

Carers Rights Day

Young Carers Rights

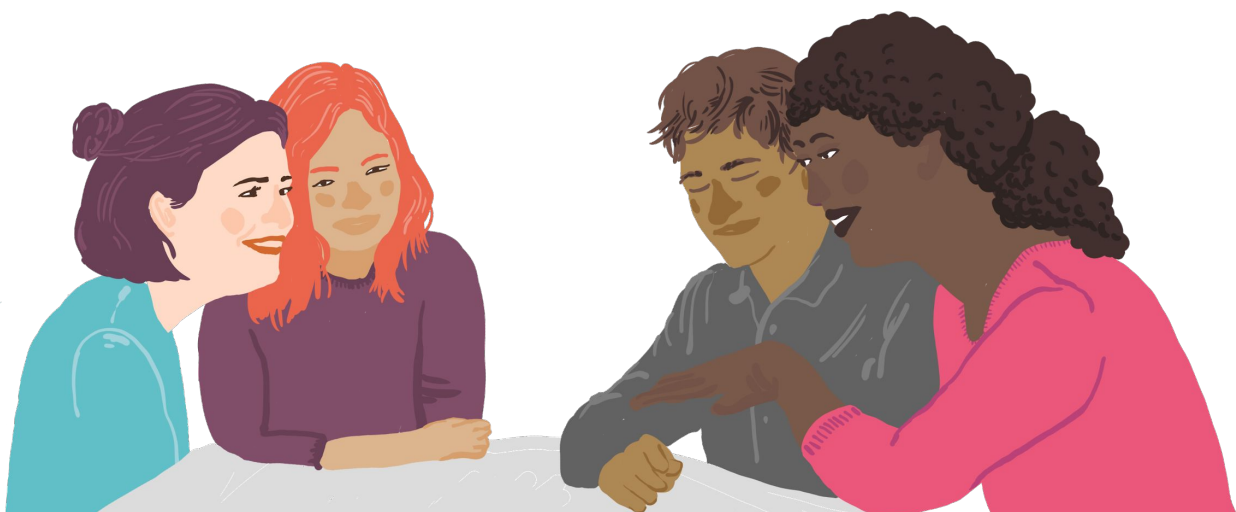
This year, on Thursday 24th November, it is Carers' Rights Day in the UK. At Carers' Hub, we believe it is important for you to understand your rights and access available support.

Carers Rights Day aims to:

- ensure carers are aware of their rights
- let carers know where to get help and support
- raise awareness of the needs of carers.

The Children and Families Act 2014 and the Care Act 2014, both significantly strengthened the rights for young carers. These rights aim to assess and support children and young people, preventing them from taking on excessive or inappropriate care.

For detailed information, take a look at this [useful guide](#) from Carers Trust.



Being a Young Carer in Lambeth

A young carer is someone aged 5 to 18 who helps look after a family member or friend, who has an illness or condition. This might be a physical illness; mental illness; learning disability; or some form of drug or alcohol problem. It can feel like you should be helping as much as possible, but this can have a negative impact on all other areas of your life.

A young carer might 'care' in all sorts of ways, be it through personal care, help around the home, or by providing emotional support. **No matter your caring role, however big or small, young carers are legally entitled to an assessment of their needs.**

If you're a young adult carer and are over the age of 18, you can find information about Carers' Assessments in our Adults Carers Rights Day booklet.

At Carers Hub, we are responsible for Lambeth's Young Carers Assessments. You can [email us](#) or call 020 7501 8972 to find out more.





You or your parents can request an assessment, You may also be referred to us from other sources, such as your school or a hospital. If your duties change, you can have another assessment to reconsider support options.

An assessment should consider both the carer's needs and the needs of those you care for. Often we need to work alongside other services to advocate for our Young Carers.

You also have the right to take breaks from caring. This can include social activity groups, days out and residential stays. The person you care for may be provided with respite care, relieving you of any duties for a set period of time.



At Carers' Hub

We support all unpaid carers who live in or care for somebody in Lambeth. This includes one-to-one support, via phone, email, or in person. We can help with planning out support for you and the person you care for.

Our support is available to your whole family, via both our Young Carers and Adult Carers teams. Parents, who are concerned about the effect caring duties may be having on their child, are encouraged to get in touch so we can help.

We also offer peer support and activities. This includes homework clubs for 11-16 year olds, activities for all ages during school holidays, and meet ups. Find out more information at [Young Carers | Carers Hub](#).

We are also currently researching and looking into producing a Young Carers Card, which could offer proof of your carer status, as well as emergency contact details.

While it is helpful to know your rights and how the law protects carers, it may feel quite daunting to be assertive if you feel your rights are being ignored.

It is a process that takes confidence, energy and help. You do not need to do it alone.





Lambeth Young Carers

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