

### Do you want to know more?

If you are a Young Carer and would like to register at Halton Carers Centre, its simple! You can either ring our Young Carers Team on 01928 580182

Or complete the form below and return it via our Freepost postal address or if you have a smart phone you can scan the QR Code below and complete our online form! Once we receive the Young Carers details someone from our Team will be in touch to get the Young Carer registered!

Young Carers Name: .....

Address: .....

Parent/Guardian name: .....

Parent/Guardian contact number: .....

Address .....

Place in an envelope and return to:

Freepost RRZU-YZEE-CCTR Halton Carers Centre  
62/64 Church Street Runcorn WA7 1LD



Scan our QR code



'It was a good experience'  
'I made some new friends'  
'I really enjoyed the day'  
(voice of Young carers)

**HALTON CARERS CENTRE** A Network Partner of **CARERS TRUST**

62/64 Church Street, Runcorn, WA7 1LD

☎ 01928 580182

Mon - Fri: 10am - 4pm  
Sat: 10am - 1pm

St Marie's Church, Lugsdale Road,  
Widnes, WA8 6DH

☎ 01928 592405

Wed 10am - 3pm  
Thurs & Fri 10am - 4pm

✉ [help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)

🌐 [haltoncarers.co.uk](http://haltoncarers.co.uk)

To find out what's happening in the centre follow us on:



Halton Carers Centre is registered in England & Wales as a Registered Charity No: 1124493  
Company Limited by Guarantee No: 06574889

**HALTON CARERS CENTRE** A Network Partner of **CARERS TRUST**

# Are you a Young Carer?



Halton Carers' Centre provides **FREE** support and activities for Young Carers aged 5yrs up to 18years.



Halton Carers Centre is registered in England & Wales as a Registered Charity No: 1124493  
Company Limited by Guarantee No: 06574889

## What is a young carer?

Young Carers are children & young people aged 5yrs-18years who provide help and ongoing support to a family member or friend who:

- has a long term illness, is disabled or misuses drugs or alcohol.

A Young Carer will carry out practical and emotional caring responsibilities that would normally be expected from an adult.

## A Young Carer may help with the following things:

- Cooking
- Housework
- Shopping
- Emotional Support
- Helping with medication
- Appointments
- Paying Bills
- Looking after Siblings



## How could being a Young Carer affect a young person:

- It may get in the way of some of your schoolwork or make you late for school.
- You may feel more tired.
- At times you may feel frustrated or angry.
- You may not get to see your friends as much as you would like.
- You could struggle with your confidence or be anxious.
- You may not be able to access some things you would like too.

## But there are so many positives of being a Young Carer too!

- You are building strong relationships with your family.
- You are learning important life skills.
- You gain the ability to sense other peoples feelings and needs.
- You become more tolerant towards others and differences in general.
- You can feel more confident.
- You can engage with Halton Carers Centre Young Carers Service!



Kindness  
MATTERS

## What we offer

- Information, Advice and Guidance
- You can access a Young Carers Assessment (16years plus).
- Trips & Activities
- Young Carers Groups
- Training
- Carer Break Funding
- Relaxation therapies
- Family Trips
- Advocacy



## Raising awareness for schools and professionals

Halton Carers Centre is raising awareness in all schools in Halton and aims to identify a lead professional within each school. It is important that young carers are encouraged to speak to the lead within their school. We offer drop in days where we can register and review young carers.

If you are a professional and would like to refer a young carer to our service, you can do so via telephone, email or scan our QR code. Alternately you can complete the slip overleaf and send it to the FREEPOST address.