

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 have a social worker, the team to contact will depend on their illness, disability or condition—look at sections 7-14 to work out which one is best.

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 8287 2040

Email: youngcarers2@kingstoncarers.org.uk
Address: Young Carers' Project
Siddeley House,
50 Canbury Park Road,
Kingston KT2 6LX

Kingston Carers' Network has a worker 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 is going on for young carers locally.

School Nurses

There are nurses attached to every school who can help and support young carers, in both 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.

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.

Magic Roundabout

020 8974 9252

Website: www.magicroundabout.org.uk
Email: megandawson@btconnect.com
Text: 07951 157 663
Address: Magic Roundabout
Siddeley House,
50 Canbury Park Road,
Kingston KT2 6LX

A free confidential service for young people aged 11-19. Staff are available to advise young people on making the choices and decisions that are right for them. They offer advice and information on a whole range of issues including family, relationships, health, education, school, drugs, careers and employment, housing, justice and equality, and benefits and training. Young people can just drop in. Counselling is available by appointment only. Opening times are:

General advice and information: Tues to Fri 3-7pm

Sexual Health Clinic: Monday 3.30–6.30pm

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 team.

Support/Helplines

Young Carers Net

020 7480 7788

Website: www.youngcarers.net

Email: youngcarers@carers.org

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

Al-Anon and Alateen

020 7403 0888

Understanding and support for families and friends of people who misuse alcohol. They offer details of meetings. Please call for information.

Childline

0800 1111

Website: www.childline.org.uk

This is the free and confidential **24-hour** helpline for all children and young people in the UK.

The Children's Society

0845 3001128

Website: www.childrenssociety.org.uk/youngcarers

Email: 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.

In ANY emergency call 999 and tell the operator on the other end of the phone what the emergency is and they will put you in touch with the right service.