

Peer Mentor Project

Support service where young carers can talk to each other about any worries or problems you have

The peer mentor project initially started in April 2013 in partnership with BeatBullying where we trained 26 mentors. The training covered both online and face to face mentoring. In November 2014



Carers in Bedfordshire decided to continue the mentoring project with a bigger focus

on face to face mentoring in schools and at Carers in Bedfordshire events. We now have 43 peer mentors across Bedfordshire and 29 schools engaged in the project. Mentors currently work both in their schools and at our Kempston clubs.

Young Carers Online

www.facebook.com/youngcarersinbeds/



Have you seen Babble?! Babble is an online space just for carers to get support and chat to other carers. It is run by the Carers Trust and is for carers up to 18yrs.



Young & Sibling Carers

Our Central Bedfordshire Services

There are an estimated 700,000 young carers in the United Kingdom

Young & Sibling carers are children or young people under 18, who care for someone who has a disability, illness, mental health condition, learning difficulties, sensory impairment, HIV/AIDS or substance misuse. Carers may experience isolation, difficulties coping at home, problems at school, lack of social experiences and often need information and advice on the illness or disabilities their parents, grandparents or sibling are affected by.

We believe in the positive benefit of Young & Sibling Carers meeting as many share common experiences. They can also gain peer support while having great fun!



0300 111 1919

www.carersinbeds.org.uk

Registered charity no: 1135507

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Carers Cafes

The cafes are monthly drop-in sessions in community venues where you can meet new people and socialise with other carers

You can swap tips on caring, make new friends, and find out about other avenues of support. All carers are warmly encouraged to come, and you are also very welcome to bring the person you care for.

- A warm friendly welcome
- Stress relieving treatments - book in advance
- Experienced staff on hand for support & information
- Welfare and Benefit advice
- Refreshments
- Arts & Crafts – when possible
- Guest speakers
- A children's area



We run regular Carers Café's in Bedford, Biggleswade, Eaton Bray, Flitwick, Houghton Regis and Leighton Buzzard.

Sibling Workshops

Having a brother or sister with a disability can be tough at times but it is also really rewarding. Sometimes siblings like being with their brother or sister, sometimes they don't.

Our workshops and holiday activities offer a chance for siblings to learn more about conditions and meet others in similar situations.



Grants

The Young Carers Grant aims to help to reduce the stress levels for young carers and to give them a break from their caring role

Carers in Bedfordshire have been given funding by NHS Bedfordshire Clinical Commissioning Group to support young carers aged 4-17 years old whose health or wellbeing is affected by their caring role. The grant offers young carers the opportunity to take a break, or access an activity, which will help to improve their health or wellbeing. Young carers can apply for a maximum of £150.



Discount Card

We understand that when you are looking after someone, money can be tight - the Carers Discount Card can help unpaid family

Our Discount Card is available in Central Bedfordshire



Discounts are available for

- Food and drink
- Hair and beauty
- Health and wellbeing
- Household
- Legal and financial
- Leisure
- Retail
- Transport
- Young carer offers

National Discounts Food and drink

- Butlins—holidays
- Dermatherapy - therapeutic bedding
- Haven holidays— holidays
- Hogies—online gifts
- Virgin Experience—days out
- Warner Leisure Hotels—hotels
- Wiltshire Farm Foods—meals online