

Pembrokeshire Young Carers Charter of Rights

The Charter has been created by more than 30 Young Carers from the 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 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 the Pembrokeshire Young Adult Carers Service

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.afcwestwales.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 -
Young Adult Carers 14+
www.afcwestwales.co.uk
Penffynnon
Hawthorn Rise
HAVERFORDWEST
Pembrokeshire
SA61 2AX
Tel: 01437 761330

Action for Children

3 The Boulevard
Ascot Road
Watford WD1 8AG
0300 123 2112
ask.us@actionforchildren.org.uk
[@actnforchildren](https://www.instagram.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 (1097740/30038092) and a company limited by guarantee (England and Wales No. 04704232).

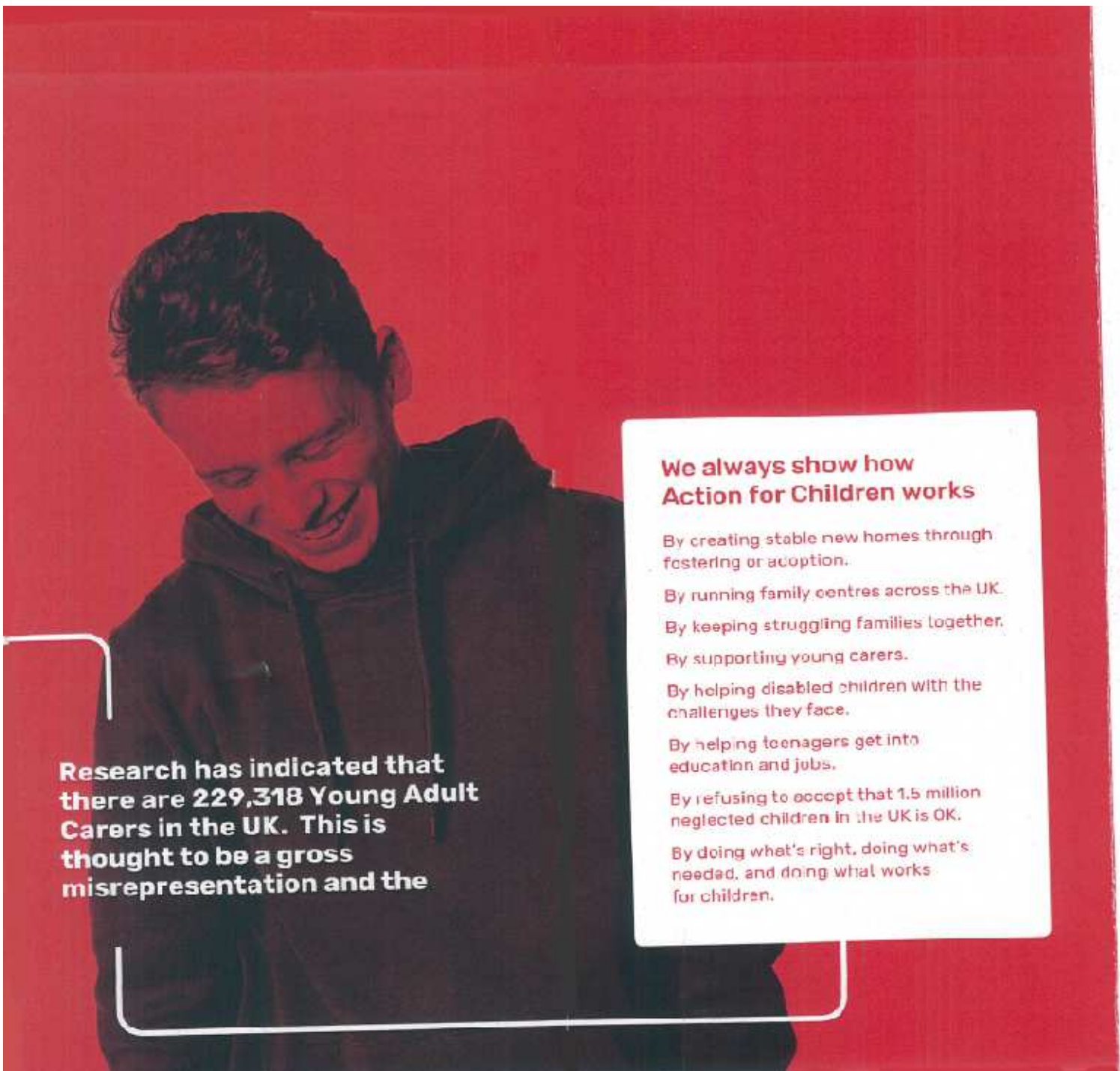
Pembrokeshire Young Carers Service Young Adult Carers 14+

Support, guidance and opportunities for Young Adult Carers aged 14-25 years.



HOW
**ACTION FOR
CHILDREN**
WORKS





Research has indicated that there are **229,318 Young Adult Carers** in the UK. This is thought to be a gross misrepresentation and the

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 Adult Carer?

A Young Adult Carer is a 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 or Young Adult 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 somebody much older. 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.

The service has a specialist dedicated worker whose job is to offer:

- 1:1 and emotional support
- Person Centred Planning
- Focus groups, training and development
- Social activities and trips
- Information and advice
- Up to date website containing information about the service and different activities - www.afcwestwales.co.uk
- Research
- School and College support
- Duty advice service

Being part of Action for Children, we are also involved in national research, lobbying and campaigning. We also partnership work with other Action for Children services across Wales and the UK.