



Family Action Young Carers  
Maidenhead Project Centre  
Reform Road  
Maidenhead  
SL6 8BY

† 01628 626991

e [rbwm.yc@family-action.org.uk](mailto:rbwm.yc@family-action.org.uk)

Dear Young Carer,

Family Action Young Carers supports 5 - 18 year olds who take on a caring role for a member of the family at home who suffers from an illness, physical or mental disability, or an addiction.

Our aim is to support young carers by providing respite activities, group work and one to one support, when necessary.

Please feel free to phone us at any time for help or advice, or if you just need someone to talk to. If your family circumstances change, especially anything concerning the person you care for, it is very important to let us know as so we can ensure we can provide you with the most appropriate support.

Yours sincerely,

The Young Carers Team

**\*\* EXAMPLE TIMETABLE OF EVENTS \*\***

Every term, Family Action Young Carers runs a programme of events, aimed at equipping young carers with skills and to provide respite from caring.

This term our group sessions will be exploring: *Young Carers Emotional Wellbeing*

Date	Event	Age Group	Time
January	Wellbeing group	Middle School	6.45 – 8.30pm
January	Wellbeing group	Upper School	7 – 9pm
February	Respite Activity	Middle School	TBC
February	Respite Activity	Upper School	TBC
March	Wellbeing group	Middle School	6.45 – 8.30pm
March	Wellbeing group	Upper School	7 – 9pm
March	Targeted Group via Zoom	e.g Dementia/ Sibling Carers/ Phys Dis	6.45 – 8pm
April	Respite Activity	Middle School	TBC
April	Respite Activity	Upper School	TBC

Contact us on 01628 626991 or [rbwm.yc@family-action.org.uk](mailto:rbwm.yc@family-action.org.uk) to sign up to attend.

*Please remember,*

Family Action Young Carers staff are available during the week if you would like to discuss how we can support you with your caring role.

# Top Tips for Young Carers Mental Wellbeing



## 1. Take a moment for yourself

Give yourself a break to recharge and spend the time to yourself doing things you enjoy! Always make time for the things that make you happy.

## 2. Ask for help

Even with regular breaks, when you feel like you are reaching a breaking point, don't be afraid to ask for help. It can sometimes feel like you are completely alone but I can assure you, there are people wanting to help you.

## 3. Care for yourself too!

Don't sacrifice your own mental health for somebody else's. To be able to help somebody you love, you need to be able to feel well enough in yourself to give your all to the person you are looking after.

## 4. Try talking therapy

Therapy isn't just for people on the breaking point. Looking after someone that requires a lot of your physical and mental attention can be incredibly draining so talking to a counsellor or therapist can help get some of your concerns and worries out into the open.

## 5. Talk to others

Talk to other people who are in similar situations as you. Have conversations with people who get and understand what you may be feeling, and they might have some really useful tips on how they deal with their mental health too.

## Useful contacts:

### Referral via a professional

Child and Mental Health Services (CAMHS) via your GP

### Talking therapies self-referral



Family Action FamilyLine - supporting adult family members via telephone, text, email and web chat  
Tel: 0808 802 6666 / Text: 07537 404282 / [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk)



Number 22, Maidenhead  
Youth Talk, Windsor  
free and confidential face to face counselling to adults and young people  
<https://number22.org/>



Kooth – free online counselling for children and young people, accessible through mobile, tablet and desktop <https://www.kooth.com/>

### Online mental wellbeing resources



Young Minds <https://youngminds.org.uk/>



Heads Together <https://www.headstogether.org.uk/>

Family Action Head Office, 34 Wharf Rd, Hoxton, London N1 7GR

T: 020 7254 6251 E: [info@family-action.org.uk](mailto:info@family-action.org.uk) W: [www.family-action.org.uk](http://www.family-action.org.uk)

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# Manual Handling for carers in the home



The NHS website has practical tips for if you care for someone. It's essential to know about safe moving and handling so you don't hurt yourself or the person you look after.

The most common injuries carers get are back injuries. Injuring your back will limit your movement and your ability to care for someone. It could take a long time for you to recover.

Lifting someone incorrectly can also damage fragile skin, cause shoulder and neck injuries, increase existing breathing difficulties, or cause bruising or cuts.

## Lifting Checklist

If you regularly lift or move someone, it's best to get training or have someone demonstrate the correct techniques.

*Before attempting to move someone, ask yourself:*

- Do they need help to move?
- Do they require help or supervision?
- Have you told them you're moving them?
- How heavy are they?
- Are you healthy and strong enough to move them?
- Is there anyone who could help you?
- How long will it take?
- Is there enough space around you?
- Are there any obstacles in the way?
- Are you wearing suitable clothing and shoes – for example, if you're on a slippery or damp surface?

*If you've assessed the situation and have decided to move the person, make sure you:*

- Never lift above shoulder height
- Keep your feet stable
- Have a firm hold
- Keep any weight close to your body
- Keep your back straight and bend your knees
- Lift as smoothly as possible

## How the council can help

Your local council has an obligation to help carers avoid health and safety risks.

Contact your local council and ask for a Needs Assessment for the person you look after, as well as a Carer's Assessment to help you.

For advice and guidance on moving and handling, ask for an Occupational Therapy Assessment.

## Useful equipment for the home

Available through most large online shops



Swivel Cushion – for getting in and out of car seats and other chairs.



Transfer belt – clip this around the cared for's waist to give you something sturdy to hold on to rather than clothing or limbs.



Transfer board – to help your cared for move from chair to bed etc

Available in the community



Message in a bottle - Widely recognised to hold care plans, meds and emergency contacts. Health centres, doctor's surgery and chemists will all have free supplies of the bottles and forms



Telecare, via Optalis – range of assistive technology and equipment to enable people to continue to live independently in their own homes.



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## Young Carers Behaviour Code of Conduct

I agree to:

- behave appropriately and responsibly at all times.
- be supportive of other Young Carers and respect their views
- do my best to ensure all other Young Carers are included and see no-one is left out
- to look after the equipment and venue and treat it with care
- to never leave the premises or the group without permission from staff

I understand that unacceptable behaviour is not allowed. Unacceptable behaviour includes:

- hurting another Young Carer or staff
- being unkind or rude to other Young Carers or staff
- swearing or abusive language
- persistently ignoring instructions from staff

I understand that if I behave inappropriately:

1. Staff will remind me this behaviour is inappropriate and ask me to stop
2. If I continue to behave inappropriately staff will give me a final warning or time out
3. If the inappropriate behaviour still continues I will be given a written warning and excluded from the next group or activity.
4. In the event of any violent or excessively disruptive behaviour my parents/guardians will be contacted immediately and I will have to leave the session as well as being excluded from the next group and activity.
5. If any Young Carer is temporarily excluded on two occasions they will be given a final written warning and any further exclusions will be permanent.

I understand that Young Carers staff will:

- ensure that a copy of this behaviour contract is available at all Young Carers activities
- will provide the Young Carer and their parents/guardians with full explanations for any exclusions
- will keep written records of all incidents involving unacceptable behaviour



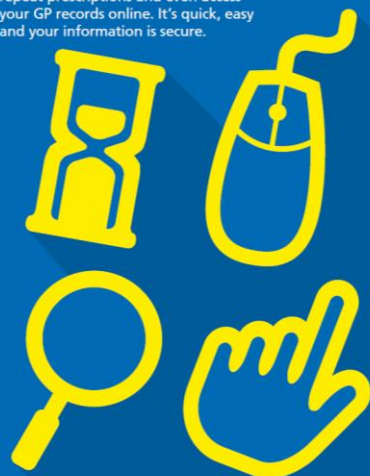
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## GP online services

Quick, easy and secure

You can now book appointments, order repeat prescriptions and even access your GP records online. It's quick, easy and your information is secure.



### What are GP online services?

GP online services will help you to take greater control of your health and wellbeing by increasing online access to services. You have been telling us that you want to be offered more convenience, choice and control in how you access GP services. Increasingly, you also want to be informed and involved in decisions about your own care and treatment. Evidence shows that patients who are informed and involved in their own care have better health outcomes and are less likely to be admitted to hospital.

### Making sure everybody is included

We recognise that computers, tablets and smart phones are not a substitute for visiting or phoning your surgery and other health services, and that many people do not have access to computers or online services.

To help address this, NHS England is delivering a national programme of training in digital skills and access to technology, aimed at people who might otherwise not be able to use services online.

Visit [www.ukonlinecentres.com](http://www.ukonlinecentres.com) or phone 0800 77 1234 to find out more.

### Problems accessing your GP surgery's online services?

Please contact your GP surgery who will be able to assist you.

Register for GP online services at your surgery or to find out more visit [nhs.uk/GPonlineservices](http://nhs.uk/GPonlineservices)

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