

Welcome to Carer Support Wiltshire Young Carers Service

How we can help

By letting us know how you help look after your loved one, we can help look after you!

- You get to talk to someone who understands what you're going through.
- You can ask any questions.
- We can help you join clubs and services.
- We can give you or your family information about grants and finances.
- It will help you understand your caring role.
- You get to come along to life skills and fun activities.

Assessments and support plans

Wiltshire Council has a responsibility to take steps to identify and carry out Young Carer Assessments for carers under 18. If you have not had an assessment, you can ask for one.

An assessment is when an adult from the young carers team at Wiltshire Council gets to know you to understand the things you are dealing with and the impact of your caring role. This is so they can see if you need some help. We promise it's not scary! You may have had an assessment a long time ago or you may not have had an assessment, that's ok we can still help and support you.

If your assessment highlights you would benefit from additional help, a referral will be made to us at Carer Support Wiltshire. One of our friendly Young Carers Team will then contact you. They will then arrange to meet up with you to chat about your education, training, what you do in your spare time, your health, and views about your future. You get a chance to talk about any support you would like and anyone else you or your parents want to be involved.

It's your chance to have your say!

Transition assessments and support plans

At 16 you are also entitled to a transition assessment which will be carried out by one of our Young Carer Team. If you are currently aged 16-18 and you haven't had an assessment and would like one you can arrange one by calling the Team on **0800 181 4118**.

Transition simply means changing from one process or period to another. For you as a young carer aged 16 – 18, we are focusing on the transition from childhood into adulthood.

A transition assessment is very similar to a young carer assessment – it's about having a chat to understand where you are, where you want to get to, how your caring role impacts your day-to-day life and what help and support you may need to achieve your goals or overcome difficulties. We look at areas such as education, employment and training, health and wellbeing, relationships, hobbies and interests and any other area you may wish to seek help for.



Young carer magazine

Calling all budding journalists, and photographers. We need you to be part of our Young Carer Magazine Team. We will be producing four magazines a year packed full of hints, tips, stories, activities, and competitions, and we want you all to be part of it. The magazine will also advertise all our events and activities for three months. If you would like to get involved, please contact Jess and Georgia at Communications@carersupportwiltshire.co.uk they would love to hear from you.

Activities

At the start of the year, we asked some young carers in four schools across Wiltshire what kind of activities they would like to do and what skills would help and support them. This has helped us to plan an exciting event calendar. You are welcome to attend a variety of fun life skills-based workshops and events, the details of these events will be sent out with your Young Carer Magazine.

Events will be in person and online. Some events may even happen at your school.

If you have any suggestions for workshops or activities, please let us know.

Connect with other Young Carers

You are the expert in what it's like to be a young carer. Our Young Carer Service is developed by young carers for young carers, and we want you to be part of it. We are creating a network that empowers you to speak out about what's important for you and other young carers called Hear Me! Being part of Hear Me will help you develop new skills giving you more confidence. There are lots of opportunities for you to have a real influence on things that matter to you.

- Planning events and activities
- Talking to Wiltshire Council about their Young Carer Strategy
- Helping Carer Support Wiltshire decide how to run its services.
- Fundraising for young carer activities
- Telling us how we can make Wiltshire a young carer friendly place to live.
- Talk to local decision makers such as our local MP and councillors.
- You will also have the opportunity to get experience that will look fab on your CV!

How do you take part in Hear Me!

Hear Me Young Carers is open to any young carer registered with Carer Support Wiltshire - it doesn't matter how old you are - your voice is important, and you are welcome to join! If you would like more information, please contact the team on **0800 181 4118** or via youngcarers@carersupportwiltshire.co.uk

If you have a question or want talk to someone

Looking after a friend or family member is an amazing thing to do, but it can also be really tough.

If you need someone to talk to, we're here for you.

You can call our friendly team through our Free support line on 0800 181 4118 or email us on youngcarers@carersupportwiltshire.co.uk

We can answer your questions and point you in the right direction to help you and your family.

Online

Our young carer website also has lots of information, ideas and advice and is available 24hrs a day carersupportwiltshire.co.uk/young-carers/

If you are aged 16 or over, you can access virtual support via our YAC Book site yacbook.co.uk/

Family support

If you are a family that cares for someone, we have a Family and Parent Carer Worker who can offer support, advice, and access to services, for the whole family. You can contact the Family and Parent Carer Worker via our **Freephone Support Line on 0800 181 4118** or email her at youngcarers@carersupportwiltshire.co.uk