

Barnardo's

Merthyr Young Carers Service

WHO ARE YOUNG CARERS?

A Young Carer is someone under the age of 18 years who takes responsibility for someone who is ill, disabled, elderly, experiencing mental distress, affected by substance use, or has substantial responsibility for caring for a sibling.

A Young Carer could be from any family. They may be the person providing all of the care but may also help someone else to provide the care. Care is not only the things people can see like changing bandages, helping someone to use the toilet or to have a wash, but it is also about how you feel or think because of your caring role.

WHAT DO YOUNG CARERS DO?

Young Carers may be involved in a wide range of caring tasks and responsibilities:

- Physical care
- Practical care
- Personal care
- Medical care
- Household/ family responsibilities
- Emotional support



HELP AND SUPPORT FOR YOUNG CARERS

The service bases its work on the needs of its users and provides:

- A chance to be children and young people
- After-school clubs
- Activity days
- Residentials
- Emotional and individual support
- New opportunities
- Information and advice
- Opportunities to have a say
- Advocacy
- Young Carers Forum
- Awareness Raising



 **Barnardo's**
Cymru
BELIEVE IN CHILDREN
CREDWCH MEWN PLANT

If you are a Young Carer
Or
You know a Young Carer
living in Merthyr Tydfil and would like to find out more about the help and support available

Please contact:
IAN DENNING
VICKY BANNON

To arrange the services we need the consent of the Parent(s) / Guardian.

CONTACT DETAILS

Barnardo's

56 High Street

Merthyr Tydfil

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Tel: 01685 382422

