

# Cardiff and Vale Carers Charter

Young carers are really important to us, to the communities where they live and to the people they care for. We want to know if you care for someone, so that we can support you and the people you provide care for, and make sure you have time to have a break and have time for you.

## Am I a young carer?

A young carer is a young person under the age of 18 that provides support and care for someone with a disability, illness, ill mental health condition, or has a dependency on drugs and or alcohol. A young carer can provide support and care for someone they live with, which could be their parents, siblings, grandparents etc.

A young carer can provide care in number of ways such as cooking, cleaning, helping with siblings, dealing with medication, and providing emotional support. By emotional support this could be checking in with the person you care for, comforting someone and providing company.

At YMCA Cardiff we run two young carer services, one in the Vale of Glamorgan and the other in Cardiff.

To be referred into our Cardiff project please contact;  
**The family gateway on 03000 133 133**  
[ContactFAS@Cardiff.gov.uk](mailto:ContactFAS@Cardiff.gov.uk)

To be referred into our Vale project please contact;  
**The Families First Advice Line on 08000 327 322**  
[familiesfirstadvice@valeofglamorgan.gov.uk](mailto:familiesfirstadvice@valeofglamorgan.gov.uk)

Once on the project you can receive;

- Respite from weekly youth clubs
- 121 family support
- Residential trips
- In school sessions
- School holiday day trips

We realise that this can feel like a lot of responsibility, and we want to make sure you are supported and able to have a break from your caring role, that's why we have created a list of commitments or promises to you.

**Our Commitments** →





## Our commitments to you:

- We will ensure you as a young carer are recognised from as early as possible, so that we can support you
- We will work with professionals such as teachers, GPs, pharmacists, to raise awareness of young carers and know what support you can receive
- We will help you understand what it means to be a young carer and how we can support you
- We will work hard to make sure we do our very best to support you
- We will support you to have a break from your caring and have time to meet other young carers
- We will work together to support you in school with your caring role

All young carers can also access the **Young Carer ID card scheme**. YMCA Cardiff in partnership with Cardiff and the Vale of Glamorgan local authorities, are supporting the Welsh Government funded ID card scheme to help young carers in Wales to be identified, feel validated, and receive the support they deserve.

The **YCID**, or **Young Carers ID card**, is a simple card to help professionals including doctors, teachers and pharmacists to recognise them and support them appropriately.

Contact us for more information:

**T:** 02920 465250  
**E:** [cardiffyoungcarers@ymcacardiff.wales](mailto:cardiffyoungcarers@ymcacardiff.wales)  
**E:** [valeyongcarers@ymcacardiff.wales](mailto:valeyongcarers@ymcacardiff.wales)  
**W:** [www.ymcacardiff.wales](http://www.ymcacardiff.wales)



**We think young carers are best place to tell us how to make things better, so we will also:**

- Ask you to tell us what you think about the support we provide
- Listen and work hard to improve what we do based on what you say

Scan the QR code to find out more

