

Family Action's Nottinghamshire Young Carers Service

In October 2009, Family Action took over the responsibility of supporting young carers across Nottinghamshire from the Carers Federation's Action for Young Carers Service. As before, the service aims to highlight and identify the needs of young carers; lobby for service improvements; and provide support, advocacy and information to young carers and their families. As well as this, we will be providing training, awareness raising and information to professionals, in order to actively improve support for young carers from all aspects of services involved with them and their families.

We offer support to young carers who care for parents/carers, relatives, siblings, etc with a physical or sensory disability, mental health difficulty, substance misuse, learning disability, ill health or by effects of the ageing process.

We offer specialist one to one and group support, as well as activities, to relieve and prevent the stresses experienced by young carers, in order to protect health, relieve poverty, distress or sickness.

We aim to promote the needs and issues that affect young carers to Education, Health and Social Service professionals, and encourage them to help young carers and improve their standard of living across Nottinghamshire.

We provide awareness raising materials and direct work to schools, in order to improve understanding of young carer needs and encourage the instigation of in-house support systems; such as a named teacher, young carer school group, etc.

As part of the new service, we are now able to offer support to young people aged 16 – 24 who have caring roles. This new and innovative service is delivered very much in partnership with carers who directly steer the development and focus of the work.

The service also hopes to continue working in close partnership with other agencies to facilitate positive outcomes for young carers.

We have attached a leaflet with this information sheet. We hope that these both give you some idea of the support we provide. If you have any questions, please do not hesitate to contact us on 01159473023 or e-mail us at notts.youngcarers@family-action.org.uk.