



Living Well North Tyneside

Supporting Health and Wellbeing

Some young carers want to carry on caring because they want to help their family. They also want the chance to be with friends, do well at school, and go out with their families, but don't always get the opportunities that their friends do. You aren't alone.....

Our young carers project can offer you whatever it is you feel you need to make being a carer easier. We will:

- Listen to you and understand how you feel
- Help your family get the support they may need so you don't have to help out as much
- Speak to someone at school, with your permission, so they can understand what your family life is like and offer you support
- Help you to explain to your family how you feel about being a carer, and try to make changes you would like
- Find places to go, including clubs and activities, so you can have fun and spend time with friends

At North Tyneside Carers' Centre, we work with young carers and their families. The young carers' team provides practical and emotional support to young carers around their caring role.

We offer a breaks and activities service so that young carers take a break from caring, explore new activities and aspirations and make friends with other young people who have a caring role.

We also run Social Action projects, for young carers who would like to work on bespoke projects to bring about positive change for the young carers of North Tyneside.

Please note: We can only accept referrals for a young person where a Young Carers' Needs Assessment is in place.

For further information about the Young Carers' Needs Assessment Process, please visit <https://my.northtyneside.gov.uk/category/500/early-help>

If you are a young carer or a family member in need of support, please contact the Young Carers' Project team who will talk to you about your situation on 0191 2496480 or enquiries@ntcarers.co.uk

If you are a professional working with a young carer and would like more information, please call us on 0191 2496480. To refer a young carer [CLICK HERE](#).

Parents Information Booklet [CLICK TO DOWNLOAD](#)
Young People's Information Booklet [CLICK TO DOWNLOAD](#)



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Young Carers Service



0191 2496480



enquiries@ntcarers.co.uk



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<https://www.northtynesidecarers.org.uk/young-carers/what-is-a-young-carer/>



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