

We are England's leading family charity. We support over 45,000 children and 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 Nottinghamshire Young Carers Service is committed to making sure that the thoughts, feelings, ideas and opinions of young carers are at the centre of all that we do.

Our aim is to reduce the 'burden of caring' in such a way as to leave the young carer and their family feeling 'in control'.

We believe that young carers have a right to enjoy the same opportunities as children and young people whose parents or carers are not disabled.

How To Contact Us

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

Tel: 0115 947 3023

E-mail: notts.youngcarers@family-action.org.uk

We're based at:

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

Family Action Central Office

501-505 Kingsland Road, London, E8 4AU. Phone 020 7254 6251
Fax 020 7249 5443 info@family-action.org.uk www.family-action.org.uk
Registered charity n° 264713.



Family Action Nottinghamshire Young Carers Service

Working together to reduce the burden of care on children and young people aged from 5 to 24

supporting families since 1869

Who We Help?

At least 5% of 5-18 year olds in Nottinghamshire provide regular care and support for someone in their family*.

*statistics taken from 2001 Census.

A young carer is someone who:

- provides care, assistance or support to another family member – usually a parent but sometimes a grandparent, sibling or other relative.
- **and** who carries out significant or substantial caring tasks and assumes a level of responsibility which would usually be associated with an adult.

Young carers tell us:

“I feel like a clown, juggling school, my homework and my caring role”

“I need someone to help my mum and me when my mum has a real bad day and she can’t walk at all”

“I just want the agencies to work together, talk to each other and share information”

“Encourage young carers to speak up and say what they want.”

Accessing Our Service

Our service provides support to young carers whose caring role is having an adverse effect on their lives.

Anyone can make a referral to the service.

Call or e-mail our office for further details.

Telephone: 0115 947 3023

E-mail: notts.youngcarers@family-action.org.uk

Or complete a Common Assessment Framework (CAF) and send it to the address on the back of this form.



About Our Service

We work in partnership with agencies to:

- **raise awareness** of the issues young carers have to deal with
- **help services to identify** young carers and young adult carers
- **assess the individual needs** of young carers and their families
- **offer training to professionals** to improve the level and quality of support
- **strive for inclusion** by helping services to make sure that they have procedures and protocols in place that take account of young carers
- **provide tailored support**, advice and assistance
- **run groups and activities** as a break from their caring role
- **offer support to young adults aged 18-24** who provide care, assistance or support to another family member on an unpaid basis.