

## Early Help Service

**Young people  
who are responsible for  
caring for others at home**



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA



City of Westminster

## Who are young carers?

You may be a young person or child looking after someone at home who is unwell or disabled. This person is often a parent, but can be a grandparent or sibling (brother or sister).

You are probably not the only carer in your school.

## What do young carers have to do?

They help in lots of different ways, like doing the housework, getting the weekly shopping, keeping an eye on people, helping them wash and dress, cheering them up.

## How do young carers get help?

Show this leaflet to your mother or father or someone else you trust. For example, you could show it to your teacher.

You could ask one of these people to ask a social worker to come and see you.

## What can a social worker do to help?

He or she will want to hear how you feel, and to get an idea of what you want. This is called an assessment, but it is not a test of how good you are at caring. It is to help sort out what assistance you and your family can get.

When the social worker visits you, you can see him or her alone, or, if you prefer, with your mother or father, or with someone else. Remember social workers are there to help, and your views are important.

## What next?

Maybe someone else will be able to help you by sitting with the person you care for while you go out. Other help is available too, such as meals-on-wheels or help with housework.

This will mean that you have time to do what you want with your friends or meet other young carers who know what it is like.

**You are allowed to ask for help and other people want to help, so talk about your worries.**

## People you can contact for help

- **A teacher at your school**
  - **Kensington and Chelsea Early Help Service**  
020 7598 4608 / 020 7598 4601
  - **Westminster City Council Early Help Service**  
020 7641 4000
  - **Young Carers' Support Services**  
020 8869 7812  
triboroughyoungcarers@spurgeons.org
  - **The Princess Royal Trust for Carers**  
0844 800 4361
  - **The Children's Society**  
[www.childrensociety.org.uk/youngcarers](http://www.childrensociety.org.uk/youngcarers)
  - **Carers UK**  
0808 808 7777