

# About Family Action

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people.

We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

# About Leeds Young Carers Support Service

Young carers are children under the age of 18, who take on physical, practical, or emotional tasks at home due to someone in their family having an illness, disability, alcohol or drugs problem, a learning difficulty, or experiences mental ill health.

A young carer may do caring tasks such as cooking, cleaning, shopping, giving medication or just talking and helping when the cared for person is feeling sad.

We provide specialist information, advice and support to young carers, their families and professionals.

Our aim is to ensure that no child or young person's life is unnecessarily or inappropriately affected because they are providing care, and the cared for person has the right care and support in place.



# Leeds Young Carers Support Service

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## SCAN ME



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Registered as a Charity in the Isle of Man no: 1206.  
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Leeds Young Carers Leaflet/SP/December 2023

# Family Action Leeds Young Carers Support Service



## Identifying and supporting Young Carers in Leeds.

## A leaflet for Professionals

[www.family-action.org.uk](http://www.family-action.org.uk)

## How are young carers supported in Leeds?

In Leeds we have a 'No Wrong Door for Young Carers' Pathway which is a graduated response to how young carers and their families are supported.

This means that the first service to become aware that a child or young person may be providing care for a family member has the responsibility to explore this further and find out what support the family feel they need.

A young carers brief assessment tool called 'The Day in the Life of...' has been developed to support professionals to better understand a young carer and their families situation. This will inform which service may be best placed to provide support in line with the 'No Wrong Door for Young Carer' pathway.

The pathway recognises that existing universal and targeted services will often meet the needs of the family. For those young carers however, who are undertaking inappropriate or excessive caring tasks with no safeguarding implications, a referral to Leeds Young Carers Support Service should be made.

The pathway and brief assessment tool can be found on our website under Service leaflets and Resources.

“ We have a wet room so Mum can have a wash easily and I am doing less caring now. I never miss School anymore and have 100% attendance ”

Young carer

## How can our service help?

### Information and Advice

We provide information and advice to young carers, their families, and practitioners. Please contact us either via our enquiry form on our website, telephone or email.

### Awareness Raising

To support the implementation of the 'No Wrong Door for Young Carers' pathway we have developed two opportunities that are available to children, family, and adult services across all sectors in Leeds.

**Practice Development sessions** – These provide an opportunity to develop knowledge, increase confidence and improve the identification and support for young carers and their families.

**We are Young Carers Friendly Leeds Programme** – this is a bespoke package of support and training, which will assist schools and organisations to review their current young carer identification and support mechanisms, and establish a robust action plan to improve outcomes for young carers.

If you are interested or want to learn more about either opportunities please complete the enquiry form on our website.



## Specialist Support

If a child or young person is providing inappropriate or excessive care a referral for specialist support can be made to the service.

A Young Carers Practitioner will be allocated to complete a 'young carer needs assessment' with the whole family. Goals will be agreed to help reduce the caring tasks being provided by the child or young person and ensure the cared for person has the right care and support in place.

## How to refer

Please complete 'A Day in the Life of...' brief assessment tool and the Early Help Request form with the family and email them to us. In the instance a referral is not felt appropriate for our service we will always endeavour to provide information and advice.

All forms are downloadable from our website.

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