

Rhondda Cynon Taf Young Carers Service

Providing support and information for carers aged up to 25 years living throughout Rhondda Cynon Taf

Carers look after friends, family & neighbours who are in need of help because they are ill, frail, disabled, have a mental illness or substance misuse problem.

The Young Carers Service provides free support and information for carers aged up to 25 years living throughout Rhondda Cynon Taf.

“Young carers take responsibility for someone who is ill, disabled, elderly, experiencing mental distress or affected by substance use, or has substantial responsibility for caring for a sibling. They may be providing all of the care or helping someone else provide care. The care they provide is not only the things you see (like changing bandages, cooking, cleaning or helping someone to use the toilet or have a wash). It’s also things you can’t see, such as how the young carer feels or thinks because of their caring role”.

Carers aged under 18 are sometimes referred to as 'Young Carers'

Carers aged 18 - 25 are sometimes referred to as 'Young Adult Carers'

Support available from the Service

As a Young Carer or Young Adult Carer, you may feel that you:

- Have less spare time than many of your friends
- Worry about the person you are caring for
- Don't feel able to concentrate on your school/college work or looking for employment because of your caring responsibilities

Often, carers feel unable to discuss their problems with friends or other adults because of loyalty to the person they are caring for, or being afraid of what might happen. In such cases, the Young Carers' Service in Rhondda Cynon Taf may be able to help in a number of ways.

We may be able to help you to continue to care in a way that makes you feel that you are not missing out on your education, social life and personal development.

Accessing the Service

If you are under 18:

Tel: 01443 425006

Email: YoungCarersSupportTeam@rctcbc.gov.uk

If you are aged 18 – 25:

Tel: 01443 281463

Email: CarersSupportProject@rctcbc.gov.uk

Assessments

All Young Carers and Young Adult Carers are entitled to an assessment of their needs. This is an opportunity to have a chat with a worker about your caring role and to identify any support that might be beneficial to you. Following this visit, information and short-term support, such as liaising with schools/colleges or referring to other services (counselling, respite care etc.) can be provided. The assessment looks at the needs of the family as a whole and referrals for support for the care receiver can also be made.

To find out more about assessments, please use the contact details above.

Social Opportunities

Young carers who need ongoing support can be referred onto the 'Young Carers Project'.

The project aims to reduce young carers isolation and enable young carers to spend time together and have a break from their caring role. The project runs regular groups sessions throughout RCT and also organises trips and activities during the holidays. Young Carers are allocated a key worker and can ask for individual 1-1 sessions with their key worker when needed.

Young adult carers have a dedicated worker within the service who organises monthly social events such as meals out and trips to the cinema and comedy clubs. Activity days and overnight stays are organised during the holidays and at weekends. Small group support sessions are also arranged and are tailored to meet the group's needs.

We also work closely with other departments such as our Leisure and Cultural Services to ensure that young carers have access to a wide range of opportunities.

Events and Training

The Young Carers Service organises a range of events and training aimed at supporting carers in their caring role and celebrating national events such as Carers Week and Carers Rights Day. Events have included a 'Healthy Minds Day', a 'Get your voice heard' event, 'Cooking on a budget' workshop and a 2-night 'Taking care of me' training residential.

The Young Carers Service sits alongside the Carers Support Project (for adult carers) and we work closely to arrange events that enable carers of all ages to spend time together. Events have included a 'Fun Day' for carers and their families, a Christmas Pantomime and a trip to the Good Food Show Live.

Carers Discounted Access to Leisure Services

Carers of all ages can now have access to a world of leisure, social and relaxation opportunities at half price. Rhondda Cynon Taf Council is offering all RCT carers discounts of up to 60% off the cost of its MOREMAX and MOREVALUE pay monthly (direct debit) plans and its pay-as-you-use prices. Pay as you go prices to classes and swimming pools are at least half price too for all carers.

To find out more about the discounted access to leisure, please use the contact details above.

Carers Counselling Service

This free confidential telephone or face to face counselling service available to carers aged 18 and over in RCT and is provided by qualified counsellors. You can talk about any areas of your life you are concerned about as personal and caring problems are frequently inter-related and help with one will often help the other

Under 18's can be referred to the Eye to Eye youth counselling service which is a free counselling service for young people based in schools and the local community.

For more information or to book a counselling session, please use the contact details above.