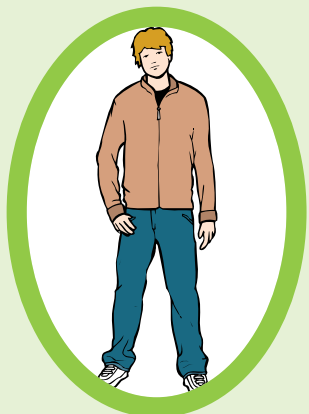


The Pledge

The Pledge is our promise to children and young people. It says we (and organisations that work with us) will treat you well and do the things we have said we will, within the time we have agreed.

We ask children and young people to help us make sure we keep our promises to you. You can do this by visiting or phoning any of our services, and telling us whether or not we are doing what we say we will and treating you well.

You can also tell us if you think we are keeping our promises by contacting us on 01942 486123. You can also get a full version of this pledge by phoning the same number.



Young Carers' Service



We can make this information available in other formats and languages on request.

Contact us at: Media and Communications Team, Wigan Council, Chief Executive's Services, Town Hall, Library Street, Wigan, WN1 1YN.

Phone: 01942 827173 • E-mail: mct@wigan.gov.uk

www.wigan.gov.uk

Children and Young People's Services

Young Carers' Service



You may be able to get help and support from the Young Carers' Service if you are under 18 years old and helping to care for a relative or friend at home who:

- is ill
- has a disability
- has a mental health problem
- is dependent on drugs or alcohol
- if affected by HIV or AIDS.

As a young carer, you may be helping in many ways – with

housework, shopping, cooking, dressing, bathing, toileting, taking medication, etc. You may also spend time listening to the person you care for when they are sad or depressed.

What help is available?

Support groups – where you can meet other young carers and have fun in a friendly place, or visit other fun places, go bowling, outdoor activities, or just have a time to enjoy yourself with others who understand what it's like to be a young carer.

Counselling – if you need extra emotional support because the person you care for has a mental health problem, or just someone to talk to because of issues troubling you. Counselling is confidential and can also be provided to members of your family.

Support and advice – young carers don't always know where to go to for help or to find someone who understands the problems that they are facing. We can provide support and advice, and someone to talk to.



How to get help

Contact one of the young carers workers on:

01942 705962 or
01942 705963.

Or, e-mail:
youngcarers@wigan.gov.uk

