

Section 15

Information for Young Carers

Young carers are children or young people aged 18 or under, who care for someone, usually a member of their family, who has a disability, long-term illness, a mental illness or misuses drugs / alcohol.

Where to go for help and advice locally

If you are looking after a grown up, often the best way for you to get help is to talk to them about having an assessment of their own needs.

Social Services are there to help support people with physical or learning disabilities, mental illness, hearing or sight loss and drug and alcohol problems. This might be to help the person you care for with getting up, washed and dressed, staying safe or help with being a mum or dad (or guardian if someone other than a mum or dad, but who have children to look after).

The person you look after might already have a social worker. If they have, you can talk to the social worker about how things are for you.

If the person you look after does not already have a social worker, contact **Adult Social Care** on **020 8547 5005** and ask about what might be out there for you.

If you would rather talk to someone else, we have listed some of the local and national charitable organisations who can provide services and support for you...please keep reading.

Young Carers' Project 020 3031 1754/6

Email: youngcarers1@kingstoncarers.org.uk
 or youngcarers2@kingstoncarers.org.uk

Kingston Carers' Network have workers dedicated to supporting young carers, providing:

- information and advice;
- one-to-one support;
- opportunities to meet other young carers;
- fun activities, outings and breaks away from home.

A quarterly newsletter is produced about what's going on for young carers locally.

Support at School

There are nurses attached to every school who can help and support young carers, in their emotional well-being and physical health. Young carers can talk to them when they visit the school and they can advise or refer them on to other agencies if needed. Some schools have a specific teacher who supports and advises young carers. Ask or look on school website and notice boards.

Young Livin' www.younglivin.org.uk

For all young people in the borough, Young Livin' website has a wide range of information about health and well being, learning opportunities and careers, staying safe, getting involved with local community activities and much more.

Young people can also raise any worries they have or ask questions in confidence.

Ku19

020 8549 6323

Text: 07781 488019

Email: ku19@kpct.nhs.uk

Kingston's 19 and under (Ku19) Health Service provides health advice and information for young people. Young people can contact the service in the way that suits them, but there are also drop in sessions held around the borough for young people to speak to someone in person. For more information, contact the Ku19 team.

Drugline

0808 1606 606

Website: www.drugline.org

Email: help@drugline.org

Drugline is an independent drugs crisis, information and support charity that provides free and confidential information and support for people with drugs and alcohol related issues, their families and friends. We also provide a comprehensive range of drug and alcohol prevention and awareness education programmes to schools, youth groups and the wider community.

Support/Helplines

Young Carers Net

0944 800 4361

Website: www.youngcarers.net

Email: youngcarers@carers.org

Run by the Princess Royal Trust for Carers (PRTC), Young Carers Net is specifically to support and advise young carers.

Al-Anon and Alateen**020 7403 0888**www.al-anonuk.org.ukEmail: enquiries@al-anonuk.org.uk

Alateen is part of the Al-Anon fellowship and is for young people aged 12 - 17 who are affected by someone else's drinking. Alateen members share their ideas and experience to gain a better understanding of alcoholism. They learn to accept it as an illness and so lessens the impact on their lives

Childline 24 hour helpline**0800 1111**Website: www.childline.org.uk

This is the free and confidential helpline for all children and young people in the UK.

**National Association for
Children of Alcoholics****0800 358 3456**www.nacoa.org.uk

Providing support, advice and counselling for children with a parent with an alcohol addiction.

The Children's Society**0845 3001128**Website: www.childrenssociety.org.uk/youngcarersEmail: young-carers-initiative@childrenssociety.org.uk

This organisation has a dedicated site for young carers, their families and those who work to support them across the UK.

Bereavement

Saying Goodbye project 020 8547 1552

Email: sayinggoodbye@kingstonbereavementservice.org.uk

Saying Goodbye Project supports children and young people, who live or study in the borough of Kingston upon Thames, who have been bereaved of someone close.

The project is part of Kingston Bereavement Service.

Help or advice in an emergency

In ANY emergency call 999 or 112 and tell the operator on the other end of the phone what the emergency is and they will put you in touch with someone who can help.