

## Who is a Young Carer?

Any child or young person under 18 who is significantly affected by helping to care for someone at home who is suffering from:

- \* Physical disability
- \* Mental illness
- \* Sensory impairment
- \* Substance misuse
- \* Long-term or terminal illness.



It's estimated that only 7% of Young Carers in Leicestershire are identified, so they do not always get the support they need and deserve.



VASL's Young Carers Activity group is open to young carers living anywhere in Harborough district, from Year 7 up to their 18th birthday.

If you'd like to make a referral, please contact our Young Carers Manager on 01858 439268

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Follow: @vaslonline  
Support: [justgiving/vasl](https://www.justgiving.com/vasl)



## Young Carers Activity Group

[www.vasl.org.uk](http://www.vasl.org.uk)

## What do Young Carers do?

Young Carers do all sorts! Here are just a few of the tasks they might regularly perform:

- \* Personal care, e.g. help with bathing, dressing, hair-washing or mobilising around the house
- \* Household chores like cleaning, shopping, laundry, cooking, gardening - over and above what would be expected for their age
- \* Dealing with medication
- \* Accompanying people to medical appointments
- \* Giving emotional support
- \* Signing or interpreting
- \* Paying household bills or collecting benefits
- \* Looking after younger brothers and sisters or taking them to school - over and above what would be expected for their age.

## Where does VASL come in?

VASL has run its Young Carers Group since 2011, supported in kind by the Children and Family Wellbeing Service.

Our group aims to give Young Carers regular time out, where they can forget about their caring responsibilities and *just be themselves!*



Everyone in the group is a Young Carer, so they all understand about your home situation.

There's always a friendly, knowledgeable adult around to talk to if you need a chat about anything. We meet fortnightly in term-time.

## Support us - [justgiving/vasl](http://justgiving/vasl)

We offer all the usual activities you'd expect in a youth centre, e.g. crafts, cooking, outdoor games, pool, table-tennis or just hanging out with your friends.

In the school holidays, special events and trips are arranged. Meals out, theme parks, bowling, skating, Segway, trampolining, BBQs... you suggest it and we'll try to make it happen!



We can sometimes help with transport to the group if you can't get in any other way.