



Bolton's Young Carers Service (During COVID)

A **Young Carer** is someone who is a person under 18 who regularly provides emotional and/or practical support and assistance for a family member who is disabled, physically or mentally unwell or who misuses substances.

A **young Carer** becomes vulnerable when their caring role impacts upon their **emotional** or **physical wellbeing** and their prospects in **education** and **life**.

Bolton Lads & Girls Club runs the Young Carers Service for Bolton

- **We provide help for Young Carers who need some support. Currently this involves 1:1 telephone and video calls to support** them with a variety of things including: someone to talk to; sessions focusing on wellbeing; help with boredom and isolation; help with schoolwork. We also send out packs to help our Young Carers get involved in positive activities.
- **We are also offering our group 'Chill Out Sessions', online whereby young carers can meet with other young carers, have some peer support, have a chat and learn some new techniques that help them to chill and have a break from their caring responsibilities.**
- We offer a listening ear and support to parents, giving advice and guidance on managing situations at this difficult time and signposting them to any services that can help them, specific to their needs.

To access our service you need to complete a referral form. Referrals can be made by anyone: a professional, a family member or the young person if they are aged 14 or above, via: youngcarers@blgc.co.uk or

contact Elaine Eccles (Young Carers Coordinator) on 07854 117070

Once we have received your referral, we will carry out an Initial Call to identify any urgent support needs. We will complete our own assessment to look at their level of caring responsibilities and the impact these have on their own wellbeing, where we are can [for our very young carers, we would prefer to wait and do this face to face].

