

How can the YOUNG Carers' Hub Rochdale help?

- By listening to you and helping you and your family to think about what would make a difference
- Giving you information about the illness or disability of the person you care for
- Getting help, advice and support for the person you care for
- Helping you take a break from your caring role
- Introducing you to other Young Carers
- Getting you support in school or college
- Helping you to speak up

YOUNG carers



If you think you are a Young Carer and would like more information, get in touch, or ask someone else to do this for you.

YOUNG carers' HUB Rochdale



Get in touch

Address:

Freepost The Carers Hub Rochdale

General Email:

enquiries@rochdalecarers.co.uk

Web:

www.n-compass.org.uk/services/carers-support/carers-hub-rochdale

Telephone:

0345 0138 208

(Calls are charged at local rate)

Opening Times:

Monday - Friday 8.00am - 6.00pm

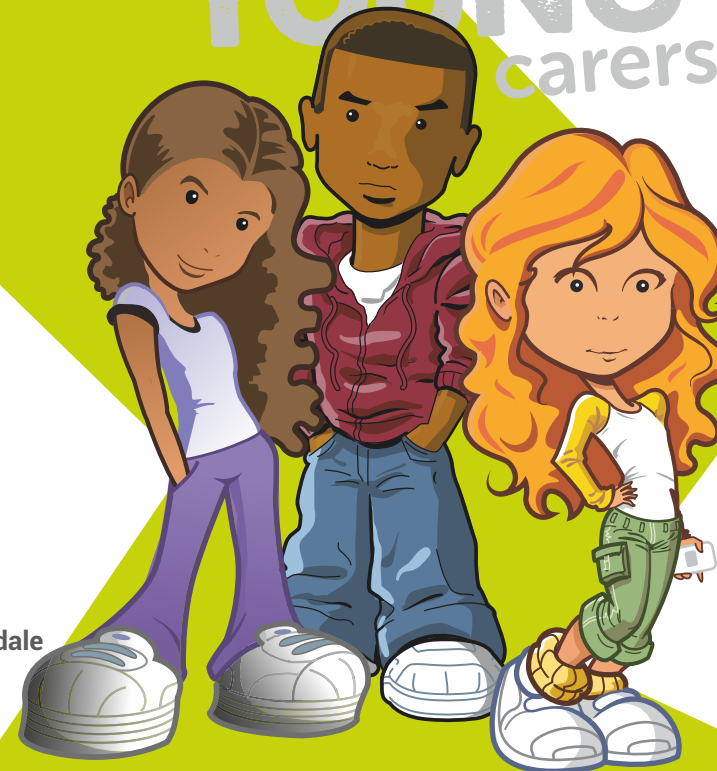
YOUNG carers' HUB

Rochdale

What is the YOUNG Carers' Hub Rochdale?

We help to ensure that Young Carers between the ages of 5 and 18 are identified and provided with support in their caring role

YOUNG carers



Supporting those that care

What is the YOUNG Carers' Hub Rochdale?

We help to ensure that Young Carers between the ages of 5 and 18 are identified and provided with support in their caring role.

Who is a Young Carer?

A Young Carer is somebody that looks after another person because they need help due to an illness or disability, a mental health problem or a drug or alcohol dependency.

Young Carers can be affected in some of the following ways:-

Health

Physical, mental and emotional wellbeing
Anxiety, worry and stress
Tiredness, lack of sleep
Aches and pains.

School and college work

Lack of time to complete assignments
Being bullied
Unable to concentrate
Not being able to attend after hours activities or trips away

Social life

No time to socialise with friends
No free time to get involved with activities and hobbies

What caring tasks do Young Carers carry out ?

Young Carers may help the person they care for by:-

Doing housework and cooking

Shopping

Keeping them company and cheering them up

Helping them to eat, get washed and dressed or in and out of bed

Ensuring they are safe and getting help in an emergency

Helping to attend appointments



Helping with medication

Collecting benefits and paying bills

Helping them to communicate

Reading letters