Young Carer Peer Mentors

Would you like to talk to someone about being a young carer?

Would you:
– like to talk to someone like you?
– like to help others and be a peer mentor?

Are you a carer aged 10yrs or over, caring for a family member?
If so, we can help

carersinbeds.org.uk
A young carer is someone under 18 who helps to care for an ill, frail or disabled relative or friend who could not manage without them.

Peer mentoring is a support service where young carers can:

• Talk to each other one to one about any worries or problems

• Meet others in similar situations

• Make new friends

• Improve confidence

• Develop personal and life skills
What we offer:

For peer mentors

• Clubs where peer mentors can provide peer support with one to one mentoring and group sessions

• Support in your mentoring role

• Regular catch ups with other mentors to have fun and share experiences

• Facebook groups

• E-magazine, edited by young carers.

• Ongoing one to one and group support sessions

• Fun annual festival event

For schools

• Support in raising awareness of, identifying and supporting young carers

• Regular catch ups with schools to offer support with peer mentoring project

The Facts

Young carers may experience isolation, difficulties coping at home, problems at school and a lack of understanding about illness, disabilities or addictions.

They may have also have increased maturity, a higher tolerance of others and enhanced communications skills.

There are an estimated 700,000 young carers in the UK.

Find out more

www.youngcarers.net
www.youngsibs.org.uk
Quotes from Peer Mentors

‘Being a peer mentor is great. I enjoyed the training and it feels good to be able to help people’.

Beth, 11 years

‘Feels really good to be able to help other young carers as I understand what it’s like and to give back to Carers in Beds as they have helped me when I was younger.’

Francesca, 14 years

‘Being a peer mentor means everything to me. Since I’ve been a peer mentor I’ve had such a heart touching experience.’

Hollie, 17 years
If you are a young carer, aged 10 or over and would like to:

- Be matched to a peer mentor for mentoring sessions at school or at young carers club
- Would like to become a peer mentor

Please contact the Peer Mentor Co-ordinator for further information on 0300 1111919 or email: young@carersinbeds.org.uk