

NEWPORT YOUNG CARERS OFFER

SUPPORT FOR YOUNG CARERS AGED 8-15

Who can be a young carer?

A young carer helps look after a family member who has a physical illness, a disability or who struggles with poor mental health or substance misuse.



I help with my brothers and sisters

Sometimes I feel lonely, tired and stressed



I give emotional support to my mum



My Young Carers worker listens, helps me talk about my feelings and what's on my mind.



The Young Carers service offers 1 to 1 support, groups and activities where you can enjoy some time out, meet other young carers and have fun.



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WHAT DO OUR YOUNG CARERS SAY ABOUT THE SERVICE WE PROVIDE?

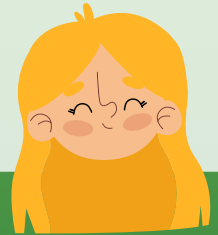
"The best thing about young carers is meeting new friends and seeing new faces. My favourite activity was making slime as it was so much fun!"

Ruby (aged 9)



"I enjoy the cooking workshops as I get to work with all those ingredients and I love to cook. I enjoy all the fun activities we do and all the people we see"

Eliza (aged 10)



"Newport young carers is good because you learn that you are not alone and everyone is in the same boat as you and you build up your confidence to let the world know how to be a young carer. One to one support is good as being in a big group can make you feel very nervous and your support worker can really get to know you"

Evie (aged 10)



SCAN ME

If you want to learn more or find out about referring someone please scan the QR code to visit our website.

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