

Young Carers Charter Unveiled on Carers Rights Day

The Bridge Young Carers service in County Durham unveiled its Young Carers Charter at a celebratory event held to commemorate Carers Rights Day on 23 November, at Hardwick Hall Hotel.

The Bridge Young Carers service is run by national charity Family Action and has been operating in County Durham for over 13 years, supporting young carers and their families. The Bridge works to ensure that children and young people have the support they need to learn, develop, and thrive, to enjoy positive childhoods, and to achieve their full potential.

The Young Carers Charter is a piece of work developed by the young carers' ambassadors supported by 'The Bridge' and the latest version of the Charter, unveiled on Carers Rights Day, ensures that it continues to meet the needs of schools and organisations to support young carers.

The Aim of The Young Carers Charter is to ensure that young carers are better identified and are not left to struggle alone. The Charter supports agencies to identify and support young carers whilst also being aware of additional support that young carers can be referred for.

Young Carers Ambassador, Izzy, said: "The Charter helps schools to be aware of young carers and what they need. I didn't know I was a young carer until I learned about young carers after speaking to my pastoral leader and head of year. It can be scary to tell people and friends about being a young carer – the charter helps to bring it up and explain caring to my friends."

In addition to the re-launch of the Young Carers Charter, The Bridge Young Carers service has also received an additional 2 years of funding from Durham County Council to extend its work, and to support, for the first time, young carers up to the age of 25. The service previously worked with young carers up to the age of 18.

Family Action Operational Manager for County Durham, Rachel Smith, said: "We are delighted to share not one but two announcements on Carers Rights Day, this year. We are extremely proud of our Young Carers who have put so much work into the 'Young Carers Charter', and we are all looking forward to seeing the impact that this piece of work is set to have on our community.

"We are also thrilled to be able to now work with Young Adult Carers up to the age of 25, due to the funding from Durham County Council, which has enabled us to employ two new members of staff to work with young carers as they transition into adulthood throughout, what are, very important life-defining years."

Young adult Carer, Francesca, said: "As young adult carers get older, they may still want to be in their caring role so will need support. The bridge between young carers and adult carers is important because there are different issues that affect them."

If you would like to access support from The Bridge Young Carers Service please email: durhamyoungcarers@family-action.org.uk, tel: 0191 383 2520 (Monday – Thursday 9am –



2.30pm), or visit [Family Action - The Bridge Young Carers Service](#)

-ends-

Contact details:

Email: Cathy Midgley - PR Manager at media-pr@family-action.org.uk

Phone: 07903 074 174

Notes To Editors

About Family Action

Family Action is a national charity committed to building stronger families and brighter lives. Since the charity was founded in 1869, we have continued to help children and families overcome the challenges they face through a wide range of practical, emotional and financial support. Today we work with more than 60,000 families in some 200 community-based services, as well as supporting thousands more through our national helpline, FamilyLine, which offers free and immediate support to adult family members and national schemes like the National School Breakfast Programme.

We help families and individuals to manage their mental health and wellbeing, working with families to reduce the impact of social isolation, poverty, addiction and other significant sources of stress and pressure. We also support families affected by adoption, special guardianship, separation, special educational needs, disability, domestic violence and sexual abuse. In addition, we provide thousands of welfare and educational grants every year to people in financial crisis.

For further information, please visit our website at www.family-action.org.uk

Registered charity number: 264 713

twitter.com/family_action

www.facebook.com/familyaction/

www.instagram.com/family_action/

www.linkedin.com/company/family-action/