

We are England's leading family charity. We support over 45,000 families every year with over 100 services in communities across the country. We offer practical, emotional and financial help to families and individuals in their communities.

The project's aim is to highlight and identify the needs of young carers, lobby for service improvements, and directly provide a range of provision to young carers and their families.

How To Contact Us

If you would like to talk to us or find out more about our service, please contact us at:

Family Action
Nottinghamshire Young Carers Service
Unit 5
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St Bartholomew's Road
St. Ann's
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Nottinghamshire
NG3 3EH

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Registered charity n° 264713.



Family Action
Nottinghamshire
Young Carers Service

Supporting young carers aged 5 to 24

supporting families since 1869

Who Are We?

Nottinghamshire Young Carers Service was established in October 2009, following Family Action's successful bid for the funding available to support Young Carers in Nottinghamshire.

Prior to this the Young Carers' project was run by Carers Federation and since 1996 has been known as Action for Young Carers. Action for Young Carers still exists to support Young Carers in the city of Nottingham.

Following on from our success as Action for Young Carers, we have begun to develop Nottinghamshire Young Carers Service with the help of the young people involved with the project. We feel that this is an excellent opportunity to improve the service in order to meet the wants and needs of the Young Carers and their families with whom we work.

Who Do We Help?

In Nottinghamshire there are at least 2,500 children and young people aged between 5 and 24 who provide much needed care for someone in their family. The person they care for may be a parent, grandparent or other relative and may be affected by:

- Mental Health
- Drugs or alcohol
- A physical disability
- A learning disability
- A terminal illness

Young carers help family members in a variety of ways. These might include:

- Practical tasks – washing, cooking or ironing
- Personal care – bathing and dressing
- Emotional support – offering a 'listening ear'
- Physical lifting and carrying
- Assisting with medication
- Helping to look after younger siblings
- Ensuring safety
- Managing the family budget or collecting prescriptions
- Interpreting

How Can We Help?

Our service aims to provide support to young carers and their families by:

- Providing age appropriate information about illnesses and conditions.
- Telling families about different services to ensure that the best group of agencies are involved with the family.
- Running activities in the school holidays for young carers to allow them to meet other young carers and have a break from responsibilities.
- Offering phone support for the whole family.
- Regular meetings with a support worker in cases where the impact of caring is high.
- Helping with speaking to schools and other agencies.

For more information about our service please contact us on the details provided on the back of this leaflet.