



Building  
stronger  
families

# Tomorrow can be better: Supporting You in Your Caring Role



Family Action  
Newham  
Young Carers'  
Service

[www.family-action.org.uk](http://www.family-action.org.uk)

# Who are Young Carers?

Young carers are children and young people aged 5-18yrs who help to care for someone in their family because of a mental illness, physical illness, disability, or drug or alcohol issues.

They usually care for a parent but sometimes a grandparent, sibling or other relative.

The level of care they provide would normally be undertaken by an adult, and therefore has a significant impact on their childhood.

## Young carers often:

- Spend time worrying and getting stressed
- Feel isolated or get bullied
- Have no time for school or coursework
- Are late for school or college, or miss lessons
- Miss out on seeing friends, going out or having fun
- Miss out on doing things as a family

“Understanding my mum’s illness helped me not to worry so much”



# How can we help?

Family Action's Young Carers' Service is here to help and support you. We will work with your whole family to look at ways of supporting you as a young carer as well as your family member who needs care.

“ Talking to my worker each week has really helped my frustrations ”

We work towards building on each family's strengths, combining practical and emotional help to support each family.

**As part of the service, we will offer you:**

- Support for you and your family to get more of the help and support that will free you up
- Workers who will be there to listen to you if you want to talk
- Support for you and your family in meetings with other services and your school to make sure your views are heard
- The opportunity to have fun through activities and days out with other young carers
- Groups to learn new things and meet new people
- Links to other useful services

**We will find out about the caring you do and ask about your whole family situation.**

**We will work with you to help reduce your caring role and make caring easier to cope with.**

**We will help you set goals that you would like to achieve and help you and your family achieve them.**

**We also work closely with local schools to raise awareness of the role of young carers and how schools can help them.**

## How does it work?

**We will arrange to meet you as soon as we can and find out about the caring you do and ask about your whole family situation.**

“ Helps you get out of the house, meet new people and have new experiences ”

**If you need translation or interpreting we can provide them.**



# If you would like to find out more about the service and how we can help please contact us

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Early Intervention Centre,  
1 London Road,  
Plaistow  
E13 0AT  
Tel: 020 8470 7782  
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## About Family Action

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people.

We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

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“ Talking  
with other kids  
who understand  
helps ”