



### Contents

Young Carers .....	2
What things do Young Carers do? .....	2
Support for Young Carers .....	2
For further information.....	3
Disclaimer and copyright information.....	3
Carmarthenshire Carers Information Service .....	3

## Young Carers

A young carer is a child or young person under the age of 18yrs who helps look after a family member who is sick, disabled, has mental health problems or is affected by substance misuse.

## What things do Young Carers do?

Many young carers have to take on an “adult role” at an early age, sometimes from as young as four. This can include:

- Household chores – cooking, cleaning, ironing, gardening etc.
- Personal care – washing, dressing, toileting, giving medication.
- Significant levels of supervision.
- Offering emotional support.

## Support for Young Carers

Carmarthenshire Young Carers Service provides information and support for Young Carers deemed to be in priority need by virtue of their caring role. If they are not able to help directly, they will put you in contact with someone who can. The Young Carers Service is able to provide:

- Information about the illness or disability of the person you care for.
- Someone to talk to in 1:1s who will listen and give practical relevant advice.
- Opportunities to meet others of your age who are carers for peer support.
- Dedicated Education Engagement workers who work in partnership with schools to provide continued and consistent support.
- A break from caring through trips, activities, and youth clubs
- Relevant courses.
- Workshops on topics such as life skills and emotional wellbeing
- Referral on to other agencies.

Anyone can make a referral to the service provided they have the consent of the parent and young person.

## For further information

### Carers Educational Years (CEY) Project

#### General Enquiries:

The Palms, Unit 3, 96 Queen Victoria Road, Llanelli SA15 2TH

Website: [www.ctcww.org.uk](http://www.ctcww.org.uk)

Email: [youngcarers@ctcww.org.uk](mailto:youngcarers@ctcww.org.uk)

Tel: 0300 0200 002

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### Carmarthenshire Young Carers Service

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Text: 07970 827773

[youngcarersservice@carmarthenshire.gov.uk](mailto:youngcarersservice@carmarthenshire.gov.uk)

## Disclaimer and copyright information

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## Carmarthenshire Carers Information Service

The Carers Information Service provides free and confidential information, advice, and support to Carers.

We produce and distribute information for carers and organise regular events in partnership with other organisations.

The service is joint funded by Carmarthenshire County Council and Hywel Dda University Health Board.

## Contact details

Carmarthenshire Carers Information Service  
The Palms, Unit 3, 96 Queen Victoria Road, Llanelli, Carmarthenshire SA15 2TH

0300 0200 002

[www.ctcww.org.uk](http://www.ctcww.org.uk)



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