



WHAT YOU CAN EXPECT FROM US

Gloucestershire Young Carers can...

- Check with you to see if a referral to GYC is right for you
- Meet with you and your family to find out what your strengths are and what support you need
- Look at ways to make your life as a young carer easier by...
 - Giving you any information or advice that you need
 - Helping the person you care for to get the support that they need
 - Offering you group and individual opportunities
 - Finding other organisations or people who can also help.

OUR VISION

Every young carer will be able to enjoy their childhood and make a positive transition into adulthood

OUR MISSION

To empower young carers to build on their strengths and achieve their aspirations

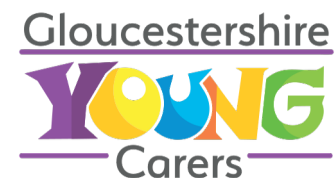


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Supporting
the **YOUNG**
in young carer



WE CAN CHECK OUT

WHAT SUPPORT YOU NEED

IF YOU :

- ✓ Are aged between 8 and 24 years old
- ✓ Live or go to school in Gloucestershire
- ✓ Help look after someone with a physical or mental illness, disability or who misuses alcohol or drugs.

"I definitely feel a lot more confident and don't feel alone anymore"

At GYC we have been working with and for young carers for over 30 years building a network of support across the county.

You can stay connected to our service for as long as you have a caring role.

You may need to access different types of support at different times as your situation changes. For example when you turn 16 you may want to join our Young Adult Carer Service.

This leaflet illustrates the full range of support that we can offer.

YACS



One to one and group support for you when you are 16-24.

SUPPORT FOR THE WHOLE FAMILY



Advice and active support to help the person you care for get the services that they need.

INFORMATION & ADVICE



Helping you understand about specific illnesses, how to cope with life's challenges and keeping well.

CARING COUNTS



Health and wellbeing programmes addressing your needs as a young carer.

WE CAN FIND OUT WHAT SUPPORT YOU MAY NEED AS A YOUNG CARER

ACTIVITY GROUPS & TRIPS



For when you need a break from your caring responsibilities.

HAVING A VOICE



Get involved, meet others and help create positive change for young carers

SUPPORT IN EDUCATION



Access to young carers support in schools / college.

SPECIALIST SUPPORT



If you care for someone with mental ill health or who misuses drugs or alcohol.