

# Supporting Young Carers in Northern Ireland

Barnardo's works with schools, health trusts, and community and voluntary agencies to raise awareness of young carers and reach young people who may benefit from the service.

We also work with the young carers and their family to develop the best kind of support for them.

The young carer can refer themselves to the service, or the referral can be made by someone who knows them like a social worker, teacher or family member.

## Get in touch

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[barnardos.org.uk](http://barnardos.org.uk)

Northern



Western



# Young Carers Service Northern and Western HSC Trust areas



# What is a Young Carer?

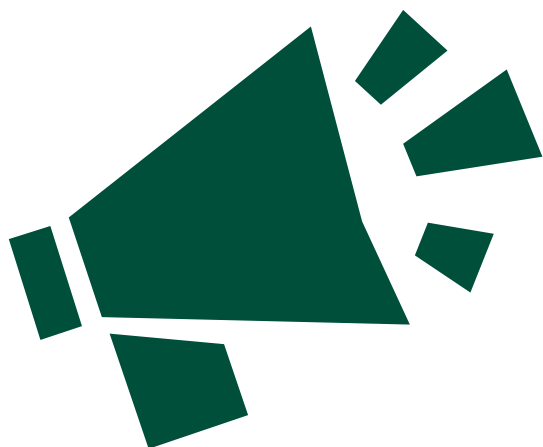
A young carer may help look after a parent, sibling or other relative who has a disability, poor physical or mental health or has a dependency on drugs or alcohol. There are over 8000 young people in Northern Ireland who are helping to look after people at home.



What things might a young carer do?

- Help with personal care
- Give someone medication
- Support and care for siblings
- Domestic chores like shopping, cooking or housework
- Translate or use sign language

This can impact on health and wellbeing. The young carer might become stressed and anxious, have trouble with school, feel tired or low and miss out on time with family and friends.



## What Barnardo's Young Carers Service Offers

We aim to equip and empower young carers with the skills, knowledge and strength to fulfill their caring role but also to enjoy childhood and fulfill their potential. We provide...

- A listening ear
- Peer Support
- Advocacy
- Individual support
- Advice
- Signposting
- Fun social activities
- A say in making changes
- A safe environment to express concerns or worries

