



FACTSHEET FOR CARERS AGED 5-18

AM I A CARER?

Do you help look after a member of your family, such as your mum or dad, a grandparent, sister or brother? Or maybe a friend or neighbor? Do they need help because they are ill, disabled, have mental health issues or substance misuse issues?

If the answer is yes, then you are a carer. Carers are people who look after a family member or friend because they can't manage things by themselves. There are thousands of people who care for a loved one in Carmarthenshire so even though it can be a lonely job, you're not alone.

BUT I'M STILL IN SCHOOL...

Being a carer doesn't mean that you spend all day and night with the person you care for. In fact, most carers fit their caring responsibility around their school or work too.

Sometimes the added pressure means that keeping up with your homework and school becomes more difficult. Maybe being a carer means you get less sleep or get tired easily, so concentrating can be difficult. Maybe when you're at school, you keep worrying about the person you care for, so it's hard to keep up in class. These are common problems for carers who are still in school.

It's the same with spending time with your friends – many carers feel that they can't hang out with their friends because they are needed at home. Maybe you don't want your friends to come to your house because they won't understand why you are a carer to someone at home. Maybe you're just too tired to think about doing anything with your friends after school or at the weekend.

SO WHERE CAN I GET HELP?

There is a new project in Carmarthenshire which is dedicated to helping carers just like you. The Carer's Educational Years (CEY) project supports young carers aged 5 – 18 to cope in their caring role and to balance other things too, like keeping up with school, staying healthy and seeing friends. Through the CEY project, you'll also get to meet other carers like you, who know exactly what it's like to look after someone you love.

WHAT THE CEY PROJECT DOES

The CEY project can arrange for a project worker to meet you to chat about how things are going and how to help things get better. The project worker can meet you wherever is easiest, at home or school or somewhere else that you feel comfortable.

These are the seven main aims of the project:

Health - For young carers to look after their own health and happiness, not just for the person they are caring for.

The Caring Role – Helping young carers to learn new skills and find ways to make their caring role easier for themselves and the person they care for.

Managing at Home – Supporting young carers to keep on top of things at home and making sure that their home has everything they need to complete their caring role

Time for Yourself – helping young carers to set aside time to rest, relax and spend time with friends or doing something they enjoy

How you feel – improving young carers' personal wellbeing, managing stress and learning how to deal with pressure or worry.

Finances – making sure that the young carer and the person they care for are getting the right financial support, help with managing budgets, bills and legal issues

School – working with schools and colleges to help young carers feel more supported and making sure they have good opportunities for after school or further education.

THE SUPPORT SERVICES WE CAN OFFER...

- ✓ A dedicated project worker providing 1:1 support in your home or community
- ✓ An individual action plan to help you to achieve positive changes in your life
- ✓ Helping to liaise with school and college to address any problems
- ✓ Access to a peer support network of others your age facing similar issues
- ✓ Activities, youth clubs, trips and events

WHO DO I GET IN TOUCH WITH?

CEY Carer's Education Years (5-18yrs)

Cat Hooton

Tel: 0300 0200 002

Mob: 07508 001596

Email: cat@carmarthenshirecarers.org.uk

Web: www.carmarthenshirecarers.org.uk

Young Carers Project (Carmarthenshire Council)

Mags Williams

Email: mawilliams@carmarthenshire.gov.uk

YAC Young Adult Carers (16-25yrs)

Melanie Rees-Lewis

Tel: 0300 0200 002

Mob: 07535 449686

Email: melanie@carmarthenshirecarers.org.uk

Web: www.carmarthenshirecarers.org.uk

Carmarthenshire Carers

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Carer's Educational Years



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