

## Ceredigion Young Carers Charter of Rights

The Charter has been created by more than 30 Young Carers from the Ceredigion Young Carers Service in partnership with the local Health Board. The Charter is made up of rights and freedoms including the right to have fun, be happy and have a break from their caring role. It is hoped that the Charter will ensure that all Young Carers in Ceredigion receive an acceptable level of support and engagement from professionals, services and organisations in the county.

## How to be part of Ceredigion Young Adult Carers Service

Anyone can self-refer or a parent, teacher, social worker, GP or other practitioner can complete a referral form. This form is available to download at [www.afcwestwales.co.uk/about/referralinformation](http://www.afcwestwales.co.uk/about/referralinformation). Once a referral has been received a member of the team will be in contact to discuss the next steps with you.

## Get In Touch

Ceredigion Young Adult Carers Service

Action for Children

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[www.afcwestwales.co.uk](http://www.afcwestwales.co.uk)

### Action for Children

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[@actnforchildren](https://twitter.com/actnforchildren)

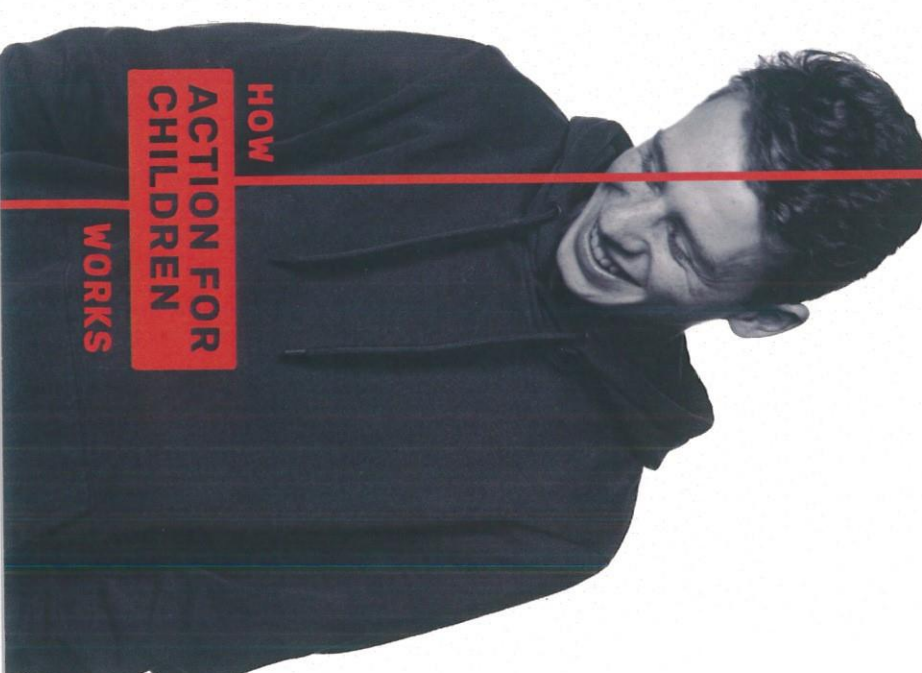
[actionforchildren.org.uk](http://actionforchildren.org.uk)

If you are unhappy with our service, please talk to a member of staff or call Action for Children's customer service and complaints manager on 0800 328 7822. You may also be able to contact an independent body that oversees our service. Please ask a member of staff.

Action for Children is a charity (1097940/SC038092) and a company limited by guarantee (England and Wales No. 04764232).

## Ceredigion Young Adult Carers Service 18 - 25 years

Support, guidance & opportunities for Young Adult Carers



HOW

ACTION FOR CHILDREN

WORKS



INVESTORS  
IN PEOPLE



Registered with  
FUNDRAISING  
REGULATOR



POSITIVE ABOUT  
DISABLED PEOPLE



## Who is a Young Adult Carer?

A Young Adult Carer is a young person who may be involved in caring for parents, siblings or other relatives who have an illness, disability, mental health condition, substance misuse or other need for care or supervision. Young Adult Carers will often carry out on a regular basis significant or substantial caring tasks and assume a level of responsibility that would normally be associated with someone much older. This can affect a Young Adult Carers education, employment, friendships, physical health and emotional wellbeing. Young Adult carers are at high risk of isolation, low self-esteem, aspirations and ambitions.

## The Service can offer:

- 1:1 support
- Person Centred Planning
- Training and development
- Information, advice and guidance (this can be 1 off or ongoing support)
- Research
- Community drop-ins
- Duty advice service
- Fun activities and social groups

## We always show how Action for Children works

By creating stable new homes through fostering or adoption.

By running family centres across the UK.

By keeping struggling families together.

By supporting young carers.

By helping disabled children with the challenges they face.

By helping teenagers get into education and jobs.

By refusing to accept that 1.5 million neglected children in the UK is OK.

By doing what's right, doing what's needed, and doing what works for children.

**Research has shown that there are 229,318 Young Adult Carers in the UK. This is believed to be a gross misrepresentation.**