



Kirklees Young Carers Service

Contact: Liz Robson

Call: 01484 426 100

[www.barnardos.org.uk/kirklees-ycs.htm](http://www.barnardos.org.uk/kirklees-ycs.htm)



Carers Count

Contact: Debbie Neary

Call: 0300 012 0231

Email: [info@carerscount.org.uk](mailto:info@carerscount.org.uk)



# WHO ARE YACS?

Are you aged 16–25 and helping to care for someone at home?

## THEN YOU MAY BE A YOUNG ADULT CARER!

Young Adult Carers are young people aged 16–25 who are caring for a family member with a physical illness, disability or mental health issue.

Young Adult Carers helping to look after a family member might help with things like:

- \* Listening to or keeping the cared for person company
- \* Cooking meals and making drinks
- \* Visiting the cared for person in hospital
- \* Cleaning and tidying the house
- \* Providing personal care
- \* Doing shopping
- \* Helping with medication.



## Did You Know That You Can Study and Claim Carer's Allowance?

Are you over  
the age of 16?

Do you have less  
than 21 hours of  
supervised study  
per week?

Are you caring  
for someone for  
35 hours per  
week or more?



If you have answered yes to these questions, you may be eligible for Carer's Allowance.  
To find out more about Carer's Allowance and how to apply, go to

**[www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance)**

or telephone the Carer's Allowance Unit on

**0345 608 4321**

# WHERE TO FIND MORE INFORMATION



## THE REALLY USEFUL BOOK OF LEARNING AND EARNING FOR YOUNG ADULT CARERS

[tinyurl.com/learningandearning](https://tinyurl.com/learningandearning)

## KNOW YOUR RIGHTS

[tinyurl.com/rightsbooklet](https://tinyurl.com/rightsbooklet)

## GETTING INTO WORK: A GUIDE FOR YOUNG ADULT CARERS IN ENGLAND

[tinyurl.com/gettingintowork](https://tinyurl.com/gettingintowork)

**L&W** LEARNING AND WORK INSTITUTE

# ASSESSMENTS FOR YOUNG ADULT CARERS

The law now says that Young Adult Carers in the UK have a right to an assessment of their needs.

This means someone will talk to you about your caring role and how this affects you.

This conversation should also give you the chance to talk about whether your caring role will continue when you turn 18, how this might impact on you, what you want to achieve and what support might help you.

The following organisations in Kirklees can help with arranging an assessment and support for you as a carer...

**CARERS COUNT**

**BARNARDO'S YOUNG CARERS**

**KIRKLEES COUNCIL CARE NAVIGATION TEAM**

# SUPPORT FOR YOUNG ADULT CARERS



Kirklees Young Adult Carers Group is run jointly by Barnardo's Young Carers Service and Carers Count for Young Adult Carers living in Kirklees and helping to care for someone at home.

The group is a chance to meet other young people in a similar situation, have fun and find out more about support for carers in Kirklees.

The group meets regularly at various venues across Kirklees.

Please contact Liz Robson (Kirklees Young Carers) on 01484 426 100 or Debbie Neary (Carers Count) on 0300 012 0231 for more information.



Barnardo's Kirklees Young Carers Service works alongside young carers aged 8–18 years across Kirklees to develop their skills and strengths to achieve their goals. Kirklees Young Carers supports young carers in a variety of ways including:

One-to-one and group support; speaking to other agencies and professionals about how they can help; activity days; support around education, training and employment; raising awareness of young carer issues and delivering training to other professionals.

Call 01484 426 100 or visit [www.barnardos.org.uk/kirklees-ycs.htm](http://www.barnardos.org.uk/kirklees-ycs.htm).



Carers Count is a service for any adult in Kirklees who gives, or has given, time and energy, without being paid, to look after a family member or friend who cannot manage on their own.

We provide quality advice and information; run groups, activities, training and sessions; provide support and help carers to support each other; help carers to have a voice and for that voice to be heard.

We will listen to all carers and you will be taken seriously, treated with respect and supported in a way that will meet your individual needs.

Like us on Facebook: Carers Count

Call 0300 012 0231 or email [info@carerscount.org.uk](mailto:info@carerscount.org.uk)

# MONEY AND BENEFITS

There may be benefits you are eligible to apply for such as Carers Allowance or Universal Credit. However, rules for this are complicated and could affect the benefits of the person you care for.

However,  
a benefit check is  
a simple, quick process  
that can be carried out  
in person, via email  
or over the  
phone.

If there is anything you are entitled to apply for we can help you with applications and any paperwork required.

So if you would like your, or the person you provide care for, situation assessed please do not hesitate to get in touch and we will be happy to help.

▶ ▶ ▶ Call 0300 012 0231 or email [info@carerscount.org.uk](mailto:info@carerscount.org.uk)

# TOP TIPS FROM YOUNG ADULT CARERS

**FEEL LIKE  
YOU HAVE  
TO MANAGE  
THE WORLD?**

**PLAN  
YOURSELF  
AND YOUR  
TIME**

**DON'T TRY  
TO MANAGE  
EVERYTHING  
ON YOUR OWN**

**BE  
YOURSELF,  
BE TRUE  
TO YOU!**

**TALK  
TO  
PEOPLE!**

## What is COaST (Carers Options and Support Together)?

Carers Support Service provides emotional and therapeutic support to Kirklees adults who have a substantial caring role and are impacted by someone's mental health issue or drug and alcohol misuse.

The service aim is to improve carers' well-being by providing emotional support. This can be via an arranged face-to-face meeting, telephone support or a group setting to suit personal choice.

Call 01924 468 344 or visit [www.st-annes.org.uk](http://www.st-annes.org.uk).

Email [stephanie.elcock@st-annes.org.uk](mailto:stephanie.elcock@st-annes.org.uk) or [michelle.roberts@st-annes.org.uk](mailto:michelle.roberts@st-annes.org.uk).



**Many colleges and universities have excellent student support services that can help with balancing the demands of your course and your caring role, as well as with other issues such as financial support.**

**Here is what two colleges in Kirklees do to support carers...**

When you start Kirklees College, a team of people will support you. Your tutors, study programme leader, progress coach and additional learning support advisers are there to help and ensure you are on track with your course, careers guidance, any personal and emotional issues you may have, as well as financial concerns.

If you are a young adult carer the College has a dedicated Care Coordinator who can provide specialist, tailored support prior to joining the college, throughout the study programme and support to progression.

The Care Coordinator will work with progress coaches, tutors and any other relevant staff to ensure young adult carers are fully supported.



Young carers at Huddersfield New College have access to a designated teacher for support, information or guidance if requested and access to a progress tutor and the college welfare officer.

Young carers can be supported to access the college bursary and staff are aware of their disclosure in the event that they need time off college or lateness. We are also hoping to form a focus group to discuss ways to further support young carers at college.





# SUPPORT FOR YOUNG ADULT CARERS



Kirklees Council's Care Navigation Team provide care navigators who offer an advice and signposting service for adults aged over 18 and carers whether or not you are eligible for support from the council. The Care Navigation Team will assess your needs as a carer once you turn 18. They can also look at support that might benefit the person you care for. You can request an assessment over the phone.

Get in touch on 01484 414933 (24 hours a day, 7 days a week) or visit [www.kirklees.gov.uk/beta/social-care/care-navigation.aspx](http://www.kirklees.gov.uk/beta/social-care/care-navigation.aspx).



CKK Careers can help and support you to; discover your next step; find out what job and career options might suit you; find your next course; find jobs and apprenticeships; prepare your job and college applications and CVs; prepare for interviews.

We have centres in Dewsbury Library, Huddersfield (High Street) and Halifax (Alexandra Street). You can drop in between 10 and 4 Monday-Thursday and 10 and 3 on a Friday. Alternatively you can chat to your school or college careers adviser. To find out more visit <https://ckkcareersonline.org.uk> or follow us on Facebook (CKCareers) and Twitter (CKCareers1).



Fusion Learning offer in-depth support and mentoring to help people aged over 19 move into work and learning, alongside fun learning opportunities focusing on health and well-being to help people improve their confidence and life chances whilst making new friends.

We are part of Fusion Housing who are a non-profit making charity working to help individuals who are experiencing housing related problems and need support with learning and employment. Call us on 01484 425522 or [info@fusionhousing.org.uk](mailto:info@fusionhousing.org.uk).



## Assistive Technology

### Solutions for daily living



**There are times when we all need some support. Kirklees Council have a wide range of technology equipment tailored to suit your needs and to enhance quality of life.**

- ▣ Carephones and Pendants
- ▣ Carbon monoxide and Smoke detectors
- ▣ Medication dispensers and Alerts for Carers
- ▣ GPS wandering devices and SOS alerts

**Talk to one of our advisers or view the website to find out more about these and other technology devices.**



Keep safe and  
well at home

Call **01484 414933**  
Visit **[www.kirklees.gov.uk/assistentechology](http://www.kirklees.gov.uk/assistentechology)**

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