



Young Carers In Central Bedfordshire

What is a Young Carer?

Young Carers are children who look after someone in their family who has an illness, a disability, a mental health problem or a substance misuse problem, taking on practical and/or emotional caring responsibilities that would normally be expected of an adult.

There are 175, 000 young carers in the UK, although the actual figure is widely believed to be much higher. Research suggests that 1/3 of young carers are involved in excessive or inappropriate caring which impacts on their schooling and general health and wellbeing.

Caring can fall into three broad areas:

1/ Emotional caring – Having no choice in meeting the demands of being there for someone, listening, providing reassurance, comfort, love and attention.

2/ Taking responsibility – ensuring someone is safe, giving medicines, ensuring someone keeps appointments, parenting younger siblings, knowing how to get help, communications and translating etc.

3/ Physical caring – pushing a wheelchair, household jobs, preparing meals.

No care or support package should rely on excessive or inappropriate caring being undertaken to make it sustainable.



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What is the role of the Young Carers Support Officer?

- To develop and manage support and provision for Young Carers across Central Bedfordshire working with Commissioned Partners through a Service Level Agreement.
- To work closely with lower, middle, upper and special schools in identifying and supporting Young Carers and their needs.
- To promote closer working relationships between schools and other partners in the support and delivery of services to Young Carers.
- To implement appropriate aspects of the National Carers Strategy with regards to Young Carers.

Our vision is to create an environment across Central Bedfordshire where young carers are recognised and supported and parenting roles are supported to protect children from excessive and inappropriate caring.

For more information on useful tools to support professionals to recognise young carers and for a list of local and national organisations that support young carers please visit: www.centralbedfordshire.gov.uk and type in – ‘young carers’.

Or please call Katy Stafferton on 0300 300 4008, or email katy.stafferton@centralbedfordshire.gov.uk

