

# WIGAN AND LEIGH CARERS CENTRE

SUPPORTING YOUNG CARERS IN THE WIGAN BOROUGH

## AM I A YOUNG CARER?



Charity Number 1138908  
Registration Number 7293521

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At Wigan and Leigh Young Carers we work with young people aged 5-24 who help look after someone in their family, or a friend, who is ill, disabled or misuses drugs and alcohol. We work to make sure that young carers are supported through our service and others, which can include specialist advice, access to respite opportunities and 1:1 support.

## **SUPPORTING YOUNG CARERS & YOUNG ADULT CARERS, AGE 5-24**

We have a great team of professionals who are here to support you in a variety of ways to suit you:

**ASSESSMENTS**

**EMOTIONAL SUPPORT**

**INFORMATION & ADVICE**

**MAKING SURE YOUR VIEWS  
ARE HEARD**

**ONE TO ONE SUPPORT**

**RESPIRE - TRIPS &  
ACTIVITIES**

**SCHOOL / COLLEGE/  
EMPLOYMENT SUPPORT**

**YOUNG CARERS CARD**

## **Am I a young carer?**

A young carer is someone under the age of 24 who helps look after a relative with a disability, illness, mental ill health or drug or alcohol problem.

If you're a young carer, you will most likely help look after a family member, friend or loved one.

**How do young carers help?**

**Sibling Care:** looking after brothers and sisters.

**Communication:** helping someone communicate with others

**Practical tasks:** this can be helping with cooking, cleaning and other tasks such as shopping.

**Physical care:** you may help someone move around or get out of bed.

**Helping someone take their medication:** you may also help someone collect their prescriptions.

**Emotional support:** helping or talking to someone who may be feeling distressed or down.

**Personal care:** this can be helping someone get dressed or washed.

## **KEEP CONNECTED ON SOCIALS**

