

## What is a Young Carer?

A young person aged between 7 and 18 who helps to look after someone. That person might have one or more of the following:

- A serious illness or disability
- Learning difficulties
- A mental illness
- Problems with drugs or alcohol

It may be someone in the family, like a parent, step parent, grandparent, brother or sister, but it could be someone else.

They may be the main carer, or could be helping someone else to care.

## What they go through

Every Young Carer's situation is different, but the help given could include:

- Shopping and cooking
- Housework and laundry
- Nursing Care
- Physical support and practical care
- Providing emotional support
- Child care for younger siblings

## Supported by:



### Contact us:

New Forest Young Carers Service  
Community First New Forest  
First Floor Offices  
71 Christchurch Road  
Ringwood  
BH24 1DH

Tel 01425 482773  
Fax 01425 482666  
Email [marie.shotbolt@cfnf.org.uk](mailto:marie.shotbolt@cfnf.org.uk)  
Facebook New Forest Young Carers  
Twitter NF\_YoungCarers

### Our service is open:

9am - 5pm Monday to Thursday  
9am - 4.30pm Friday



Make a donation to Community First New Forest on-line via [www.virginmoney.com](http://www.virginmoney.com)



Community First New Forest  
Reg. Charity No: 1068964  
Reg. Company No: 3483827

## Community First New Forest

# Young Carers Service

Supporting children and young people with caring responsibilities



## New Forest Young Carers

We provide a range of support services for Young Carers and their families in the New Forest area.

### What we do

#### Information

Whether it's age-appropriate materials to explain someone's illness or details of support services, we can help.

#### Someone to talk to

Providing a non-judgmental listening ear for our Young Carers and their families through one-to-one work and mentoring.

#### Time out from caring

Sometimes, we organise trips and activities. Our Young Carers get a break from their responsibilities and can meet new friends.



#### Support in schools

Young Carers often tell us they find things hard at school. We're working with schools to try and make things easier and lots of schools now have someone you can go and see if you're a carer.



#### Family support

We know that sometimes all our Young Carers want is help at home so we can help access support services and benefits to make things easier.

### Who can refer?

- Schools
- Social workers
- Health care professionals
- Families/self-referral
- Anyone who is contact with the family

### How you can help

- Volunteer
- Donate gifts or funding
- Look out for Young Carers and refer them
- Host awareness raising workshops

## What they say

"It's good to meet other young carers... I thought I was the only one. And I've got to do things I wouldn't have otherwise."

"I worry about Mum when I'm at school. It makes it hard but I worried more about telling people and being seen as different. Then Mum heard about Young Carers and got in touch. They helped with advice and paperwork and getting other support. Things are still tough at times, but now I know I'm not alone."



"They sat down with me and explained my problems to my young son in a way I never could have. My son and I now have a fabulous relationship. We can talk more openly and freely with each other and we share a special bond that has only been made possible due to Young Carer support. Without the activities, he wouldn't have the joys of being able to be a young boy and to mix with other children, and knowing that he isn't the only one with a 'different' Mum."