

1

Background

Young carers in Blackpool face unique challenges that require compassionate, trauma-informed support. This briefing outlines who young carers are, the impact of their role, available referral pathways, and the critical importance of considering their needs in all assessments and plans.

A *young carer* is a child or young person aged 5–18 who provides practical or emotional care to a family member with a physical illness, disability, mental health condition, or substance misuse issue. In Blackpool, many children quietly shoulder responsibilities that would typically fall to adults, often without recognition or support.

2

Why it matters

Young carers often experience:

- **Chronic stress** from adult responsibilities
- **Social isolation** due to limited free time
- **Educational disruption** from missed school or homework challenges
- **Emotional burden** from witnessing illness or distress A trauma-informed approach means:
- **Recognizing signs of distress** that may be masked by resilience
- **Creating safe spaces** for disclosure without judgment
- **Validating their experiences** and avoiding assumptions
- **Empowering them** with choices and consistent support

3

Information

Common Responsibilities May Include:

- **Practical tasks:** cooking, cleaning, shopping
- **Physical care:** helping with mobility, physiotherapy
- **Personal care:** washing, dressing, toileting
- **Emotional support:** listening, comforting, managing family stress
- **Sibling care:** parenting younger siblings
- **Medication management** and interpreting for non-English-speaking family members.

4

Young carers are entitled to a **carers assessment**. In Blackpool these are undertaken by **Blackpool Carers Centre**
Beaverbrooks House, 147 Newton Drive, Blackpool, FY3 8LZ

You can contact them by –
01253 393748
blackpoolcarers.org/young-carers

7

Questions to consider

Always make sure that all Assessments and Plans consider a Young carers individual needs and how we are supporting them.

This is for all types of plans of support through from:

- Early Help
- Child in Need
- Any plans relating to supporting them to attend education,
- Child Protection Plans
- Leaving Care – Pathway Plan
- ADASH – Joint Working Exercise (Within CP/Early Help)
- Youth Justice – My Plan

6

What to do

Blackpool Carers Centre offers a comprehensive support for carers of all ages and their families. You can access further information at –

[Young Carers – Blackpool Carers Centre](#)

An online carers referral form can be accessed at –
[Online carers referral form – Blackpool Carers Centre](#)

To access our service, simply click **REGISTER NOW** and complete the short referral form.

5

They offer:

- **1:1 support from Young Carers' Family Support Workers**
- **Free activities to build confidence and reduce isolation**
- **School liaison to improve understanding and flexibility**
- **Help with social services and health authorities**
- **Information about the cared-for person's condition**
- **Peer support groups for emotional wellbeing**

