

## How can I help?



Being a young carer is hard. It is isolating and it is often lonely. Children are set apart from their peers, misunderstood and misjudged.

We will continue to fundraise to enable these youngsters to have a lot of fun, respite and time away from their caring roles at home and to spend time with other children where they can gain confidence and nurture their personal goals and ambitions.

Being a friend has already begun. You have read our leaflet and you are more aware of young carers in your community.

If you would like to offer more help, then here are some ideas:

- undertake your own fundraising event
- adopt us as your Charity of the Year
- sponsor one of our events
- come along and meet us at a quiz evening etc
- just say 'hello' when you see us at events in West Berkshire
- Keep an eye on our website for news about our events



## The Trustees

Alison McIntyre – Chair  
Lynne Duncan – Treasurer  
Anna Downie – Secretary  
Barbara O'Connor – Funding Applications  
Elaine Cookson – Schools Programme  
Jo Barton – Governance  
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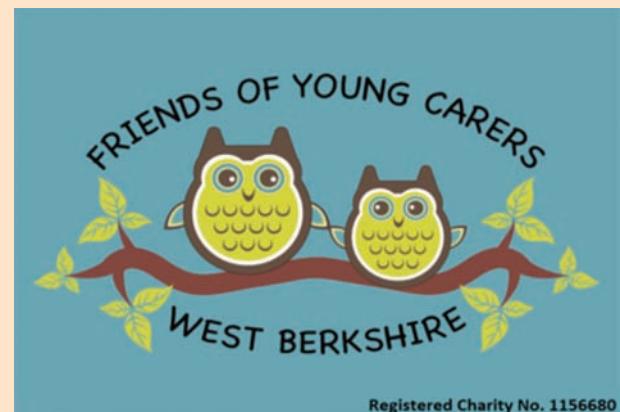
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# Who cares for Young Carers?

Introducing



We are a local charity formed in 2013

### This is what we do –

- raise awareness of some of the issues faced by Young Carers locally
- fundraise to enable respite activities
- manage expenditure of funds by working closely with the West Berkshire Council's Young Carers Project





## Who are Young Carers?

A young carer is a child 5–18 from any ethnic or social background who has caring responsibilities in their home.

Imagine, as a young child, caring for a family member who may have a physical disability, mental health issues, a long term medical condition, or drug or alcohol addiction.

Caring can mean anything, from doing the housework, providing emotional support like listening and comforting, or personal care such as washing or dressing the person they care for. Children as young as five years old can often be responsible for making sure the person they care for takes their medication.

In our area alone, we estimate there to be over 400 young carers, committed to their caring role, yet sacrificing aspects of their childhood.



## West Berkshire Young Carers Project

Based in Newbury, the Project meets with young carers, together with their family to discuss the needs of the child and of the whole family.

A plan of support is then developed with these priorities:

- reduce the amount of caring if it becomes too much
- increase confidence to manage their situation
- work with schools and colleges
- ensure 'time-out' for friends and fun
- improve life opportunities
- ensure the support of other adults and professionals

Our charity is 100% committed to supporting the Young Carers Project by funding activities, trips, holidays etc., which are not covered by the existing provision of West Berkshire Council.



## Friends of Young Carers (West Berkshire)

In 2014 we gained charity status and since then we have raised over £50,000 to support young carers and to give them experiences that sometimes other children take for granted.

We are 7 trustees who meet monthly to discuss applications for funding, governance, new strategies and our own fundraising activities.

We work with all sectors of the community and have built up a great network of supporters and donors.

From local restaurants, banks, small businesses, fundraising bodies and individuals we have enjoyed getting to know everyone and raising the profile of young carers.

Our work with primary schools has raised awareness countywide and is something we are very proud of.

