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## YOUNG CARERS

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Treorchy Comprehensive School is one of six schools in RCT, who are part of a pilot initiative for the RCT Young Carers Schools Award. The aim of this award is to help as a school develop an informed understanding of the issues faced by Young Carers in relation to the personal and school life.

### **Are you a Young Carer?**

Are you under 18? Do you look after or help to look after someone at home who is disabled, sick, elderly, experiencing mental health problems or are unable to look after themselves for some reason? If so. You are probably a young carer.

### **Support Available**

There is a lot of support out there for Young Carers. If you are caring for someone at home, go to see your Head of Learning and Skills and they can arrange support to help you. You can get involved with the Young Carers Project where you can get an opportunity to have a break from your caring responsibilities. You will be able to get involved in social and leisure activities and will be given practical and emotional support. The important thing is that you don't have to go through this alone. Look out for information about Young Carers Support on the TV screens around school or check out the school website.

You can also contact RCT Young Carers Support:

Call: 01443 668839

Text: 07824496485

Email: [youngcarerssupportteam@rctcbc.gov.uk](mailto:youngcarerssupportteam@rctcbc.gov.uk)

Further information can also be found by clicking on the links below:

Young Carers link:

<http://www.rctcbc.gov.uk/EN/Resident/ChildrenandFamilies/YoungCarersSupport/YoungCarersSupport.aspx>

Young Adult Carers link:

<http://www.rctcbc.gov.uk/EN/Resident/AdultsandOlderPeople/Caringforotherpeople/YoungAdultCarers.aspx>