



# Young Carers

Information for  
Young Carers living in  
Rhondda Cynon Taf



Rhondda Cynon Taf  
Iechyd, Gofal Cymdeithasol a Lles  
Health, Social Care & Well-Being  
Rhondda Cynon Taf



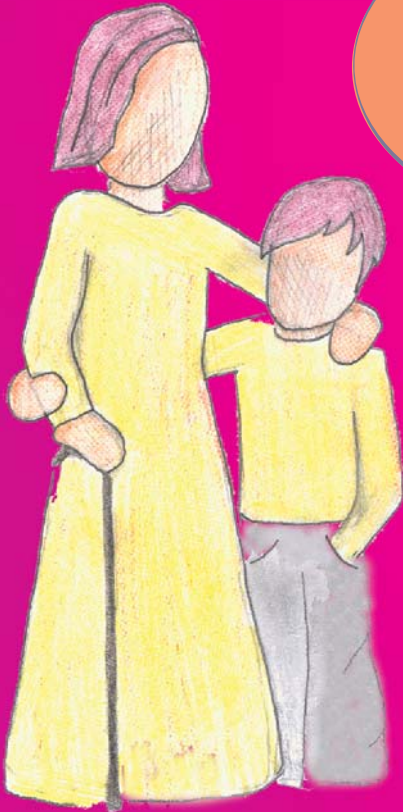
STRONG HERITAGE | STRONG FUTURE  
**RHONDDA CYNON TAF**  
TREFTADAETH GADARN | DYFODOL SICR

# 02 Who are Young Carers?

"I help my brother because he's got special needs"

"I help to do chores and help to comfort my Mum because she's not very well"

"I go down to the shops for my Dad because he finds it hard to walk"



Young carers are children and young people who help to care for someone in their family.

The person they care for is often a parent but can be a sibling, grandparent or other relative who needs care because of disability, illness, mental health difficulties or problems with drug or alcohol misuse.

# What support is there for Young Carers?

"I didn't know what to expect but then it was nice having someone to talk to about **ME**"

"It was good to know there was someone out there who wanted to help"



There are lots of people and projects that can help.

The Young Carers Assessment and Development Worker will spend time finding out about you; what you like, what you get up to, how you feel and what could make things easier for you. Maybe you're finding it difficult to get to school or you might want your Mum or Dad to get some more help.

The Young Carer's Support Worker will try and help you to do the things that you want to do such as getting involved in leisure activities or helping you with things like applying to go to college, finding out about courses and giving you time to talk about any problems you're having.

# What support is there for Young Carers?

"It's a place where you can go and have someone to talk to about anything"

"A chance to go places, go on trips, try new things and make new friends"

"They helped me sort out my bullying and school problems"

"It's a chance to have a break"

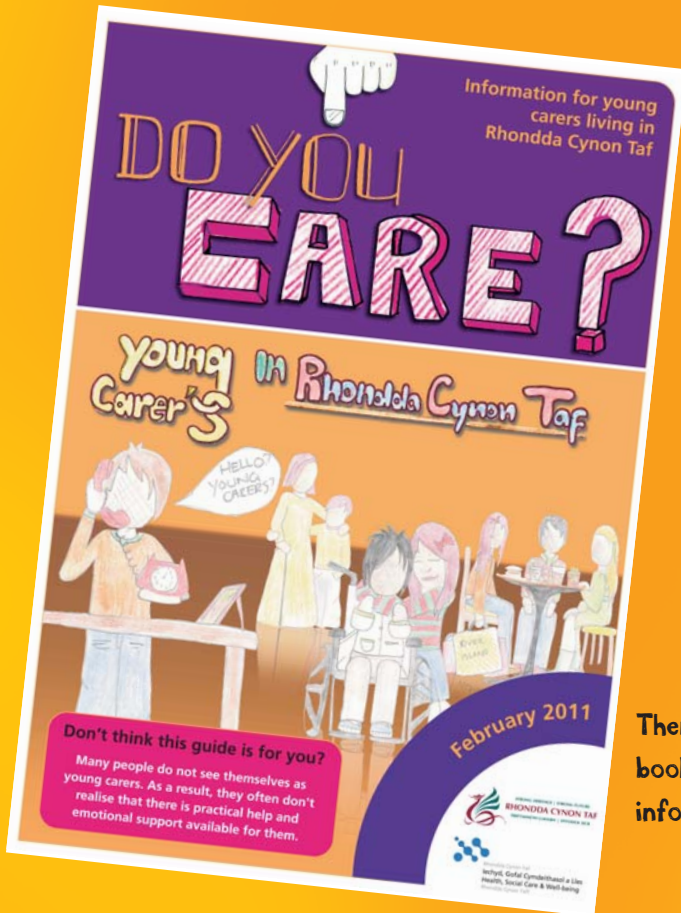
If you are under 18, there is a Young Carer's Project, run by Action For Children, that you can go to where you can meet other young carers and have a break from being at home. The project provides lots of activities for young carers such as cooking, sports, arts and craft and lots of time to have fun!

If you are aged 18 to 25, there is a dedicated Young Adult Carer's Development Worker who provides information, advice and support as well as arranging workshops and social events.



# What else is being done for Young Carers?

There are lots of people in Rhondda Cynon Taf who are trying to improve things for young carers. They got together and asked young carers what they find difficult and what support they need and then put together a plan called the Young Carer's Strategy. This plan helps all organisations like schools, social services and health to work together to support young carers.



There's also a young carer's booklet that has lots of useful information and numbers in it.

# Ok, so what do I do now?



If you or someone you know wants to find out more about the Young Carer's Services, please contact us on  
01443 668839

Email: [Youngcarerssupportteam@rctcbc.gov.uk](mailto:Youngcarerssupportteam@rctcbc.gov.uk)  
Text : 07824 496485

Thanks to all the young carers who helped us  
put this leaflet together.