

About North Tyneside Carers' Centre

North Tyneside Carers' Centre is a charity that's been around since 1994. We provide support to young people who care for a family member because that person has an illness, disability, mental health issues and/or substance misuse issues, and therefore can't manage alone.

How we help you and your family is up to you, but it might include things like:

- Getting to know you and understanding how you feel about your caring role
- Making sure that caring doesn't stop you from doing the things that you want to do - such as going out with friends, going to school/college, or getting a job
- Speaking to your teachers so they understand how caring affects you. We won't get in touch with them unless you're happy for us to do so
 - Finding local clubs and activities so you can have a break and have some fun
 - Helping you to understand more about the illness or disability the person you are caring for has
 - Providing opportunities for you to get involved with social action projects to raise awareness of young carers
- Helping you and your family to find ways of understanding how you feel to make it easier to get along

What is a young carer?

Young carers are children who help look after someone in their family who might...

- Be unwell
- Have a disability
- Have mental health problem
- Have a problem with an addiction like drugs or alcohol

'Jessica' aged 11

"I live at home with my Mam and my younger brother. My brother has autism, which means he has problems communicating and learning. He doesn't like it when things change and can get really angry and upset. It's difficult for me at home because our house is noisy and my Mam needs me to help look after my brother. Sometimes it's hard for me to relax, or do what I want to do or do my homework. When I go to school I worry about my Mam and my brother at home".

What We Do

At North Tyneside Carers' Centre, we work with young carers and their families. The young carers team provide practical and emotional support to young carers around their caring role. We can offer 1-1 support for you and your family, groups and activities and social action projects.

If you are a young carer and think you would benefit from some support you can call us on 0191 643 2298 or visit our website <http://www.ntyoungcarers.com/> to make a referral and find out more information.

