

Respite Programme



Our activity sessions give young carers a chance to have a break from their caring role and the opportunity to meet with other Young Carers.

We offer a wide variety of activities. These include:-

- Team games
- Multi sports
- Music
- Baking
- Arts & crafts
- Or just simply a place to chill out and relax!

All activities are free of charge but are on a first come, first served basis.

Our activity groups are split into ages, so you'll meet Young Carers of a similar age to you.

Group A - School Years 1-3

Group B - School Years 4-6

Group C - School Years 7-9

Group D - School Year 10 - till 18th Birthday

“ Young Carers are always there to listen and give the best advice according to the situation. This helps me to improve my caring role and my day-to-day life challenges.

” At the Young Carers Centre, you can have 1 to 1 sessions and events where you get free time from caring responsibilities. This is good for me because it gives me respite.

Office Opening Hours

Monday to Thursday
9:30am - 16:30pm

Friday
9:30am - 16:00pm

St Helens Young Carers
Centre
Fishwick House,
Cotham Street,
St Helens
WA10 1SJ



If you are a Young Carer or think you may be one you can contact us directly or ask someone to make a referral on your behalf.

- ✓ Between 6-18 (referrals to be made before 18th birthday)
- ✓ A St Helens Postcode
- ✓ Care for somebody due to a physical, mental health condition, disability or substance misuse



Contact Us

01744 677 279

info@sthelenscarers.org.uk

www.sthelensyoungcarers.org

 [sth.yc](https://www.instagram.com/sth.yc)

We are a Network Partner of
Carers Trust

St Helens Carers Centre is a registered charity in England (No. 1089663) Registered as a company limited by guarantee in England No. 4203210 Registered office: 31-35 Baldwin Street, St Helens, WA10 2RS

CARERS TRUST

St Helens Carers Centre
ST. HELENS YOUNG CARERS



Young Carers Service

Helping Hands, Caring Hearts.

Providing support to Young Carers ensuring that they are recognised and have the same opportunities and life chances as other children and young people of a similar age.

Who are Young Carers?



A Young Carer is someone aged 6 to 18, who provides regular or ongoing care and emotional support to a family member who is ill, disabled, has a mental health condition or misuses drugs or alcohol.

They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult and the cared for would not be able to cope without their support.

Young carers undertake a range of tasks to support their family member. This might include:

- Shopping
- Cooking
- Cleaning
- Managing medicines
- Managing money
- Providing personal care
- Helping people get out the house
- Keeping an eye on someone
- Providing emotional support

Our Service Offer



Young Carers registered with our service can access:



Young Carers can become heavily impacted by their caring role and face unexpected challenges. Therefore we will support in any way we can to reduce the impact of caring and any obstacles that you may face. Please contact us for any support you feel you need.

Wellbeing Support



Our Wellbeing Team offer support & guidance to Young Carers.

This is initially done through our 'assessment', This is just to go through your current situation, get to know more about you and your caring role. From this we can make sure we are the right service for you and offer you a package of support.

When you are registered with us, you will be able to access the following ongoing support as and when you need it from our Young Carer wellbeing team:

- Reviews of your caring role
- Ongoing wellbeing Support
- Signposting & Referrals

If you are unsure, just contact us and we can see how we can support you!