

Our Work in Schools

School can be difficult at times for a lot of Young Carers. They may be worried or stressed about leaving the person they care for, which might mean they miss homework or end up being late for the start of school. They may be tired from the previous night or have difficulties staying after school. Explaining why they are having these difficulties to school staff may be hard.

We work with schools and colleges in Swindon to achieve the Young Carer Award. Working on the Award can help staff understand what Young Carers have to deal with and gain advice about ways to support Young Carers in schools. We can also help with training, assemblies and curriculum development. For further information about the Young Carer Award, contact Ann Giles, Schools Development Manager, on ann.giles@swindoncarers.org.uk.

"Thank you for everything. You know that I do not like talking to people about what goes on in my home, but with your help, I have been able to get the support I need at school."



Swindon Carers Centre provides information and support to Young Carers aged 5-17 in Swindon. Please contact us to begin the registration process.

Our opening hours are:
Monday to Thursday
9.30am to 4.30pm
Fridays 9.30am to 4pm

For information about Young Carer support call: 01793 401091

For information about Young Carer groups and activities call:
01793 401092

Swindon Carers Centre
Sanford House, Sanford Street,
Swindon, SN1 1HE

Telephone: 01793 531133
carers@swindoncarers.org.uk
www.swindoncarers.org.uk



Swindon Young Carers



SWINDON
Carers Centre

Are you aged between 5-17 years old and help to look after a family member because they have an illness or disability? Swindon Young Carers are here to help.



Charity No. 1061116
Company No. 3305621

Who are Young Carers?

Young carers are children who look after someone in their family who has an illness, a disability, a mental health problem or a substance misuse problem, taking on practical and/or emotional caring responsibilities that would normally be expected of an adult.

- The person they care for may suffer with an illness or disability
- This may include a physical or learning difficulty, long term illness, mental health problems or the misuse of drugs or alcohol
- Young carers look after a family member such as a brother or sister, their Mum or Dad or grandparent in the family home
- Young carers help the person they care for with a variety of different things which may not be considered appropriate for their age, such as housework, cooking, personal care or making sure the person they care for is safe
- Some young carers may be looking after more than one person



"My daughter has really benefited from coming to the young carers group. She has grown in confidence and also worked out that she is not on her own."



"The opportunities you give to our children is just incredible. They get a break but spending time with other children in the same boat is invaluable."



"I feel more calm and less stressed, coming to young carers has given me a break."

What the Young Carer Team at Swindon Carers Centre Offers

Firstly, a Young Carer Support Practitioner will arrange for a home or school visit to talk with the Young Carer and assess their caring role and how we can help. This normally takes about an hour.

We also look at whether other services could be of help so that some of the things the young carers may be doing could be done by other people.

After the first visit, the Young Carer Support Practitioner will offer a number of choices that may include any of the following:

- Groups and activities with other children and young people of the same age
- To be part of the Young Carers Forum
- 1:1 support with a Young Carer Support Practitioner

We can offer additional services through Swindon Carers Centre such as support and activities for Adult and Parent Carers within the family.