

What young carers told us



“We want people to understand without us explaining all the time.”

“Support needs to fit around our lives.”



“Please involve us in decisions about our caring role.”

“We want fun spaces to meet other young carers.”



What we're doing



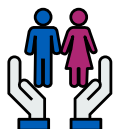
Better identifying young carers



More resources better suited to young carers



Stronger links with local services



A smoother move into adult support

Moving on: Adult carers network

Our Trust has a carers' network that is open to anyone who provides care to someone using our services.

Who can join?

- Young carers aged 16–18 preparing for adulthood
- Young adult carers aged 18 onwards
- Anyone still caring who wants support

What you'll get

- A warm handover from your young carers worker
- Welcome into the adult carers network
- Workshops and wellbeing sessions
- Peer support
- A chance to shape carer support across the Trust

Need help or want to join in?

Talk to your local young carers service or contact our Trust carer lead, Gillian Cowell, for guidance on gillian.cowell1@swyt.nhs.uk

If you require a copy of this information in any other format or language please contact your healthcare worker at the Trust.

Young carers: You're not on your own

Support for young carers in Calderdale, Barnsley, Wakefield, Kirklees, Doncaster, Leeds and Rotherham



Being a young carer is a big responsibility, and you deserve support, time for yourself, and people who understand what life is like for you.

What is a young carer?

A young carer is someone under 18 (or up to 25 with additional needs) who helps care for or supports someone at home. You might:

- Pick up prescriptions
- Help someone get dressed or washed
- Look after younger brothers or sisters
- Help with money, shopping, or household tasks
- Support someone with their emotions, mental health, or wellbeing
- Provide emotional support to a parent or family member who is struggling with their mental health, substance use, or other difficulties
- Translate or interpret for a family member

When you're ready, you can also move into our adult carers network (18 onwards).

All young carers who tell us about their caring role (and give consent) should be referred to their local young carers service.



Support for young carers

Young Carers Support App

A free app for young carers and anyone working with them. Available on Android and iOS. Packed with advice, videos, rights, and local support.



Find support near you

Barnsley

Barnsley Young Carers and Sibling Support

01226 773545

youngcarers@barnsley.gov.uk

Barnsley Carers for Young Adult Carers

01226 288772

<https://barnsleycarers.co.uk/>

Wakefield

Wakefield Young Carers

To make a referral to Wakefield Young Carers, please visit Wakefield Families Together at www.wakefieldfamiliesaltogether.co.uk. Referrals are made through the Family and Youth Hubs.

Carers Wakefield (18+)

01924 305544

info@carerswakefield.org.uk

Calderdale

Calderdale Young Carers (14–18)

0800 3895785 / 01422 261208

Calderdaleyoungcarers@calderdale.gov.uk

Kirklees

Kirklees Young Carers

01484 426100

kirkleesyoungcarers@barnardos.org.uk

Doncaster

Doncaster Young Carers

01302 737350

young.carers@doncaster.gov.uk

doncaster.gov.uk/young-carers

Leeds

Leeds Young Carers

0113 733 9126

leedsyoungcarers@family-action.org.uk

Rotherham

Rotherham Young Carers

01709 224959

youngcarersrotherham@family-action.org.uk

Helpful tips for young carers

Looking after yourself

- You deserve breaks
- Talk to someone you trust
- Your feelings matter



School or college

- Tell a trusted adult you're a young carer
- Ask about support like homework extensions
- You may be able to get a young carers' passport

Your rights

- You can ask for a young carers' assessment
- You can say what support you need
- You don't have to cope alone