



Support and Information

For Young Carers
in Hull



What is a Young Carer?

A young carer is a young person aged between 5 - 18 years who cares for a family member they live with who may have a disability, serious illness, a mental health issue or an alcohol, drug or substance problem.

At times, caring for someone can be quite demanding which means a young carer has less time for hobbies, interests, friends, part-time work or school work.

A young carer may take on extra household chores, sort out medications, help someone to wash, or be a comfort to someone who requires mental or emotional support.

The Young Carers Project

What we do...

The aim of the **Hull Young Carers Project** is to offer tailored support when needed and a variety of wider opportunities for young people with a caring responsibility aged 5 -18 years. The offer can include;

- ★ An assessment to identify need and to agree a suitable support plan.
- ★ One-to-one support Information, advice and guidance.
- ★ Weekly peer support groups.
- ★ A trusted adult / youth worker to advocate on a Young Carers behalf.
- ★ Opportunity to become involved in the Young Carer led forum to shape future support for Young Carers in the City.



How to access support

Referrals for support come from a wide range of partners and young people can also self-present at school or within their local community.

We take self-referrals and these can be made via the Public Request for Early Help Support.

Professionals working with young people can request additional early help support for young people where a caring role has been identified via Professional Request for Early Help Support.

Following a referral to the project, a young person will be allocated a worker who will make an initial assessment to measure the impact the caring role has on the young person's physical and emotional well-being. The voice of the young person is at the heart of this and if the young person requires tailored support a personal plan will be agreed.

Within the plan we would look to;

- ★ Help the young person to find the support they need from local services, so that their caring responsibilities do not have a negative impact on their lives.
- ★ Support young carers to access community based activities, sports clubs, support groups, youth centres, social groups and health centres.
- ★ Provide advice and emotional support through short term interventions.
- ★ Liaise with schools and colleges so that school based staff can support their students appropriately.
- ★ Provide opportunities for young carers to take a break from their caring responsibilities, spend time with other young carers, share experiences, have fun and build positive peer networks.



The Young Carers Wellbeing Grant

Caring for someone is a big commitment and it can often mean a young person's opportunities may be limited by their caring role.

The aim of the Young Carers Wellbeing Grant is to support Young Carers to;

- ★ Look after their own health and wellbeing and improve their quality of life.
- ★ Reduce any negative impact the caring role may have.
- ★ Participate in a range of social and leisure opportunities and activities that are the norm for other young people.
- ★ Have an increased sense of empowerment over their own lives.

Who can apply?

To qualify for a Young Carers Wellbeing grant, a young carer must be aged 5-17 (up until 18th Birthday) and live in Hull.

A young carer is someone who helps to look after a family member who has a long-term illness; disability; mental health difficulties or problems with drug or alcohol misuse (eg practical, emotional or personal care). The person they care for may be a parent, a sibling, grandparent or other relative.

How much can a young carer apply for?

A young person can apply for up to £300.

Types of things it can fund:

A young carer can apply to the Young Carers Wellbeing grant which can fund all or part of the cost for items of equipment, experiences or opportunities that could give them a break from caring, or make their caring role easier.

Will Fund...

- Dance lessons
- Music equipment and/or lessons
- Concert tickets
- Sports club/ Gym membership
- An annual theatre pass/ cinema pass
- Laptop/Tablet
- Books/ Arts and Crafts
- A Bike

Won't Fund

- Debt/ University fees
- Items that have already been ordered/ purchased
- Respite/ Day care
- Increase to personal care packages that would result in ongoing provision

How will young carers apply for the grant?

For further information about the Young Carers Wellbeing Grant and to make an application please go to www.hull.mylocaloffer.org and search: **Young Carers Wellbeing Grants**.

The Young Carers Grant Administrator can support any queries via email - hullwellbeing@kids.org.uk or by contacting **KIDS** on: **01482 467 540**

Grant Conditions;

A grant can be applied for once within a 12 month period. All applications must be endorsed and supported by a Professional who understands the young person's caring role within their family for example, a Key Worker, Social Worker, KIDS Worker, Early Help, Youth Worker, someone from your School/College or a Health Professional.

Only one grant can be funded per young person, e.g. purchase of equipment and a new activity cannot both be funded, it must be one or the other.

Applications will be considered on a termly basis.

How it's paid

If the application is successful, the payment will usually go into a bank or building society or credit union account.

Young Carers Card



Hull City Council and The Carers Information and Support Service, in partnership with NHS Hull Clinical Commissioning Group offer a Young Carers Card for young people in the City.

The Young Carers Card supports young people by officially identifying them as young carer. The Young Carers Card offers discounted access to local health and wellbeing services and selected local shops and businesses.

For more information on the Young Carers Card or to make an application please contact The Young Carers Project at TheYoungCarersProject@hullcc.gov.uk



The Carers' Information and Support Service (CISS) supports carers over the age of 18 and their families that live in Hull or who are registered with a Hull GP. For more information on what support is available please contact CISS on 01482-222 220.

The Feedback

"I would just like to take this opportunity to thank your staff for everything. You are an invaluable service that deserves some recognition for what you do for the young children who you help feel as important and amazing as others" parent of a young carer.

"Carer's club is a great thing for her because it is a well - deserved treat for everything she puts up with as a young carer. She looks forward to this time on a Tuesday as a way of getting to share her experiences with others who feels the same. After every session Kya is relaxed and happy, which is important in balancing out her stress from a hectic and busy life. Thank for your support." parent of a young carer.

"We get to have a break from what we do at home and then we also get to meet up with our friends that we don't really see" young carer aged 14 who participates in the weekly young carers' social session.

"Sometimes if you need help they (the staff) will be there for you... which is good... so like sometimes if you need help with any homework or any studying that you need help with they'll be there for you... or whether it be like mental health... like if you have a panic attack or just like... you're stressed... or worried about something they will be there to help you out with that" young carer aged 16 who accessed 121 support.

To find out more or for more information

For further information on the Young Carers Project please contact:

TheYoungCarersProject@hullcc.gov.uk

Online request for both public and Professional Early Help support please visit -

hull.mylocaloffer.org and search **Hull Young Carers Project**

Youth Centres 10 - 19yrs

West Locality (Kingston Youth Centre): 01482 331 238

North Locality (Route One Youth Centre): 01482 491 960

(Astra Youth Centre): 01482 310 925

East Locality (Andrew Marvell Youth Centre): 01482 791 226

Children Centres 5 - 11yrs

East Locality (Acorns Childrens Centre): 01482 708 953

West Locality (Priory Childrens Centre): 01482 305 770

North Locality (Lemon Tree Childrens Centre): 01482 828 901

Useful websites....

www.hull.gov.uk/early-help-information-for-professionals

Other websites:

www.sibs.org.uk

www.carers.org

www.howareyoufeeling.org.uk

