

## 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 Service

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**



Family Action Young Carers  
Services

Leeds Young Carers Leaflet – Family – SP/ January 2024

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## Family Action Leeds Young Carers Support Service



## Identifying and supporting Young Carers in Leeds.

### A leaflet for Families

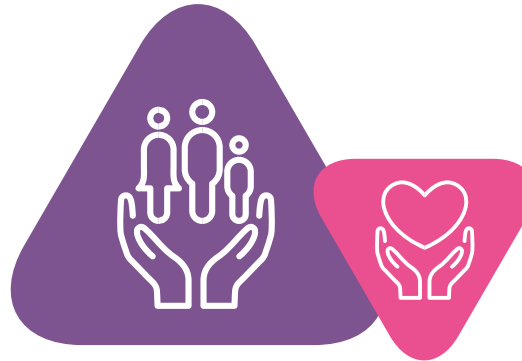
[www.family-action.org.uk](http://www.family-action.org.uk)

#### Who is a young carer?

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.

Lots of children and young people want to help at home and feel proud that they support the person they care for. At the

same time, however, the impact of these caring tasks may affect mental and physical wellbeing, cause difficulties at home, in school/college or elsewhere.



“

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

#### Getting support

We can be contacted by anyone for advice and support via phone, email or our webpage enquiry form.

If you feel you or someone in your family is providing care for a family member and would benefit from a Young Carers Practitioner completing an assessment please visit our website for further guidance.

#### How we work

We meet with the young carer and their family to understand what is going well and what is causing difficulties.

Our priorities are to:

- Reduce the amount of caring a young carer is doing.
- Ensure the cared for person is receiving all the support and financial benefits available to them
- Help the young carer to get more support at school or college.
- Make sure that the young carer has someone to talk to when things are difficult.
- Support young carers during transition periods including changing schools and accessing adult services.

#### What to expect from LYCSS

Referral

When a referral is accepted you will be allocated a Young Carers Practitioner.

#### Initial contact

Your Young Carers Practitioner will then contact you and the person who referred you to discuss your family's needs.

#### Planning

Working alongside you and your existing support network, we complete a young carers needs assessment. This helps us understand more about the type of care being provided and the impact it is having. A plan, individual to your family will be agreed and will focus on reducing the impact and amount of care being provided and improving your quality of life.

#### Support

You will receive regular contact from your Young Carers Practitioner through home visits and phone calls.

#### Reviews

Regular meetings with you and existing support services will be carried out to discuss your on-going plan, what is working well and if anything needs to change.

#### Closure

Depending what support you need, your Young Carers Practitioner can work with you and your family for up to 6 months.