

WHO IS A YOUNG CARER?

Young Carers are:
children and young people under 18
who provide regular or ongoing care and/or
emotional support to a family member who is

- physically ill
- mentally ill
- disabled or
- misuses substances

HOW TO MAKE A REFERRAL

Access our referral form and eligibility criteria
from our website or call us to have a discussion
in principle.

www.glosyoungcarers.org.uk/what_we_do/how-to-refer-to-us
01452 733060

OUR SERVICES

Children identified as young carers will receive a
home visit from one of our team to assess their
strengths & needs within a whole family context.
Dependant on need GYC can offer:

- 'Caring Counts', our wellbeing programme for young carers of 11 years and above
- Activity groups and trips for young carers who need a break
- Specialist support for young carers who look after someone who misuses alcohol or drugs or who has mental ill health
- Opportunities to have their voices heard by professionals
- Information booklets written by young carers for young carers

See glosyoungcarers.org.uk for resources for families and professionals

YOUNG CARERS TOP TIPS FOR SCHOOL NURSES



Make yourself
known and
visible to us

Promote our
physical and
emotional
wellbeing

Check we are
registered with
health services
eg. GP, dentist

Understand the
emotional
impact of caring

Be supportive,
non-judgemental,
& non-intrusive

Recognise that
we are 'experts
by experience' in
caring

Work together
with young
carers school
leads

Keep in touch
with GYC for info
& advice