

# Young Carer Referral Form



## Getting in touch

Our team of dedicated Young Carer Support Workers are available:

Monday to Friday from 9am - 4:30pm

Telephone: 0161 848 2400 ext 3

Mobile: 07985 288 294

Email: [youngcarers@traffordcarerscentre.org.uk](mailto:youngcarers@traffordcarerscentre.org.uk)

[www.traffordcarerscentre.org.uk](http://www.traffordcarerscentre.org.uk)



## Young Carers Project



9 Springfield Road

Sale

M33 7XS



Supporting young  
carers aged 5-25 to  
reduce the impact of  
their care role

Young Carers Support Line:

07985 288 294



/TraffordCarers



@TraffordCarers



TraffordYoungCarers



TraffordCarersCentre

A Network Partner of

**CARERS  
TRUST**

Registered Charity Number: 1102075

Company Limited by Guarantee Number: 4695523

CARERS NAME:	
DATE OF BIRTH:	Parent/Guardian to submit the referral if under the age of 14
PREFERRED PRONOUN:	
ADDRESS & POSTCODE:	
CONTACT NO:	
EMAIL:	This is so we can keep you up to date with your referral
ETHNICITY:	
SEXUAL ORIENTATION:	

WHO DO YOU CARE FOR?
WHAT IS THE NATURE OF THE ILLNESS/DIABILITY OF THE PERSON YOU CARE FOR?

### HOW CAN TRAFFORD CARERS CENTRE SUPPORT YOU?

<input type="checkbox"/>	HELP WITH COMPLETING A CARERS ASSESSMENT
<input type="checkbox"/>	HELP WITH HEALTH & WELLBEING
<input type="checkbox"/>	HELP WITH EMPLOYMENT / VOLUNTEERING
<input type="checkbox"/>	HELP IN SCHOOL
<input type="checkbox"/>	MEETING OTHER CARERS & SOCIAL INTERACTION
<input type="checkbox"/>	HELP WITH DIGITAL INCLUSION
<input type="checkbox"/>	OTHER

### WHO IS MAKING THIS REFERRAL?

<input type="checkbox"/> SELF	<input type="checkbox"/> PROFESSIONAL	<input type="checkbox"/> FAMILY / FRIEND
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IF YOU ARE MAKING THE REFERRAL ON SOMEONE'S BEHALF PLEASE PROVIDE YOUR CONTACT DETAILS (NAME, EMAIL / PHONE NUMBER):

Due to changes in the law, we now need your consent to store your data. Please indicate your consent below. For information on how we manage your data and to read our Privacy Policy please visit [www.traffordcarerscentre.org.uk](http://www.traffordcarerscentre.org.uk)

<input type="checkbox"/> YES	<input type="checkbox"/> NO
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Please return your completed form to:  
YCP, **Trafford Carers Centre**, 9 Springfield Road, Sale, M33 7XS  
Or complete the form online at [www.traffordcarerscentre.org.uk](http://www.traffordcarerscentre.org.uk)  
or call our number **07985 288 294**

# Are you a young carer?

*A young carer is anyone who looks after a family member, friend or neighbour who needs help because of their illness, frailty, disability, mental health problem or an addiction.*

*This can have a massive impact on a young person achieving their own aspirations affecting their long term mental wellbeing.*

A BBC poll estimated there are around 800,000 young carers age 11-15 in England.

In Trafford, the 2011 census identified approximately 3,500 young carers under the age of 17.

Due to their care role young carers can often feel very isolated and this can impact on education, maintaining friendships and self-esteem.

At Trafford Carers Centre we support young carers from age 5 through to their transition to adulthood, to get the right support at the right time, including through schools and other agencies.



# How we can support you



Our aim is to support young carers to reduce the impact of the care role on their physical & mental wellbeing.

We provide a range of services for carers including:

- Carers assessment to identify support needs
- Carer helpline offering information, support and advice
- Weekly activity sessions
- School holiday activities and day-trips
- Workshops e.g. cookery, art and creative writing
- Weekly Zoom activity sessions
- School drop-in sessions
- Young carer ambassador scheme
- Benefits advice
- Quarterly newsletter
- Support to understand and use digital technology
- Volunteering opportunities
- Advocacy support
- 1-2-1 casework support
- Carers emergency card scheme

# Young carer checklist

Carers from age 5 to 18 are known as young carers and often take on practical and/or emotional caring responsibilities that would normally be undertaken by an adult.

The tasks can vary according to the nature of the illness or disability, the level and frequency of need for care and the structure of the family as a whole.

As a young carer you may help with:

- Practical tasks such as cooking, housework and shopping
- Physical care, such as lifting, helping someone on the stairs or with physiotherapy
- Personal care, such as dressing, washing or helping with toileting needs
- Managing the family budget, collecting benefits and prescriptions
- Administering medication
- Looking after or 'parenting' younger siblings
- Emotional support
- Interpreting, due to a hearing or speech impairment or because English is not the family's first language

If any of the above statements apply to you and you feel it is impacting on your wellbeing, we are here to help you.

Complete the referral form overleaf and return to Trafford Carers Centre