

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 deadlines or end up being late for the start of school. They may be tired from the previous night or have difficulties staying after school. Young carers may find it hard to explain why they are having these difficulties to school staff.

Swindon Carers Centre works with education providers in Swindon to ensure young carers have the best chance possible in life. We work to make sure that their health, emotional wellbeing, social opportunities, and life chances are not compromised. This includes holding Young Carer Lead meeting three times per year, to share best practice and update education providers in relation to support that is available locally.

"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.

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
info@swindoncarers.org.uk
www.swindoncarers.org.uk

Charity No. 1061116

Company No. 3305621

Swindon Young Carers



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.



Who are Young Carers?

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

Young carers help the person they care for with a variety of different things which may not be considered appropriate for their age. This could include dressing, bathing, or cooking/ cleaning.

Young carers may offer regular emotional care, such as comforting, listening, and talking to the person they care for, which causes the young carer stress, worry, or anxiety.

Some young carers may be looking after more than one person within their household.



"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

The Young Carer Team will contact the parent / guardian to arrange to meet the young carer to undertake a Young Carers Assessment.

This assessment will explore the young persons caring role along with other areas of their life such as school, friendships, and what they like doing. This gives the Young Carer Support Practitioner a good understanding of how Swindon Carers Centre can support.

Where appropriate, we will be able to offer a break away from their caring role. This may consist of school holiday activities and/or term-time groups, or 1:1 support. The assessment also helps to see if other local services would be appropriate to help support the young carer and their family.

We can offer additional services through Swindon Carers Centre such as support and activities for adult and parent carers within the family.