

Portsmouth Young Carers Service: Supporting Young Carers living in Portsmouth



Our service

We offer free to access support for children and young people living in Portsmouth who are young carers.

Who is a young carer?

A young person under the age of 18 who cares for or helps to care for a family member with a:

- Long-term illness
- Physical or learning disability
- Mental health condition
- or who misuse substances



"I care for my older and younger siblings. I find it hard when my sister cries when she goes into school."
Portsmouth Young Carer

Unique young carers

- The experiences and needs of each young carer are unique.
- The amount and type of care they provide can vary greatly and this can impact their health and well-being in different ways. They may be emotionally affected, have limited access to social situations or worry about the person they care for.

How does Portsmouth Young Carers Service support young carers?

- Help young carers to understand their caring role and identify and build their own positive support network.
- Provide opportunities for breaks from caring responsibilities and to meet up with other young people who understand how they feel.
- Support professionals to understand about young carers needs, the impact these might have and how to support young carers sensitively and effectively.

As part of the Early Help & Prevention Service we support young carers to:

- Enjoy their childhood and avoid taking on excessive caring responsibilities.
- Recognise their aspirations and support them to achieve their full potential.
- Encourage attendance and attainment in school/college.



Our current offer:

- A **monthly young carers and family email** with information and ideas
- Opportunities for young carers between the ages of 5 and 18 to have a **break from their caring responsibilities** through:
 - **Holiday activity programmes** (for 5 to 18-year-olds)
 - **Regular groups** (for 8 to 25-year-olds) supporting different age groups across the city.
- **Time bonded one-to-one support** for more vulnerable young carers who are not specifically being supported by another professional, with a focus decided with the young person.
- **Young Carer representation** for a young person at multi-professional meetings.
- **Young carer's awareness raising**, including training for organisations and school assemblies for young people.
- **Team Around the Worker** support for professionals working with young carers.



"I like coming to Young Carers because there's always loads to do, and I can just be a kid in this time." Portsmouth Young Carer



How to access Portsmouth Young Carers Service:

Access to our service is by **referral**.

Our **electronic referral form** can be found on the Portsmouth City Council website:

<https://www.portsmouth.gov.uk/ext/health-and-care/carers/young-carers>

The following people can complete a referral:

- The young person's parent or guardian.
- A professional supporting the young person.
- In some cases, the young person may be able to self-refer.



"(At the group) I can be myself and no one judges me."
Portsmouth Young Carer

Groups aren't for everyone...

We recognise that not all young people are comfortable in group settings, or want to attend regularly. For these young people we can offer telephone calls and signposting to other services.

Looking to the future, we plan to create a social media platform where young carers information can be shared.



Portsmouth Young Carers Service contact information:

Address: Young Carers Team
Somertown Family Hub
Omega Street
Southsea
PO5 4LP

Email: youngcarers@portsmouthcc.gov.uk

Webpage: www.portsmouth.gov.uk, search Young Carers



For more information about carers support for adults, please contact:

Portsmouth Carers Centre: carerscentre@portsmouthcc.gov.uk
www.portsmouth.gov.uk, search Carers
02392 851864

"I've been coming to the young carer groups and activities since I was 8 or 9. It's been a great way to make new friends and it helped me to become more independent. I especially enjoyed the 'Big Days Out'. I'd recommend that young and young adult carers who haven't been before give the activities a go."
Portsmouth Young Adult Carer



"I care for my sister... It's nice to be a young carer. We have lots of fun at our group. I like meeting new people and the activities there." Portsmouth Young Carer