

Pembrokeshire Young Carers Charter of Rights

The Charter has been created by more than 30 Young Carers from Pembrokeshire Young Carers Service in partnership with the local health board. The Charter is made up of 8 rights and freedoms including the right to play and have fun, right to be happy and the right to have a break from their caring role. It is hoped that this Charter will ensure that all Young Carers in Pembrokeshire receive an acceptable level of support and engagement from professionals, services and organisations in the county.

How to be part of Pembrokeshire Young Carers

Anyone can self-refer or a parent, teacher, social worker, GP or other practitioner can complete a referral form. This form is available to download at www.afwestwales.co.uk/About/Referral information. Once a referral has been received, a member of the team will be in contact to discuss the next steps with you.

Get In Touch

Pembrokeshire Young Carers Service
www.afwestwales.co.uk
Penffynnon
Hawthorn Rise
HAVERFORDWEST
Pembrokeshire
SA61 2AX
Tel: 01437 761330

Pembrokeshire Young Carers Service

Opportunities and great experiences for young carers aged 8 to 25 years.

Action for Children

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Watford WD1 8AG
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ask.us@actionforchildren.org.uk
[@actnforchildren](https://twitter.com/actnforchildren)

actionforchildren.org.uk

If you are unhappy with our service, please talk to a member of staff or call Action for Children's customer service and complaints manager on 0800 328 7822. You may also be able to contact an independent body that oversees our service. Please ask a member of staff.

Action for Children is a charity (1097940/SC038092) and a company limited by guarantee (England and Wales No. 04764232).




HOW

ACTION FOR CHILDREN

WORKS





Research has indicated that there are 175,000 Young Carers in the UK, 11,000 of which live in Wales.

We always show how Action for Children works

- By creating stable new homes through fostering or adoption.
- By running family centres across the UK.
- By keeping struggling families together.
- By supporting young carers.
- By helping disabled children with the challenges they face.
- By helping teenagers get into education and jobs.
- By refusing to accept that 1.5 million neglected children in the UK is OK.
- By doing what's right, doing what's needed, and doing what works for children.

Who is a Young Carer?

A Young Carer is a child or young person who may be involved in caring for parents, siblings or other relatives who have an illness, disability, mental health condition, substance misuse or other need for care or supervision. These are called Young Carers and very often will carry out, on a regular basis, significant or substantial caring tasks and assume a level of responsibility that would usually be associated with an adult. This can affect a young person's education, friendships, physical health and own emotional wellbeing as well as often resulting in isolation, lower self-esteem, aspirations and ambitions.

What Pembrokeshire Young Carers can offer Young Carers and their families

We offer a varied and supportive service which includes:

- 1:1 and emotional support
- Person Centred Planning
- Focus Groups
- Training and Development opportunities
- Creative workshops
- Fun activities and trips
- Family trips
- Information and advice
- Support groups running fortnightly
- Up to date website