

HOW CAN YOU HELP?

Many Young Carers do not consider themselves to be a carer - they are just looking after someone in their family who needs help and getting on with what needs to be done.

Please do not assume that only adults provide care. Simply asking 'how are you?' can be the most important action you can take for a young carer.

In order to care safely and stay in good health, Young Carers need information, support, respect and recognition. Acknowledgement of their role and a listening ear can be a lifeline to Young Carers along with information and advice about services that can support them and their families.

WAYS TO MAKE A REFERRAL

We accept referrals from all organisations, services, schools, VCFS agencies, health, social care, police and also self or family referrals. You can make a referral in the following ways.



01204 540 111



youngcarers@blgc.co.uk



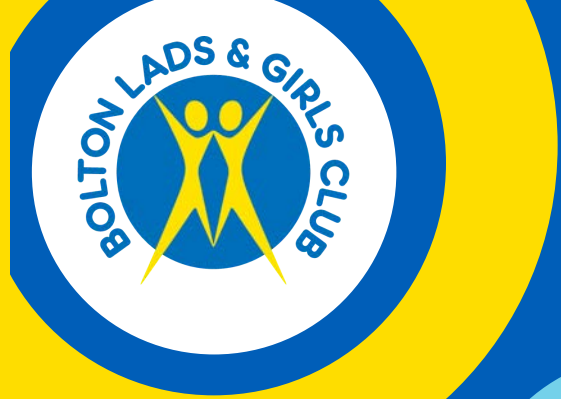
www.blgc.co.uk/youngcarers

CONTACT

Address: 18 Spa Road, Bolton, BL1 4AG

Phone: 01204 540 100

Website: www.boltonladsandgirlsclub.co.uk



ENRICHING YOUNG CARERS LIVES



BLGC'S Bolton Young Carers project aims to improve the lives of young carers through support, information, training and working in partnership with other agencies to promote their social inclusion and reduce their caring responsibilities.

WHAT IS A YOUNG CARER?

A Young Carer is a person under 18 who provides essential and on-going care and emotional support to a family member who is physically or mentally ill, disabled, or misuses substances at home, in school or college, or in their social life.

Many Young Carers do a fantastic job at home, achieve well at school and have lots of friends. but others are under a lot of strain and need help. This checklist may help you identify a Young Carer.

ARE THEY

- Repeatedly late or absent from school?
- Anxious, withdraw or isolated?
- Unwilling to talk about home life and personal issues?

DO THEY

- Lack concentration in class?
- Display emotional difficulties or challenging behaviour?
- Have limited or no aspirations for their future?



HOW ARE YOUNG CARERS AFFECTED?

- Young Carers in secondary schools can have some kind of educational difficulty
- Young Carers are vulnerable to bullying and can be isolated and lonely
- Young Carers' mental health can be affected by depression, lack of control and bereavement.
- Young Carers' physical health can be affected by lifting, heavy domestic tasks, poor self care and nutrition.
- Young Carers can miss some schooling
- Young Carers miss out on time to play, sport and leisure activities.

