

About Carers in Hertfordshire

We are a charity that supports unpaid carers throughout Hertfordshire. We are partly funded by Hertfordshire County Council and the NHS in Hertfordshire. In partnership with them and other local organisations we provide services to carers of all ages to help them with their caring role, improve their health and wellbeing, give them a break from caring and have a voice in shaping services for them.

As a charity we must also continue to raise funds with the generous support from businesses, organisations, trusts and individuals in the community.

Please get in touch with us if you want to help or support us in any way or if you are a professional working with young carers and would like to know more about our services.

What next?

If you or someone in your family is a carer, get in touch. We will then arrange a convenient time to meet in your home or a suitable venue.



Call: 01992 58 69 69

Email: contact@carersinherts.org.uk

Visit us at www.carersinherts.org.uk or ycih.org

Carers in Hertfordshire, The Red House,
119 Fore Street, Hertford, SG14 1AX.

*Are you juggling being a young carer
with a life of your own?*

Do you help to look after someone in your family?

Do you live in Hertfordshire and are under 19-years-old?

Does it sometimes feel too much?



*Life does not need to be a
balancing act. We can help!*

What is a young carer?

If you are aged 18 or under and help look after someone in your family at home because they are disabled, have been ill for a long time, have a mental health problem, drink too much or take drugs, then you are a young carer.

You might look after your mum or dad, brother or sister, or someone else in your family. Whatever your role, we can help to make sure it doesn't stop you having a life of your own.



“It was so hard at first. I was trying to balance everything: homework, going to school, friends and caring.”



We know it can be hard to look after a loved one and not be able to do some of the things your friends can do. You may spend time cooking, cleaning, shopping and helping around the home. This can make you tired and not always able to concentrate at school. You may also feel worried and stressed sometimes.

You are not alone

Your feelings are important, and that is why we are here to listen to you and learn how we can help both you **and** your family.

How can we help?

A Young Carer Support Advisor will visit you in your home to work with you and your family to find out how we can best support you all. We can help when you need it including the big changes in life such as moving school, choosing your subjects and starting work or college. All our services are free and you can get in touch by calling us on 01992 58 69 69.

You can talk to us openly and in the strictest confidence. We will not judge you and will never pass on information without your consent unless someone is in danger.

You can also have the chance to:

- Meet other young carers
- Join in fun activities and trips
- Talk about the things that matter most to you as a young carer
- Get involved by joining our Young Carers' Council

“When I spoke to adults about being a carer I thought I'd be told what to do. But people listened and understood how I felt.”

“It has been brilliant to realise I am not on my own. I have gained so much in confidence.”

