

Anyone can refer into the service – professionals, family members or Young Carers/Young Adult Carers themselves (if under 16 years of age, permission must be gained from a parent/guardian)

For further information or a referral form, please get in touch using our contact details:

### South Tyneside Young Carers Service

Cookson Seven,  
The Clervaux Exchange,  
Clervaux Terrace,  
South Tyneside, NE32 5UP

T. **0191 4661389**

E. **[styc@humankindcharity.org.uk](mailto:styc@humankindcharity.org.uk)**

W. **[humankindcharity.org.uk](http://humankindcharity.org.uk)**

# South Tyneside Young Carers Service

Supporting Young Carers  
& Young Adult Carers  
(up to the age of 25 yrs)  
and their families to  
reduce the impact of  
caring responsibilities,  
helping them to realise  
their full potential.



## Who Are Young Carers?

The term “Young Carer” should be taken to include persons under 18 who provide or intend to provide care for another person of any age except where that care is provided for payment, pursuant to a contract or as voluntary work. (Children and Families Act 2014)

NB for the purpose of Humankind’s South Tyneside Young Carers Service this also includes Young Adult Carers aged 16-25.

## What Tasks might a Young Carer Perform?

- Household Tasks such as cooking, cleaning and laundry
- Household/Financial Management for example getting shopping and paying bills or managing budgets
- Personal Care such helping a person dress or undress, supporting a person to bathe or use the toilet, changing, dressing or being responsible for medication
- Supporting with Mobility such as helping someone to walk, pushing wheelchair, guiding them, helping someone up and downstairs or in and out of vehicles
- Emotional Care such as ensuring cared for person’s safety, listening to and comforting them, accompanying cared for person in community, being there in an emergency or helping them understand things
- Looking after siblings
- Interpreting
- Dealing with Emergencies
- Practical Care such as reading for someone, filling out forms, making telephone calls and dealing with professionals

Young Carers may find their caring responsibilities negatively affect their school attendance, social opportunities, their emotional wellbeing (worry, stress, anger, guilt, frustration, confidence and self-esteem). It can also affect family relationships, finances and access to training or employment for Young Adult Carers. Caring responsibilities may also be inappropriate for age and /or maturity.

## If a Young Carer is affected in any of the following ways by their caring responsibilities we may be able to help:

- School attendance or lateness issues
- It is difficult for them to socialise
- They are worried about the person they care for
- Feelings of anger, frustration, guilt, low self-confidence or esteem (Emotional Well-Being)
- Family relationships may be breaking down
- Cannot access training or employment opportunities
- Not sure where to access other help
- Unable to fulfil responsibilities due to age/maturity
- Young Carer’s responsibilities are preventing them accessing universal services such as education and health

**If a Young Carer is being negatively affected by caring responsibilities, we will carry out an assessment and agree a length of time to work with them and their families, by providing focussed interventions to promote resilience, coping skills and independence from services.**

## We may provide:

- An agreed number of 1-1 sessions with a worker
- An agreed number of opportunities to meet other Young Adult Carers in groups and activities, including access to TEN North East Limited activities via onward referral
- Information, Advice and Guidance
- Family Support
- Advocacy
- Signposting

Following the initial period of work with a Young Carer and/or family, a review will be held to establish if support is still appropriate or needed.