

How does our service help?

WE CAN OFFER:

- Peer support
- A listening ear
- A break from caring
- Advocacy / signposting / awareness raising
- Social and recreational activities
- Personal, Social and emotional Development
- A safe place to express themselves confidentially.

CONTACT DETAILS



Northern Ireland
Regional YOUNG CARER'S Service

For further information or to make a referral, Please contact:
Eastern Area Young Carers Project
Action for Children Northern Ireland
Loughshore House 10 Heron Road
Belfast BT3 9LE
Phone: 028 9046 0500
Email: nieasternareayoungcarers@actionforchildren.org.uk



Believe in children

Barnardo's
Northern Ireland
www.barnardos.org.uk



Northern Ireland Regional YOUNG CARER'S
Service is Funded by DHSSPS

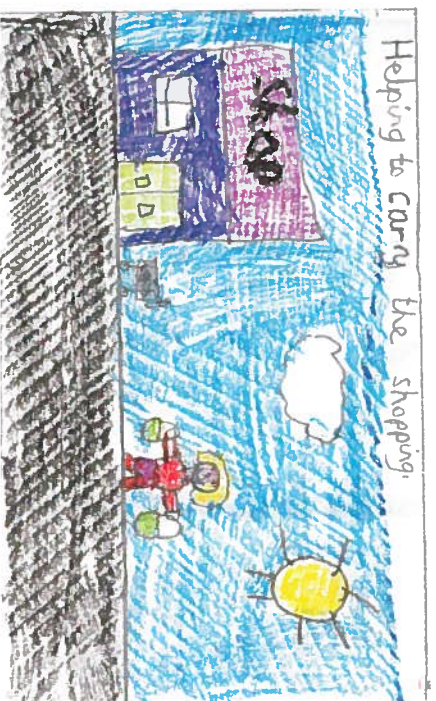
Northern Ireland
Regional YOUNG CARER'S Service

“ We believe in supporting **Young Carers** and their families ”

WHO'D CARE -
IF **THEY** DIDN'T?

Information for **PROFESSIONALS** who have regular contact with children/young people





Helping to carry the shopping.

What is a Young Carer?

Young carers are:

Children and young people whose life is in some way affected because of the need to look after or care for a parent or relative who is ill, has a disability, a mental health problem, or may misuse drugs or alcohol.

Things a Young Carer might do:

- Domestic chores
- Make sure the person they care for is safe
- Keep the person they care for company
- Lift and carry eg: in and out of bath
- Help with personal / intimate care
- Help with medication
- Translate or use sign language
- Pay bills
- Respond to challenging or unusual behaviour

A parent of family member's illness, disability or addiction can impact on the physical, social emotional and educational lives of Young Carers.

Physical

- Tiredness
- Interrupted sleep
- No time to themselves
- poor diet

Social

- Unable to go out with friends
- Embarrassed to have friends visit
- Few social outlets

Emotional

- Worried
- Isolated
- Feeling powerless

Educational

- Unable to attend school
- Late for school
- Unable to concentrate in school



Helping my family

Playing with my special needs brothers



Facts about young carers

1. 1 in 10 young people said they personally looked after someone who was living with them.
2. 1 in 4 young people provide support for others outside their home.
3. 82% of Young Carers provide emotional support.
4. 48% of Young Carers provide nursing care.
5. 18% of Young Carers provide over 20 hours of care per week.
6. 64% missed days of school because of caring for a family member.
7. 64% reported being bullied because they were Young Carers.
8. 28% of Young Carers don't tell their friends they are caring for a family member.