



Supporting children & young people in their caring roles

Tackling loneliness together

Services at Sandwell Young Carers



Short Breaks Team



Sandwell Young Carers Short Breaks Programme provide a range of positive activities to give young carers a break from caring, a chance to meet young people in a similar situation, form friendships and have some fun.

Our Short Breaks Team are here for you!

We are here to take young carers calls, to have a chat, and say hello!

Please contact the team on **0121 525 7667** for a chat or to find out more information about Short Breaks activities.

We are providing both virtual and on-site play and youth activities on Saturdays and during school holidays; dont forget to sign up for magic workshops, science experiments, dance classes, baking, crafts and much, much more.

We are on Facebook and Twitter with activities and competitions, be sure to look out for them!

Don't worry if you don't have Facebook or Twitter, you can go to our website **www.sandwellyc.org.uk** where you can click on the icon at the bottom of the page.

Telephone: **0121 525 7667**

Short Breaks: **contact@sandwellyc.org.uk**

Support Work Team

The Support Work Team are here to support young carers and their families when you have worries or concerns.

We can support you if you need help to talk to other services and professionals ie, teachers, doctors, etc.

There are opportunities for you to take part in School Nurture Groups, one to one sessions and group support.

If you would like to know more please telephone or email us.

The Covid pandemic helped us to look at how we can continue to support young carers and families without you needing to come to the centre.

The Support Work Team are here for you!

Access to secure online services mean we are now able to support you virtually and by telephone;

- 1:1 sessions with young carers
- Attending virtual meetings with families
- Carry out initial assessments

We are checking in to see how you are and if we can help you with anything!

Please call **0121 525 8002** if you require any help or support, if we can't help we know lots of organisations that can.

Young Carers Support Line: **0121 525 8002**
Support Work: **support@sandwellyc.org.uk**

Sandwell Young Carers

Sandwell Young Carers is a registered charity offering activities and support to children and young people aged 5-18 years whose lives are affected as a result of caring for a disabled or ill family member.

We have been supporting young carers in Sandwell for over 25 years, our services are free and confidential.

If you are looking after a family member and you are aged between 5-18 years then please get in touch.

Young Carers Voice

If you are a young carer aged 11-18 years and would like to make a difference to the support available to yourself and other young carers then why not join the Sandwell Young Carers Forum. We are a group of young carers who meet every other Saturday, sometimes via Zoom, and sometimes face-to-face. If you would like to know more then please contact us at sandwellyoungcarersforum@sandwellyc.org.uk

WHO CARES...? WE DO!

“ It isn't a skill,
it's a way of life. ”



NB We regret that we cannot receive referrals from children who have not yet commenced year 1 at school due to Ofsted registration.

www.sandwellyc.org.uk