

Young Adult Carer Voice Group



Twitter – @bridgendcarers

Facebook – Bridgend Young Adult Carer Voice Group

Website – www.bridgendcarers.co.uk

Our project part of the Big Lottery funded

[Community Voice: Needs Must / Pan fo Angen project.](#)

The project is for young people aged 16 – 25 who provide an unpaid caring role to a family member, often a parent or sibling. We provide training and support to build the confidence and knowledge of the young adult carers in order for them to participate in engagement and consultation activities to improve local services. In addition to this, we run a monthly forum, trips and activities and a peer mentor project. The monthly forum is held on the first Tuesday of every month at Bridgend Carers Centre from 5 until 7pm.

How are we meeting our project outcomes?

- We run a monthly forum, social groups, and help participants and service providers work together to have a stronger voice in the evaluation, delivery and improvement of local services;
- We offer trips, fun engagement activities and residential and respite opportunities to allow the young adult carers to participate and engage in a meaningful manner that best meets their needs;
- We provide training and engagement opportunities and offer a peer mentoring programme to empower young adult carers to voice their opinions in shaping local services.

What our young carer said: “We don’t feel supported in school. Some teachers don’t know what a young carer is and they shout at us if we are late or if I haven’t done my homework. They don’t understand I have a caring role too.”

What we did: The Young Adult Carer Voice Group worked with Bridgend County Borough Council to develop a Young Carers ID Card that could be issued as a result of a Young Carers Assessment. The card can be used in school to explain that their circumstances can sometimes affect their education in a number of ways.

What young adults say:

We would still like more understanding in schools from teachers and support staff.

We would like more understanding from health professionals such as giving us information we understand about how to safely help the person we care for with medication, allowing us into appointments and allowing us to collect prescriptions.

We would like service providers to respond to our consultations, even if we are not able to get what we have asked for. Just explain why!

We need more support to stay in education and employment and ideally go on to further education.

What difference do we make to our participants:

- We now have a group of over 10 confident young adult carers who are able to express their thoughts to service providers to ensure their rights are being met;
- One of our young adult carers has recently been elected as Young Carer lead on the Cabinet of Bridgend Youth Council;
- One of our young adult carers has been appointed as Deputy Youth Mayor of Bridgend;
- One of our young adult carers has been selected to join the British and Irish Parliamentary Assembly.

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