

## DOES THIS SEEM LIKE YOU?

As a child or young person who has caring responsibilities it is quite likely that you look after, help, or support a family member or a friend who has a physical disability, a mental health issue (e.g., depression), a cognitive impairment (e.g., dementia), addiction (to alcohol and drugs) or any other health-related conditions.

Probably you are constantly concerned about the well-being of the person/s you help take care for. You may feel exhausted because you have to do the shopping for your family, help someone with bathing or dressing, to go to the toilet or get into bed. You may also help taking care of the housework, for example, dusting and hoovering or washing and ironing. You organise the family budget and deal with bills and banking money. Potentially you do most of the cooking for your family, help someone to take medication, or work part time to bring money in.

You also offer emotional support to your family member/friend through bad times, you keep the person you care for company e.g., sitting with them, reading to them, talking to them. You keep an eye on the person in need of care to make sure s/he is all right. You take brothers and sisters to school (or pick them up!).

Because of your caring responsibilities, you feel you don't have enough time for yourself, you have problems at school, you are not able to do the things you want to do in your free time.

**IF LITTLE, MUCH OR SOME OF THE ABOVE HAPPENS TO YOU WE BELIEVE YOU WILL BENEFIT FROM TAKING PART IN OUR MENTORING SUPPORT PROGRAMME.**

## WHAT DO I GET FROM MENTORING?

From improving your sense of confidence, motivation, to help you expand your social networks, identify activities/courses that you want to engage with, and learning to cope better with your emotions. There is something in it for everyone!

# MENTORING PROGRAMME

## for young carers



## HOW IT WORKS

Our approach is personalised, and school based, so you will be matched with a qualified mentor that will meet with you at your school and guide you through the process. Barnet Young Carers mentors will work together with you during eight weekly sessions focusing entirely on your needs and help you achieve specific goals that you have previously identified.

## WHAT IF I NEED MORE SUPPORT?

Our programme is designed to continue beyond the individualised mentoring support that takes place at schools and will continue with engagement in artistic and creative projects through which more specialist mentoring and peer interaction happens, enhancing social abilities, learning, confidence building and skills development in areas of personal interest. Such support is delivered through our partner Arts Against Knives.

## I AM INTERESTED. WHAT DO I NEED TO DO NOW?

It is simple! You can self-refer or ask a professional known to you to make a referral on your behalf. It can be a schoolteacher, pastoral support member of staff, wellbeing officer, social worker, etc.

The referral form should be requested at [mentoring@barnetcarers.org](mailto:mentoring@barnetcarers.org)

If you have questions or need any further questions any member of our young carers team will be more than happy to talk to you. Just drop us a line at the same email above and we will get back to you as soon as we can. You can also call our team on 0203 995 1909

**INFORMATION FOR YOUNG CARERS**

