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

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](https://blackpoolcarers.org/young-carers/)

An online carers referral form can be accessed at –

[Online carers referral form – Blackpool Carers Centre](https://blackpoolcarers.org/online-carers-referral-form/)

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

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**

**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.

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

**Understanding Young Carers in Blackpool**

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.

**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**