

Areas of Birmingham we work in

Acocks Green	Longbridge	Springfield
Aston	Lozells & East handsworth	Stechford & Yardley North
Balsall Heath	Moseley & Kings Heath	Sutton Four Oaks
Bartley Green	Northfield	Sutton New Hall
Billesley	Nechells	Sutton Trinity
Birches Green	Oscott	Sutton Vesey
Bournville	Perry Barr	Tyburn
Brandwood	Quinton	Washwood Heath
Edgbaston	Selly Oak	Weoley
Erdington	Shard End	
Hall Green	Sheldon	
Hadge Hall	Stockland Green	
Handsworth Wood	Soho	
Harborne	South Yardley	
Kingstanding	Sparkbrook	
Kings Norton	Sparkhill	
Ladywood		

Professionals can make a referral or families can self refer

Contact us

 Birmingham Young Carers Unite, St. George's Community Hub, Great Hampton Row, Hockley, Birmingham, B19 3JG

 0121 227 7000

 birminghamyc@spurgeons.org

 www.spurgeonsyc.org

 @BYCUnite

 @spurgeonsUK

Who we are

Spurgeons Children's Charity provides support to vulnerable and disadvantaged children and families across England. We believe every child deserves the opportunity to live a hope-filled life. Through the delivery of support and intervention services and by speaking up on behalf of those who need us most, we give vulnerable and disadvantaged children and families the chance they need for a better present and more hope-filled future.



Registered charity no. 1081182



spurgeons
Birmingham
Young Carers
Unite

Supporting young carers up to the age of 18 years



You are not alone...

Birmingham Young Carers Unite can help you

Who are young carers

Young carers are children and young people up to the age of 18 who help care for someone that they live with. That person may be a parent, sibling, grandparent or other relative who may be affected by:

- Physical disability
- Mental health condition
- Learning disability
- Substance misuse
- Sensory impairment
- Any long term illness or condition

Some of the roles undertaken by young carers may include:

- Helping the person they care for get dressed or washed
- Extra housework, cooking or shopping
- Helping a family member with their medication
- Providing emotional support
- Helping a sibling with a disability

The effects of caring

Young carers can be in any family and from any background. It is not always easy being a young carer and they can often take on responsibilities that can affect their friendships and relationships, learning and development, health and wellbeing, or future career choices.

Some of the difficulties they may face are:

- Worrying about the person they care for
- Increased levels of stress or anxiety
- Feeling alone and different from everyone else
- Feeling that there is no one to talk to who understands
- Lack of time and opportunity to take part in social activities and have a break
- Difficulties with school or college and keeping up with homework or coursework

"Young carers are my family and I'll never forget what they have done for me."



How we can help

Depending on the level of support needed our free service offers:

- Confidential one-to-one support with a dedicated worker
- Information and advice
- Help to access other services
- Training opportunities, e.g. first aid, fire awareness or building self esteem and confidence
- Opportunity to join a monthly young carers respite group
- Young carers website
- Telephone support
- Access to our counselling service if needed
- Transition into the adult carers services once you reach 18
- Opportunity to take an activity break, make friends and have some fun!
- Whole family support
- Occasional family and parent support

"Without their support I would still be struggling."

"Birmingham Young Carers Unite has given me a future I never thought I would see."

