

One Minute Guide - Family Action - Leeds Young Carers Support Service

We provide specialist information, advice and support for young carers, their families and the organisations and staff working with them. Our overall aim by doing so is to improve the wellbeing of young carers in Leeds.

About Family Action

The national charity Family Action delivers the Leeds Young Carers Support Service. Family Action transforms lives by providing practical, emotional and financial support to those experiencing poverty, disadvantage and social isolation across the country. Family Action's innovative services reach out to those in need, strengthen families and communities, build skills and resilience and improve the life chances of children and adults.

Who are young carers?

Young carers are children and young people aged under 18 who provide care for another family member because they have a physical illness or disability, a mental health condition or a drug or alcohol problem.

Young carers are a vulnerable group and can experience difficulties in several areas if not supported, such as:

- Education, training or employment opportunities
- Mental & physical health
- Social development
- Self-esteem

What support are young carers legally entitled to?

Young carers are entitled to an assessment, whatever the level of care they provide. This is mentioned in law under the Children and Families Act 2014 (Part 5, Section 96) and in line with the Young Carers (Needs Assessments) Regulations 2015,

Under the Care Act 2014 local authorities also have a duty to consider the needs of children living in households where there is an adult who has a disability or impairment that requires help or care as part of a "whole family assessment".

If you are a professional assessing an adult's needs, you must consider whether a child is in the household and consider whether any of the children may undertake any care roles in the home.

The Care Act 2014 (Sections 63-65) also gives new rights for young carers aged 16 to 18 who are transitioning to adulthood to have their specific needs assessed, in light of how their role might change. This is called a Transition Assessment.

The revised Working Together to Safeguarding Children (2018) strengthens the emphasis on early identification, assessment and intervention. This reinforces the need for agencies to work together effectively to support families with young carers, developing a whole-family approach.

It is important to note, particularly when communicating with young carers and their families, that any assessment offered will be focused on the needs of the young person themselves and will not be an assessment of how well they are carrying out their caring responsibilities.

How our service can help

Leeds Young Carers Support Service works to support practitioners to identify young carers who may be hidden within local communities, signpost into the most appropriate service for them, reduce levels of inappropriate caring and ensure that young carers have a voice and influence. We offer:

Information and Advice:

To practitioners, young carers and their families, so that young carers are getting the right level of support for their needs

Awareness Raising:

Our Community Engagement Practitioners can deliver practice development sessions to your team, helping them to identify young carers, break down barriers, assess their needs and offer support and promote services and activities available to them in their local community.

Specialist Support:

For young carers whose needs cannot be met through universal support, targeted support or Early Help services, we provide specialist individual support, which includes an assessment of need, an outcomes-focused plan and may also include group support.

What makes us a Specialist Service?

- We only focus on the young carer – not the whole family
- We have a wealth of knowledge and skills to identify and support the needs of young carers
- We have knowledge of physical and mental health illnesses and the negative impact this might have on a young carer
- We help to empower young carers to reach their potential in areas such as emotional wellbeing, education, social skills and relationships
- We deliver specialist group work to enable young people to meet other young carers and make new friendships
- We identify if young carers have any additional needs and help them access specialist support. This can include, for example, specialist support or counselling relating to substance misuse, child exploitation or domestic violence & abuse
- We offer a variety of activities throughout the year for young carers
- We use a wide range of resources and tools to help young carers that help to:
 - Learn coping strategies to help in their caring role
 - Build resilience, confidence and self-esteem
 - Identify triggers for anxiety, depression, anger and frustration
 - Widen their support and social network

Identification of young carers

It is everybody's responsibility to identify and support young carers and professionals working with children, young people and families are well placed to do so. Similarly, if you work with adults with a physical illness or disability, mental health condition, or drug or alcohol problem then you need to consider whether they have children undertaking a caring role.

Leeds is committed to the early help approach, which means that families should be enabled to have the right conversations about their needs or concerns with the right people and at the right time. By working collaboratively, we can ensure that the right level of support is provided by the most appropriate agency for that young carer and their family.

Referring for support

If you have identified a young carer who you feel you cannot support within your service or setting, please refer for support in the following way:

If you are referring from a cluster school:

Contact your Targeted Services Lead to make a referral using the [Early Help Request Form](#). Please also ensure you have completed the Leeds Young Carers Support Service [Additional Information Form](#).

If you are referring from a non-cluster school or from any other organisation:

Please contact the Leeds Young Carers Support Service directly with a completed [Early Help Request Form](#). Please also ensure you have completed the Leeds Young Carers Support Service [Additional Information Form](#). We will work with the appropriate Early Help Hub and/or Targeted Services Lead to ensure that the right support is offered to meet the young carer's needs.

If you are a young carer:

Please contact us below and we will support you to get the support that you need.

How to contact us

If you would like to find out more about our service or are interested in volunteering with us, please contact us:

Leeds Young Carers Support Service
Henry Barran Centre
Amberton Grove
Leeds
LS8 3JR

Telephone: 0113 733 9126

E-mail: Leedsyoungcarers@family-action.org.uk

Website: www.family-action.org.uk/LeedsYoungCarers