oxfordshire Carers' Forum

The voice of all Carers in Oxfordshire, consultation with Carers, participation and advice

Address: Oxfordshire Carers' Forum, 2nd Floor, The Charter, Abingdon, Oxfordshire, OX14 3LZ

Tel: **01235 547180**

Website: www.oxonCarersforum.org.uk

Young Minds

Telephone helpline service to parents and Carers in the UK who have a concern about their child's emotional problems or behaviour

Tel: **0808 802 5544** (Call FREE 0930 -1600 Monday to Friday)

Email: parents@youngminds.org.uk

Website: www.youngminds.org.uk

Please note: The organisations listed on this page are not endorsed or recommended by Oxfordshire County Council and the contact details are provided for information only.

Please feel free to contact any of the organisations on this fact sheet yourself. If required, Carers Oxfordshire can also help you further. You can contact them on 0845 050 7666, Monday to Thursday 0830-1700, Friday 0830-1600