



Cheshire Young Carers



Cheshire Young Cares, Northern Lights Business Park, Rossfield Rd, Ellesmere Port CH65 3AW
www.cheshireyoungcarers.org | 0151 356 3176 | info@cheshireyoungcarers.com



There are estimated to be 40,000 children in Cheshire who are young carers

A young carer is a child aged 6 to 18 who carries out activities that can be defined as “providing care” for a parent/guardian or sibling. Many of them do not qualify for any kind of statutory support. The carer role they undertake can range from occasionally looking after a sibling to supporting an adult with medical interventions, general housework, preparing meals and generally running the household.

A significant number of young carers are in single-parent families, many are in low-

income families, many struggle with schoolwork and nearly all of them feel isolated from friendship groups.

Cheshire Young Carers provide respite support for young carers, particularly in school holiday periods when young carers feel most isolated.

You can help extend the services we offer by donating on our Just Giving page:

www.justgiving.com/cheshireyoungcarers

What we do

Work with Schools

We have developed a unique assessment tool, which accurately measures the impact a caring role is having upon a young carer's attainment, attendance, and emotional wellbeing in schools. We are delivering ongoing staff briefings, assemblies and PSHE work so we can identify and support more young carers. This in turn will increase the number of referrals into our respite activities. We work closely with schools to set up in-school after school clubs specifically to support young carers. Cheshire Young Carers aim to improve both attendance rates and educational outcomes amongst these young people and make a real difference to a young carer's future.

Regular Drop in Sessions

These sessions operate in a number of centres across Cheshire on a bi-weekly basis. They are designed to offer young carers engaging activities that are fun and to crucially help break down isolation amongst young carers.

One to One Support

With our limited resources we are only able to support a small number of children in this programme, however it does allow us to support some of the most vulnerable young carers in Cheshire.

YAC Programme

The young adult carers (YAC) programme is designed for our teenage young carers and delivers stimulating activities that they plan themselves, to create like-minded friendship groups, build life skills and to improve independence amongst this age group.

School Holidays

These programmes have been designed to overcome a key period of stress for young carers when they can be expected to provide 24/7 support. Our focus on this area is a direct result of feedback from young carers. We now offer activity programmes during every school holiday period with a variety of activities based around Cheshire and on many occasions provide meals.

Residential Experiences

These are always the most valued experiences for young carers and within the funds available we try to provide as many of these as possible. They take significant staff resources and tend to be expensive, but the feedback is always staggeringly positive



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Get in touch



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