

DO YOU

CARE?



NORTHUMBERLAND'S GUIDE FOR YOUNG CARERS

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HOW TO USE THIS GUIDE

In this guide you will learn more about who young carers are and find out whether you are a young carer. There's lots of information about how to get help, tips on how to talk about how you're feeling and how to cope in school, college and work.

Throughout the guide are stories and pictures from young carers in Northumberland. Maybe you can relate to what they're saying or describing because your family is similar? You will also find sections for you to write any thoughts or notes that come to mind when you're reading the guide.

At the back of this guide there's a directory of support which lets you know where you can go to for help and advice in Northumberland and nationally.

**IS THIS
YOU?**



Are you under 18 years old and spend a little or lots of time looking after someone in your family, or a friend, who is disabled, ill, has a mental health problem, uses drugs and/or alcohol?

If the answer is yes, then you are a young carer, and this guide is for you.

**IS THIS
YOU?**

As a young carer you may do some or all of the following:

- ✓ look after brothers or sisters.
- ✓ do housework, cook meals or do the shopping.
- ✓ live in a state of chaos due to a parents mental health.
- ✓ give someone emotional support, by comforting them when they are upset, or listening to them when they want to talk about how they are feeling.
- ✓ help someone in your family who is ill to get dressed.
- ✓ help them wash or use the toilet.
- ✓ give them their medicine.
- ✓ worry about someone a lot of the time.
- ✓ tasks that would normally be done by an adult.

Many children and young people do not see themselves as young carers because they think what they do is 'normal' to their family. Because of this, they don't realise that there is help for them out there.



DOES THIS SOUND LIKE ME?

Helen's Story

“ It all started at

Christmas last year we were having dinner and everything was fine, until that night my mam was different, not by her look, by the way she was acting like shouting, sitting down, telling me to do everything like get me a bit of kitchen roll etc. But when I found out she was drinking I told my Grandad and he looked after me but it happened again and again and again so we got in touch with Young Carers and what a difference. She has stopped for like one year maybe more. So I'm proud of her and she done it for me. ”

Helen is a young carer

US NOW



DOES THIS SOUND LIKE ME?

Paul's Story

Young carers project helped me by giving me a break from my brother who has a special educational need called ADHD. My father has an alcohol problem and my mam has had an operation which means that I do most of the cleaning, cooking and looking after my family. Young carers Project gave me a chance to stop caring for my family for a few hours to give me break from my life. !!

Paul is a young carer

I like coming to the point because you can have fun and you can meet new friends



**YOU'RE
NOT
ALONE**



**You may be interested to know
that you're not the only one
helping out in the way you do.**

**In fact, it's estimated that at least
175,000 children and young people in
Britain are young carers.**

**The 2001 Census identified 806 young
carers in Northumberland aged 5-18
years old who provided care, some up to
50 hours or more per week. In reality,
that number is **much** higher.**

WHAT DO I DO?

- Who do I care for?
- What things do I do to help?
- Does anyone help me?
- What is my day like?

WHAT YOU CAN DO

- Tell someone you trust.
- Ask for help from family members or people close to you.
- Use this guide to find out who else you can go to if you need help.

IMPORTANT
If you tell someone that you need help, don't worry! You won't get yourself or your family into trouble.

YOU'RE NOT ALONE



HOW DO I FEEL?

Although everyone's caring life is unique, many young carers have similar thoughts and feelings.

What are yours?

Caring for someone can be hard work, but there are often good times as well. Being able to help someone you love and care for can be a good experience.

However, sometimes you might feel angry, frustrated and maybe even ask

"WHY ME?"

You might feel that friends, family and other people in your life don't understand what you're going through.



Talking to someone does help. There are people who can help you, but they may not realise what you are going through if you don't tell them.



**HOW DO
I FEEL?**

QUESTIONS TO ASK MYSELF

- How does being a young carer make me feel?
- Do I worry about the person I look after?
- Do I feel stressed?
- Does anyone know that I am a young carer?
- Do I wish I had someone to talk to?

WHAT YOU CAN DO

- Don't keep these thoughts and feelings to yourself.
- Tell someone. This is particularly important if you feel stressed or things are getting a bit much for you.

USE OF MY TIME



Being a young carer may take up a lot of your time. This may mean that you have less time for your friends or time to do the things you want to do.

This may make you feel unhappy, angry or sad.

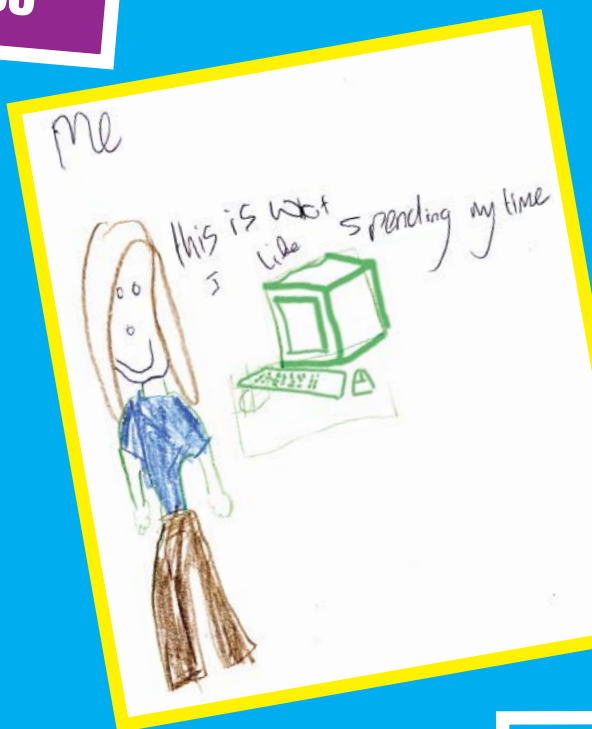
You may feel that looking after someone is what you want to do and it's how you want to spend your free time. It is still very important that you get a break from doing this so that you can continue to look after or help the person you care for.

HOW DO I FEEL?

- How much time do I spend looking after someone?
- What do I do in my spare time?
- What are my hobbies or interests?
- Do I have time to see my friends out of school or work?
- Do the things I do at home stop me doing the things I want to do?
- Do I feel I have a choice to change this?

WHAT YOU CAN DO

- Make sure you have the time to see friends or spend time on a hobby or interest.
- Talk to someone you trust if you feel you need help to do this. They may be able to help.



USE OF MY TIME

SCHOOL & COLLEGE



Being a young carer may mean that you have problems at school or college. These are some of the problems young carers have said they experience:

- Not having enough time to do homework.
- Not being able to concentrate in lessons because of worry or lack of sleep.
- Having to turn off a mobile phone during lessons and worrying in case someone needs to contact you.
- Needing to get home for lunchtime to help get lunch ready or feed someone.
- Have detentions after school which you're not able to go to.
- Being angry or behaving negatively which gets you into trouble.
- Being bullied.
- Arriving late for school or needing to go early.
- Missing school as you're needed at home.

Do you share any of these problems?

HOW DO I FEEL?

SCHOOL & COLLEGE

- Do I have similar problems?
- Does anyone at school like a teacher or classroom assistant know about my home situation?
- Am I worried about getting behind with my school or college work?
- Am I finding I can't concentrate or don't have enough time to revise for exams?
- Am I being bullied?

WHAT YOU CAN DO

- Do something about it. Don't just hope it will go away.
- Talk to someone at school or college you trust. For example, this could be a teacher or school nurse. Explain what problems you're having and make sure you tell them as much as you feel comfortable saying.
- Talk to a family member and let them know you've got a problem with school or college.



TRAINING & WORK



Being a young carer may mean that you have problems with a training course you're on or at work. You may feel extra pressure to cope with the demands of caring and bringing in a wage.

As a working carer you may need some support in the workplace and often different levels at different times e.g. access to a phone to check on the person you care for or leave arrangements to fit in when someone is discharged from hospital.

Young carers have rights by law to help you get the support at work that you need. These rights include:

- **The right to ask for flexible working hours.**
- **The right to time off in emergencies.**

As well as these rights, your employer may offer you extra support. For example, you may be able to use leave, paid or unpaid, to cover periods when you need to be at home caring.

QUESTIONS TO ASK MYSELF

TRAINING & WORK

- Am I struggling with work or training AND caring?
- Am I worried when I'm at work about what's going on at home?
- Do I think I may have to give up my job or training to care for someone?
- Is my employer starting to ask questions because I'm late for work or leave early?

WHAT YOU CAN DO

- Talk to your employer and tell them about your situation.
- If your employer asks you if there's a problem, tell them!



STAYING HEALTHY

When you're looking after someone, it's very easy to forget to look after yourself. It is very important that you have time to look after yourself for example going to the doctor, dentist or keeping a hospital appointment.

It is also very important that you keep healthy by eating properly, keeping clean, having time to yourself to relax and exercise.

Some people find ways to make themselves feel better that aren't good for them, e.g. drinking, taking drugs, or hurting themselves. If this sounds like you, don't be ashamed or feel bad about it. Do talk about it with an adult you trust.



QUESTIONS TO ASK MYSELF

- Am I worried about my health?
- Do I skip meals as I'm too busy to eat?
- Do I feel stressed or tired?
- Do I feel depressed?
- If I get ill, who will look after me?
- Do I do anything to make myself feel better that I know is not good for me?

WHAT YOU CAN DO

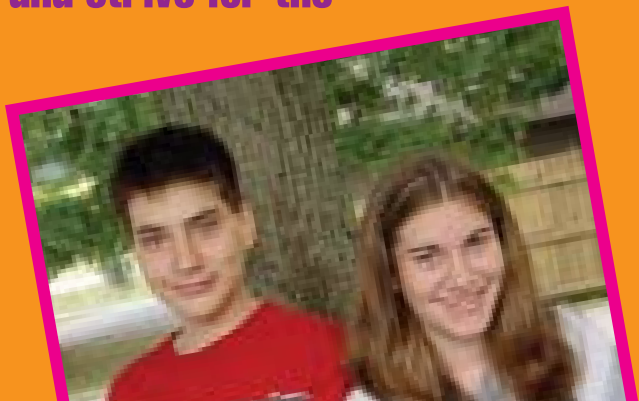
- Tell your doctor that you are a young carer and how it affects you.
- Make time for yourself.
- Talk to an adult you trust about what's happening.
- Do activities that relieve stress such as walking, running or cycling. **It does work!**

THE FUTURE



As a young carer, you may feel that it's difficult to think of what your hopes and dreams are because you're thinking of the situation you're in at the moment. You may even feel that there is no point having dreams because you can't get away from your home life.

It's important to remember that everyone can have hopes and dreams. They are the things that help us plan ahead and strive for the things we really want out of life.



QUESTIONS TO ASK MYSELF

- What are my hopes and dreams?
- Do I think my caring role stops me reaching them?
- What do I like most and least about my life at the moment?
- Is there anything I want to change about my life?
- What are the things that are stopping me from doing this?
- Do I want to go to college, university, training course or get a job?
- What do I think would help me achieve my hopes and dreams?

WHAT YOU CAN DO

- Talk to your family and friends about your hopes and dreams
- Talk to a Connexions personal advisor (contact details on page 59)
- Talk to an adult you trust about how to achieve your hopes and dreams
- Write down what you'd like to do with your life
- Make some time for you to achieve your dreams!

THE
FUTURE



HOW I HELP



Everyone's home situation is different.

The things you do to help out at home will depend on the illness, problems or needs of the person you look after. For example, you may help them to do things they can't do for themselves. Or you might help look after others in your family because your relative can't do this themselves e.g. looking after your brothers and sisters because Mum is ill. You may even find that you help by simply listening and being caring rather than doing anything physical.

The following pages are dedicated to the main reasons why young carers care. They are looking after someone with:

- A physical disability.
- An illness.
- A mental health problem.
- A drug problem.
- An alcohol problem.
- A family member with any of the above, e.g. parent, brother, sister or grandparent.

It is **Very** important to remember that if you tell someone that you need help, don't worry!

You won't get yourself or your family into trouble.



Angela's Story

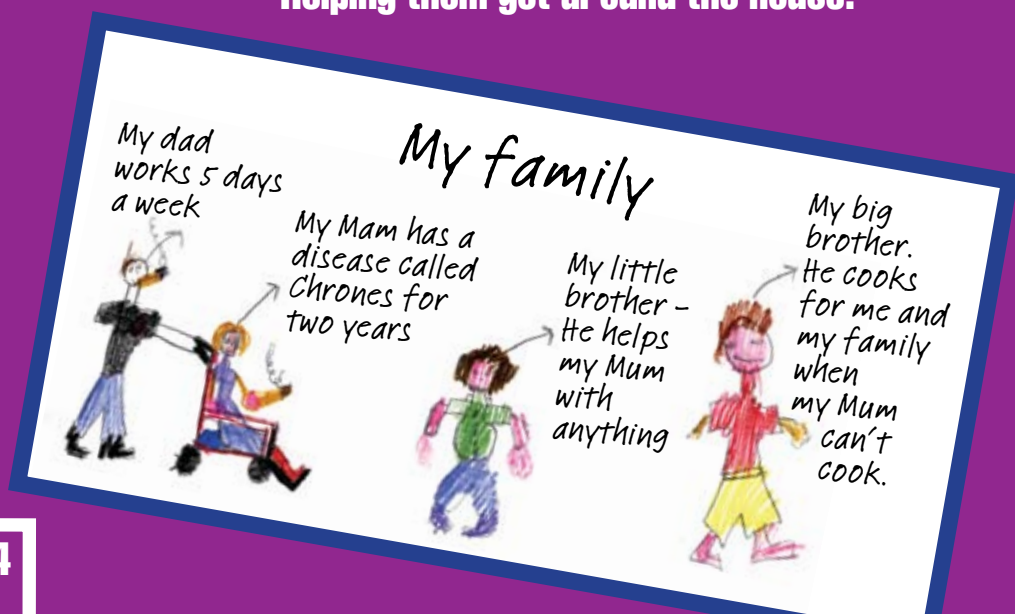
“ I didn't want anyone to know about me helping mum because I was worried that I might be taken away. I ended up talking to my teacher because I kept falling asleep in class. He was really nice and told me not to worry. People now know that I'm a young carer and me and my mum get some help. ”

Angela is a young carer

LOOKING AFTER SOMEONE WITH A DISABILITY

Some young carers look after someone with a disability. This could be a physical or a learning disability. Some of the things you may be doing to help may include:

- Getting them up and dressed.
- Bathing and taking them to the toilet.
- Preparing meals and feeding them.
- Giving medication.
- Doing the shopping, cleaning and laundry.
- Helping them get around the house.



QUESTIONS TO ASK MYSELF

LOOKING AFTER SOMEONE WITH A DISABILITY

- Do I know what the condition is that makes them disabled?
- Would I like to know more?
- Am I worried about them?
- Do I know what the future holds for them?
i.e. is their condition going to get worse?
- Is there any equipment e.g. a hoist to get them out of bed or a walk in shower, that would help both them and me?
- Do I know what to do in an emergency?

WHAT YOU CAN DO

- Talk to an adult you trust if you have any worries or concerns.
- Ask the person you care for about the condition they have and get them to explain it to you. **If they don't want to do this:**
- Talk to your GP about the condition that your parent has and ask them to explain it to you.
- Use the directory of support at the end of this guide for organisations you can contact to get more information.
- If you think need a bit of help in the home with equipment, talk to the person you care for and ask them to talk to someone about it.
- If there is an emergency and you don't know what to do, call 999.

LOOKING AFTER SOMEONE WITH AN ILLNESS

Some young carers look after a member of the family with an illness.

This may include cancer, a stroke, multiple sclerosis (MS), epilepsy or diabetes.

You may be doing some of the things listed on the physical disability section but also have some concerns specific to looking after a parent or brother or sister with an illness. **You may be worried:**

- About how long the illness is going to last.
- If it will happen again and what to do if it does.
- If the person you care for is going to die.
- About talking about the illness in case you upset them.

Jake's Story

“ My mum has breast cancer. She had chemo which made her very sick and lose some of her hair. It's made her better though which I'm VERY happy about! I still like to draw pictures and tell her jokes because mum said that laughter is the best medicine. I was very worried when she was ill and sometimes needed to talk to someone so I told my teacher who listened to me when I was upset. ”

Jake is a young carer

THINGS TO THINK ABOUT

LOOKING AFTER SOMEONE WITH AN ILLNESS

- Do I have any questions that I've not asked yet?
- Am I worried about the illness that my family member has?
- Do I know what to do in an emergency?

WHAT YOU CAN DO

- Talk to your mum or dad about your worries.
- If you feel you can't do that, talk to a friend, another member of the family or an adult you trust. Remember how important it is to talk!
- Talk to your GP and ask them to explain what's worrying you.
- If there is an emergency and you don't know what to do, call 999.



LOOKING AFTER SOMEONE WITH A MENTAL HEALTH PROBLEM

If a member of your family has a mental health problem **this is not uncommon or abnormal**. A mental health problem will affect how people think and feel. One minute they might be happy, the next minute sad.

Like many other illnesses, it can be treated with expert help. There are many kinds of mental health problems like anxiety, depression, stress, self harming or schizophrenia.

If you live with someone with a mental health problem, you might have to do some jobs around the house like cooking, cleaning, laundry and looking after your brothers or sisters. You may also have to stay in a lot to keep your mum or dad company, listen when they're feeling worried or anxious, cope with mood swings or unusual behaviour, be a shoulder to cry on, and help with first aid if your mum or dad has self harmed.

Simon's Story

My name's Simon, I'm 14 and my dad has severe clinical depression as well as other health problems. My mum died when I was 10 and my older brothers and sisters have moved away. My dad needs a lot of reassurance as he gets very paranoid because of the tablets he takes. I give my dad his tablets and do the house work. I like to see my friends and do tricks on my skateboard. Sometimes looking after dad can be difficult but I wouldn't change him for anything!

Simon is a young carer

HOW DO I FEEL?

- Do I feel that there's someone that listens to me?
- Do I understand the mental health problem involved?
- Do I have any questions that I want to ask?
- Do I know what to do in an emergency?
- Am I worried because they're not taking their medication?

LOOKING AFTER SOMEONE WITH A MENTAL HEALTH PROBLEM



WHAT YOU CAN DO

- Talk to your mum or dad about your worries.
- Talk to a family member or adult who you trust about what's happening.
- If you're worried that they've stopped taking their medication, talk to your doctor.
- If there is an emergency and you don't know what to do, call 999.

LOOKING AFTER SOMEONE WHO USES DRUGS



Many children and young people in the UK live with someone who uses drugs and they often feel unable to talk about what's happening. If your mum or dad uses drugs, it doesn't make them a bad parent. Many parents manage their drug habit without it affecting their family life; however, it's not unusual for people in this situation to feel anger, fear, isolation, responsibility, worry and guilt.

If someone in your family has a drug problem, you may have to do some jobs around the house. You might have to look after your brothers and sisters and take them to school. You may feel responsible for the person's behaviour and changes in mood. You might feel afraid of what happens at home becoming public knowledge. Sometimes you may need to give emotional support to other people in the family.

Andrew's Story

“ I stayed off school because I was worried about my dad taking drugs and leaving him alone with my little brother. When I got to talk to someone in confidence about how things are at home things got better and dad got help too. ”

Andrew is a young carer

QUESTIONS TO ASK MYSELF

- Am I worried about the person in my family who uses drugs?
- Do I want to talk to someone about my situation at home?
- Would I like to know more about the effects of drug use?
- Do I know what to do in an emergency?

LOOKING AFTER SOMEONE WHO USES DRUGS



WHAT YOU CAN DO

- Talk to your mum or dad about your worries.
- Talk to a teacher or adult you trust about what's happening.
- If there's an emergency and you don't know what to do, call 999.

LOOKING AFTER SOMEONE WHO USES ALCOHOL



Some children and young people live with someone whose alcohol use affects the family. If you are in this position you might feel alone, frightened, scared or angry.

You might do the cooking and cleaning at home and have to look after your brothers and sisters, taking and collecting them from school. You might support the person who uses alcohol emotionally when they are feeling low and you might be worried about others knowing what happens at home. You might miss school or health appointments. When you're at school you might be bullied and find it difficult to meet your friends.

Sarah's Story

When I was at home with my mam I did not tell anyone about her drinking alcohol all the time because I was frightened I would be taken away! Sometimes when I was at home I cried so hard I could not breathe. I worried something would happen to my mam when I was at school. Young carers helped me talk about stuff. I like meeting other young carers like me.

Sarah is a young carer

QUESTIONS TO ASK MYSELF

LOOKING AFTER SOMEONE WHO USES ALCOHOL

- Am I worried about someone's drinking?
- Do I want to talk to someone about my situation at home?
- Would I like to know more about the effects of alcohol use?
- Do I know what to do in an emergency?

WHAT YOU CAN DO

- Talk to your mum or dad about your worries.
- Talk to a teacher or adult you trust about what's happening.
- If there's an emergency and you don't know what to do, call 999.

This is what happened to me



LOOKING AFTER A BROTHER OR SISTER



Lots of people help their parents to look after younger brothers or sisters by helping out at meal times or bath times or by playing with them. But if your brother or sister has a serious illness or disability, you might find that you have to:

- **Stay in the house to keep an eye on them.**
- **help give your brother or sister medicines or help feed them, wash them or lift them in or out of a wheelchair.**
- **look after yourself a lot because your disabled brother or sister needs a lot of attention from your parents.**
- **look after your parents when they are stressed out by looking after you brother or sister.**

Sometimes it can feel good to help a brother or sister that you love, but sometimes it can feel too much to cope with. You might feel angry with your brother or sister or with your parents. Your brother or sister may damage your things or argue a lot. You might be given a hard time from people at school because they see your brother or sister as 'different' or 'weird' and that can hurt a lot.

QUESTIONS TO ASK MYSELF

LOOKING AFTER A BROTHER OR SISTER

- Do I feel that I wish I had time on my own with my parent or parents without my brother or sister?
- Am I being bullied at school about my brother or sister?
- Do I understand the condition that they have?
- Am I worried about them?
- Do I know what to do in an emergency?

WHAT YOU CAN DO

- Talk to your mum or dad about what's worrying you.
- Tell your mum or dad if you're needing some time alone with them.
- Talk to a teacher or an adult you trust if you're being bullied.
- If there's an emergency and you don't know what to do, call 999.



MY RIGHTS



Everybody has certain rights and responsibilities. If looking after someone is affecting your health, your feelings or your school work, you should ask for help from an adult you trust e.g. teacher, doctor, social worker, family member or youth worker.

The Young Carers Charter was drawn up by the Princess Royal Trust for Carers and sets out the rights young carers feel they're entitled to.

As a young carer, think about what might help you to ensure you enjoy these rights. Read the charter on the next page and ask yourself:

How can I make this a reality?

We are children and young people who are also carers. We want people to recognize this. We believe we should have the same rights as other children and young people, including the rights:

- **To be children and young people as well as carers.**
- **To schools and colleges that give us the help we need to get an education.**
- **To fun, friends and time off from caring.**
- **To a well-supported family life.**
- **To practical help and support.**
- **To a safe environment and protection from any harm that our caring roles could cause us.**
- **To services that values our different backgrounds, culture, religion, race, sexuality.**
- **To be listened to.**
- **To an assessment of what we need as individuals.**
- **To be involved when people make decisions that affect our lives.**
- **To a wide range of information that would help us.**
- **To someone who will help us have a voice.**
- **To understand how things work and how to complain if we want to.**
- **To choose how much caring we do.**
- **To become independent adults.**

WHO CAN HELP ME?



Some problems won't go away, but they can feel a lot better when you talk to someone about them. You might think that your problems can't be solved, but there may be some help available for the person you care for that you don't know about.

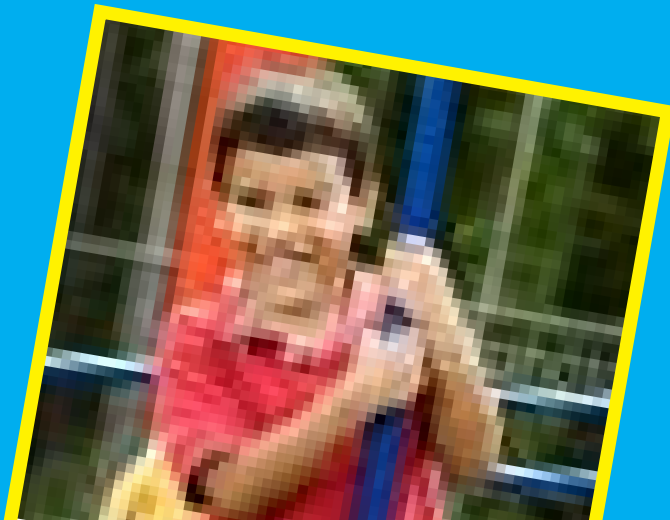
You might want to talk to friends, parents or even a pet! If you're finding it hard to find the right moment to talk about your worries, or what to say, try writing a diary, a poem, or a letter first (you don't have to show anyone!)

If you talk to a teacher, school nurse, GP or youth worker, they may have to tell someone else who can help. Don't worry if they do tell you they're going to have to talk to someone else. In order to help you and the person you care for sometimes this needs to happen. It doesn't mean that you're in trouble, that you've done something wrong or that you're going to be taken away from your family.

Contact details for youth projects in your area can be found on the next few pages

One way that you and your family can get help is by asking for a CAF assessment. Here's what happens and how it works:

- **If you have worries you can't figure out on your own, then ask an adult who works with you for a CAF.**
- **They will listen to your story and use CAF to help sort it all out.**
- **First, you and the person you told will fill out the CAF form together, making sure you're happy with your story on the form.**
- **This person will then have a clear picture of what your worries are and will get a team of people together to work through them with you.**
- **You will help choose one person from that team to be your LP (lead practitioner) who will stick with you and make sure the team keeps their promises.**
- **The whole process will take a little time but it can only be done with your permission.**



SUPPORT IN NORTH NORTHUMBERLAND

**Berwick, Seahouses,
Alnwick, Amble, Rothbury**



Services can
change over time.
If you don't get the
help you expected,
contact **Carers**
Northumberland on
0844 800 7354.

Amble Youth Project

Amble Youth Project
Dilston Terrace
Amble
NE65 0DT

) 01665 713741

@ www.ambleyouthproject.org

Amble Youth Project provides
advice and information, youth
activities and offers 1 to 1 support
to people between 9-19 years.

Berwick Youth Project

Berwick Youth Project
9-12 Golden Square
Berwick-upon-Tweed
TD15 1BG

) 01289 333100

@ www.berwickyouthproject.co.uk

✉ info@berwickyouthproject.co.uk

Berwick Youth Project can help you with information
and support, supported accommodation, youth clubs and
adventure programmes. Ages 13-25 years.

The Gallery Youth Project

The Gallery Youth Project
To the rear of 39 Bondgate Within
Alnwick
NE66 1SX

☎ 01665 605846

@ www.galleryyouthproject.org

✉ gallerydropout@btinternet.com

The Gallery Youth Project provides a drop in service, advice and information sessions and activities that young carers are welcome to come to. Ages 13-25 years.

SUPPORT
IN NORTH
NORTHUMBERLAND

Services can
change over time.
If you don't get the
help you expected,
contact **Carers**
Northumberland on
0844 800 7354.

Rothbury and Coquetdale Youth Project

Rothbury and Coquetdale
Youth Project
Coquet House
Silverton Lane
Rothbury
NE65

☎ 01669 621398

The Rothbury and Coquetdale Youth Project offer advice and information, drop in sessions, youth groups in Rothbury centre, 1 to 1 sessions, focused sessions and in and outdoor activities. Ages 12-25 years.

Seahouses Youth Project

Seahouses Youth Project
62-64 Main Street
Seahouses
NE68 7TP

☎ 01665 721868

@ nssdt@seahouses.org

Seahouses Youth Project have a range of activities that young carers are welcome to join such as an environmental project, junior youth club, craft club, courses in beauty therapy, hairdressing, youth work and car maintenance and advice and information. Ages 12-25 years.

SUPPORT IN SOUTH EAST NORTHUMBERLAND

**Blyth, Ashington, Cramlington,
Bedlington, Morpeth**



**Services can
change over time.
If you don't get the
help you expected,
contact Carers
Northumberland on
0844 800 7354.**

Barnabas Safe & Sound

Barnabas Safe & Sound,
Wellwood House, Dark Lane,
Morpeth NE61 1SU

☎ 01670 504668

@ www.barnabas-northumberland.org

Barnabas Safe & Sound provide advice and information, housing support and youth activities. They're fundraising to provide a youth support and activity centre so that they can provide more support. Ages 10-19 years.

Cramlington Voluntary Youth Project

Cramlington Voluntary Youth Project,
Middle Farm Buildings, Station Lane,
Cramlington NE23 1DN

☎ 01670 739009

Offers a range of opportunities such as John Muir & Duke of Edinburgh Awards, football, basketball, arts & crafts, music and film projects in a safe and friendly environment. Ages 8-25 years.

Trinity Youth Association

Trinity Youth Association
The Oval Community Centre
Roslin Park
Bedlington NE22 5HU

☎ 01670 531843

@ www.trinityyouthassociation.co.uk

✉ info@trinityyouth.org.uk

Trinity Youth have run young carer activity groups for many years. They currently run junior and senior young carer groups in the school holidays. They also provide advice and information, youth groups including an LGBT (Lesbian, Gay, Bisexual and Transgender) group. Ages 11-21 years.

The Point

The Point -
Blyth Young People's Centre
45-49 Bowes Street
Blyth NE24 1EB

☎ 01670 797800

@ www.thepointblyth.co.uk

✉ info@thepointblyth.co.uk

The Point provides a range of support for young carers including advice and information, drop in sessions, young carer groups in the school holidays and much more. Ages 8-25 years.

**SUPPORT
IN SOUTH EAST
NORTHUMBERLAND**

Hadston House

Hadston House
Youth & Community
Project
Hadston House
Bondicar Road
Hadston NE65 9SR

☎ 01670 761537

Hadston Youth Project offers advice and information, drop in sessions and group activities. Ages 13-19 years.

Services can change over time. If you don't get the help you expected, contact Carers Northumberland on 0844 800 7354.

SUPPORT IN WEST NORTHUMBERLAND

Hexham, Haydon Bridge,
Prudhoe

Hexham Youth Initiative

Hexham Youth Initiative,
Hexham Community Centre,
Gilesgate, Hexham NE46 3NP

☎ 01434 607350

@ www.hexhamyi.org.uk

✉ info@hexhamyi.org.uk

Hexham Youth Initiative offers advice and information, drop in sessions, youth groups and very much welcomes young carers to come along. Ages 12-25 years.

Prudhoe East Youth Centre

Prudhoe East Youth Centre, Front
Street, Prudhoe NE42 5HN

☎ 01661 832343

Text 4 Tynedale

A health service for youth people in Tynedale.

Text **07971 747 747** with the first 3 letters of your town or village and the issue you want support with eg: Hex drugs, Hay alcohol, pru condoms.

If you want more specific information then add helpline or website to the text eg: Hex drugs helpline or Hay alcohol website.

Within minutes T4T will send you a text with information. If you want more info, you can text your health related question and get a response which may include groups in your area, help lines, websites and details of specific organizations.

It's free to receive a text from T4T but you will be charged your standard network rate when you send a message.

In-Pact

› 01670 857816

@ www.in-pact.org.uk

In-Pact offers support to brothers and sisters of a child with a disability.

Sorted Young Carers Project

› 0800 633 5872 (free from land line only)

@ www.sortednorth.co.uk

✉ info@sortednorth.co.uk

Offers 1:1 support, group activities for you if you care for someone who uses drugs and/or alcohol.

Carers Northumberland

› 0844 800 7354

@ www.carersnorthumberland.org

✉ info@carersnorthumberland.org

Offers information for all carers and access to funds for young carers to take a break from caring.

Northumberland Youth Service

› 01670 511923

Works with young people aged 11-25 through youth clubs, outdoor activities residentials and much more. Ask in school who your youth worker is in your area or ring the number above.

COUNTY-WIDE SUPPORT

Services can change over time. If you don't get the help you expected, contact Carers Northumberland on 0844 800 7354.

**NATIONAL
SUPPORT**
☎ @

Services can
change over time.
If you don't get the
help you expected,
contact **Carers
Northumberland** on
0844 800 7354.

Young Carer websites

www.youngcarers.net

offering a supportive online community for young carers

www.youngcarer.com

provides information, advice and training to anyone who works with young carers and their families

Connexions Direct

@ www.connexions-direct.com

☎ 080 800 13 2 19 or text on 07766 4 13 2 19

offers quick access to information and advice on a wide range of topics

Bullying

Childline

☎ 0800 1111 @ www.childline.org.uk

offering support on any problem

Kidscape

☎ Bullying Helpline 020 7730 3300

support for parents who have a child who is being bullied

Bullying Online

@ www.bullying.co.uk

the UK's leading anti bullying charity providing info and support to children, young people, parents and professionals

Mental Health

Mind

☎ 0845 766 0163 @ www.mind.org.uk

Leading charity for people with mental health illness and their families

Rethink

☎ 020 7840 3188 @ www.rethink.org

Support for people with mental health illness and their families

Cancer

Rip Rap

@ www.riprap.org.uk

provides support especially for 12-16 year olds who have a parent with cancer

Multiple Sclerosis

@ www.youngms.org.uk

supporting children and young people affected by MS

@ www.mssociety.org.uk

information and advice about MS

Drug and Alcohol Support

@ www.coap.org.uk

full of information & support which includes an interactive forum

@ www.nacoa.org.uk

offers support to children of parents addicted to alcohol

@ www.al-anonuk.org.uk

offers support to children of alcoholics

@ www.talktofrank.com

offers general information to families and professionals regarding substance use

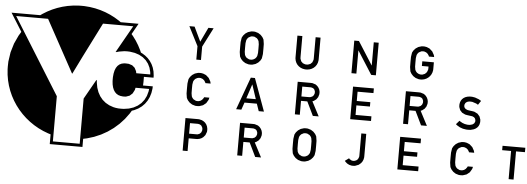
@ www.nspcc.org.uk

offers support to children and young people regarding child protection/safety/counselling

Domestic Abuse

@ www.thehideout.org.uk

Offers confidential support to young people living with domestic abuse in the family



Northumberland
Northumberland County Council