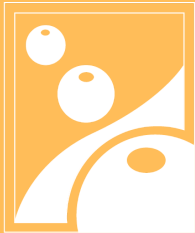




WE CARE BECAUSE YOU DO

**A GUIDE FOR YOUNG ADULT
CARERS STUDYING AT NORTH
WEST REGIONAL COLLEGE**



north west
regional college
Derry-Londonderry • Limavady • Strabane



What Is A Young Adult Carer?



IF YOU LOOK AFTER SOMEONE, YOU ARE NOT ALONE!

Young Adult Carers are young people who help care for a family member who is disabled, physically or mentally ill, has a long term serious illness or has a substance misuse problem. This is a role that many young people are happy and proud to do.

North West Regional College is very keen to help and support Young Adult Carers to get the best out of college.



DO A NUMBER OF THE FOLLOWING POINTS APPLY TO YOU?

- You have to do the shopping for your family.
- You help someone with bathing or dressing.
- You help someone to go to the toilet or get into bed.
- You take care of housework, for example, dusting and hoovering or washing and ironing and do most of the cooking for your family.
- You organise the family budget and deal with bills, banking money.
- You help someone to take medication.
- You offer emotional support to your family member/friend.
- 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 they are ok.
- You look after your brothers/sisters.
- Because of your caring responsibilities, you feel you don't have enough time for yourself, you have problems at college, you are not able to do the things you want to do in your free time.

If many of the statements apply to you, you may be a Young Carer (if you are under 18) or a Young Adult Carer (if you are aged 18+).

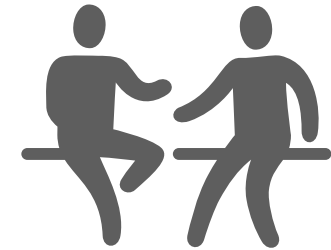
CARING ABOUT YOU...



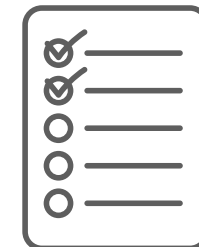
As a Young Adult Carer, you might find college a place where you can forget about your caring responsibilities and feel “normal” for a while. But it can also be a place where you’re under extra pressure or where people don’t understand what your life is like outside of college. It can sometimes be hard to juggle all your responsibilities as a young carer with the demands of lecturers, friends and college work.

North West Regional College has great support for young carers but for it to happen somebody at the college needs to know about your situation! If we don't know, we can't help.

IT'S YOUR CHOICE, BUT TELLING PEOPLE ABOUT YOUR CARING ROLE MEANS YOU CAN ACCESS MORE HELP AND SUPPORT






You can get a Young Adult Carers Assessment to help you get support. This is a way for you to tell either the Carers Lead or Carers Support Officer about your caring, so you can plan things together that will make your life easier.



If a student identifies that they need additional support, the team puts together an individual Young Adult Carer Learning Support Plan with the student incorporating the interventions and support they want.

INDIVIDUAL LEARNING SUPPORT PLAN

-  Tailored to each individual Young Adult Carer
-  Incorporates the support the Young Adult Carer wants
-  The Learning Support Plan is only shared with staff who are likely to be directly involved in the education of the student, whether Lecturer or Support Staff

One of the key elements of support which the college provides is the Young Adult Carers Student Pass Card. When Young Adult Carers are identified in the college, they will be given a card which they can show to tutors or other support staff. This helps staff to recognise that they may require additional support and flexibility around deadlines or time of of class etc, without them having to explain their caring responsibilities multiple times.

STUDENT PASS

YOUNG ADULT CARER



NAME:

STUDENT I.D.:

I am a young adult carer and have caring responsibilities at home. This means I am sometimes late to class, need to leave early or need to take a five minute break. I will always try to let you know if I won't be in.

✉ SAFEGUARDING@NWRC.AC.UK

WHO CAN HELP?



If you're a Young Adult Carer your caring role can have a big impact on your life and may make it hard for you to do the things you want to do, now and in the future.

It can affect your social life, self confidence and even your health. You may also find it difficult to manage your education or job. The stress of these things on top of caring can cause mental health problems.

If you're a Young Adult Carer and you're struggling with any of these things then there is help, advice and support available.



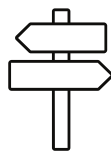
If you're struggling with your own mental or physical health you should speak to your doctor. It's important to tell your doctor about your caring role so they have a clear picture of your lifestyle and can judge any effect it has on your health and wellbeing.

Student Services provides information, advice and guidance on a range of issues that students may face during their time at the college and have specialist teams who can help with money, disability, mental health and wellbeing issues.

Telephone: (028) 7127 6045

E-mail: studentservices@nwrc.ac.uk

Website: <https://www.nwrc.ac.uk/student-support>



MEET THE TEAM..

The Young Adult Carers Team are responsible for supporting students who are carers. This includes emotional support, communication with lecturers to ensure extra support is provided round attendance and deadlines, and referring in to local support groups where necessary.

If you need some advice or are experiencing difficulties and not sure who to contact, then come and see someone from the Young Adult Carers Support Team in Student Services. They will be happy to help you with any queries you may have and, if necessary, direct you to the appropriate service to meet your needs.



Shannon Doherty
Carers Lead
shannon.doherty@nwrc.ac.uk



Eva Mc Clean
Carers Support Officer
eva.mcclean@nwrc.ac.uk



Gillian Moss
Carers Champion
gillian.moss@nwrc.ac.uk

WHAT SUPPORT IS AVAILABLE LOCALLY?



BARNARDO'S NORTHERN IRELAND

This service supports young carers to address issues identified through Understanding the Needs of Children in Northern Ireland (UNOCINI) assessments. This includes both individual support and group work. The service also works with the families of young carers and supports the participation of young carers in mainstream services including education, health, youth and community services. NIRYCS (Northern Ireland Regional Young Carers Service) offers young carers a break from caring, a listening ear, information about illnesses, peer support groups, a safe environment to express concerns and worries, advocacy, advice and signposting.

CONTACT INFORMATION:

Telephone: 028 79631344

Email: MagherafeltAdminMailbox@Barnardos.org.uk

Website: www.barnardos.org.uk/northern-ireland

ACTION FOR CHILDREN

Action For Children provide a service for young adults in a caring role. The Young Adult Carers Service runs throughout the 5 trust areas for any young person between 18-25 in a caring role. They deliver services in a range of formats including one to ones, group work, information sessions and much more, all of which are planned and organised following consultation with young adult carers themselves. They are keen to hear from the estimated 30,000 active young adult carers in Northern Ireland and would encourage them to get in touch to help them shape the service and to challenge any pre conceived ideas of the type of service a young adult carer may want to be part of. They accept referrals from family members, social workers, health professionals, teachers, tutors, voluntary sector professionals and young adult carers themselves.

CONTACT INFORMATION:

Telephone: 028 90460500 (ask to speak to a member of the young adult carers team)

Email: youngadultcarers@actionforchildren.org.uk

Website: www.actionforchildren.org.uk

USEFUL CONTACTS



Student Services: 028 7127 6045

Careers Academy: 028 7127 6111 or 028 7127 6112

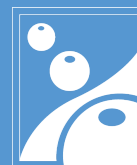
Student Finance: 028 7127 6033 or 028 7127 6010

Students' Union: 028 7127 8706

Safeguarding: 028 7127 8709

Learning Link: 028 7127 6024

Library: 028 7127 6124



north west
regional college

Derry-Londonderry • Limavady • Strabane