



### Why not visit our online app?

[www.icare.aycnottingham.co.uk](http://www.icare.aycnottingham.co.uk)



### Or, download from the App Store.

Just search 'Young Carers App'



### Who can get in touch?

AYC can help all kinds of people. You just have to be aged 5 to 18 and be a carer in Nottingham City. It doesn't have to be you who gets in touch with the service; you might be someone who simply knows of a young carer who could do with some help.

#### For example:

- A child or young person who thinks they might be a carer
- A parent or other family member
- A person who works with children or young people such as a teacher, social worker, health professional, youth worker or volunteer.



### How to find out more

Carers Federation Ltd.  
Christopher Cargill House,  
21-23 Pelham Road, Sherwood Rise,  
Nottingham NG5 1AP.

**Tel:** 0115 9629351/52/53  
**Email:** [info@carersfederation.co.uk](mailto:info@carersfederation.co.uk)  
**Text:** 07814 678 460  
**Web:** [www.aycnottingham.co.uk](http://www.aycnottingham.co.uk)



**If you require this information in a different format please contact us.**

Carers Federation Limited is registered as a company limited by guarantee.  
Registered Office: Christopher Cargill House, 21-23 Pelham Road, Nottingham NG5 1AP  
Registered Number: 3123142  
Registered Charity Number: 1050779



[carersfedayc](https://www.instagram.com/carersfedayc)



Action For Young Carers



[@carersfedayc](https://twitter.com/carersfedayc)



## ACTION FOR YOUNG CARERS INFORMATION LEAFLET - NOTTINGHAM CITY



# ACTION FOR YOUNG CARERS

- Are you aged 5 to 18?
- Do you care for someone?
- Do you know there's a service here to help you?

## What is Action for Young Carers?

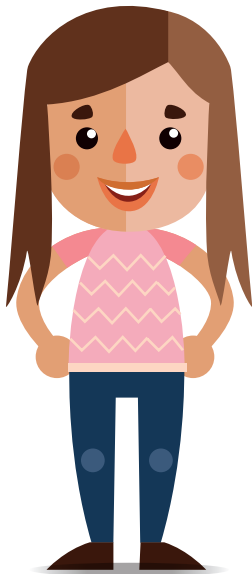
Action for Young Carers (AYC) is a free and confidential service that supports young carers in Nottingham City.

As part of the Carers Federation organisation, AYC provides young carers with the chance to get together, have fun and access the help they need.

Best of all, young carers at AYC are encouraged to say what they like and dislike, meaning the confidential service provides them with exactly what they need.

## You can:

- Get to meet other young carers
- Take part in fun activities
- Get help when you need it
- Have a bit of a break from your caring role
- Tell us what you like and what you want
- Influence what the service does
- Get your voice heard.



## Variety of support offered by the AYC team

Everyone is different. That's why AYC will take the time to ensure that you and your family receive the kind of support you require.

The service is geared up to meet your personal needs. Here are some of the things that AYC offers:

- Young Carers assessment (Under the Children and Families Act 2014 aligned with the Care Act 2014)
- One-to-one confidential support over the phone or face to face
- Access to Young Carers groups both in school and out of school
- Information about the condition of the person you care for
- Opportunity to access a variety of Young Carer respite activities
- Advocate on behalf of Young Carers and their families
- Signposting to other services that might benefit you
- Young Carer ID cards
- Access to Young Carers self assessment app
- **Confidential telephone service**  
Available during our working hours.  
**0115 962 9351, 0115 962 9352 & 0115 962 9353**
- **Text service 07814 678 460**  
Available during our working hours.

## Action for young Carers working opening times:

<b>Monday</b>	<b>9am – 5pm</b>
<b>Tuesday</b>	<b>9am – 5pm</b>
<b>Wednesday</b>	<b>9am – 5pm</b>
<b>Thursday</b>	<b>9am – 5pm</b>
<b>Friday</b>	<b>9am – 4.30pm.</b>

**For more information, please visit:**

**[www.aycnottingham.co.uk](http://www.aycnottingham.co.uk)**

## How do you know if this service is for you?

If you are a young person aged 5 to 18 who cares for a family member at home, we're here to help you. You could be looking after a parent, brother or sister, grandparent or other relative who may be affected by a disability, mental health, or any other long term illness or condition.



You could be in any family, from any background or culture. Young carers and their families often have worries or questions about their situation and we can provide the information and support you need.

## Does this sound like you or someone you know? If so...

- Get involved!
- Don't suffer in silence
- AYC is here to help (it's confidential and completely free!).