

What is a Young Carer?

Young carers are children and young people who help care in families where someone has an illness, a disability, a mental health issue or for someone who has an alcohol or drug problem.

The person they help care for might be a parent, a sibling, a grandparent or other relative, or maybe a friend.

What Does a Young Carer Do?

Personal care



Cooking



Cleaning



Paying Bills



Emotional Support



Shopping



Giving Medication



Our Pledge



When young carers need extra help and support we will help find this extra help and check with them how it has gone.



We do not make assumptions about what young people` need, but listen to what young carers tell us about their lives and support them to play a full part in life, as well as support them in their caring role.



We ensure that everything young people tell us about their caring responsibilities stays private and confidential unless we have their permission to share, they are unsafe or at risk of harm.



We have identified member(s) of staff who are responsible for ensuring that young carers in our organisation are supported and able to access help.



We will commit to having young carers information readily available to our staff and service users.

The Bridge Young Carers Service

Referrals/Self-Referral ring: 0191 3832520

Email: durhamyoungcarers@family-action.org.uk