

What our Young Carers service can offer you

- An assessment which helps you and your family think about things that would make a difference
- Someone to talk to
- Opportunity to meet other young carers
- Help for your whole family
- A break from caring
- Emotional support
- Support in school/college
- Getting help/advice and support for the adult you care for



How to contact us:

If you think you are a young carer and would like more information please contact us.

Or someone can contact us on your behalf:

0151 228 4455

If there is an answer phone please do not be put off, leave a message with your phone number, and we will call you back.



Scan QR code or visit <https://www.barnardos.org.uk/get-support/services/action-young-carers-liverpool> for more information

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Barnardo's is a registered charity in England and Wales 216250 and in Scotland SC037065, and a company limited by guarantee [61625 England].



Barnardo's Action with Young Carers Liverpool



Supporting you and your family

In partnership with:



Who do we support

Action with Young Carers supports children and young people under the age of 18 who have caring responsibilities for an ill or disabled adult in their family.

Some illnesses and disabilities can be seen, others cannot. They can include:

- physical illness or disability
- learning disability
- mental health problems
- drug and alcohol problems

Young carers often do not think of themselves as carers. It is important that you are recognised and get the support you need



What are some of the things a young carer might do?

- Reading and explaining letters
- Reminding, encouraging to attend appointments
- Getting help in an emergency
- Helping with medication
- Housework and cooking
- Keeping them company
- Collecting benefits and paying bills
- Taking them out
- Shopping
- Help them get washed and dressed
- Helping them get in and out of bed

"We care for others"



Young carers tell us that caring sometimes affects:

Their physical health, mental health and emotional wellbeing, making them feel:

- anxious
- worried
- tired

School and college work, making them feel:

- stressed and that they don't have enough time to do homework
- not able to attend after school activities, clubs or school trips

Social life:

- it can be difficult to go out with friends, or do the things they enjoy.

How they feel about themselves:

- not knowing who to talk to
- thinking they are the only one in this situation and no one understands

