

NHS Grants

The purpose of the grant scheme is to improve the health and well-being of unpaid family carers giving substantial care to someone who can't manage without them.

If you are a young carer looking after a family member and provide care for them, then you may be eligible for a grant. If you are the main carer in your household you can apply for £300 or more. If you support the main carer you can apply for a £120 grant.

Example of things young carers can apply for:

- Music or swimming lessons or sessions
- Bikes
- Trips out with friends
- A new laptop
- Driving lessons



Cafes

The cafes are somewhere the carer, the cared for and immediate family can come to.

You can swap tips on caring, make new friends, and find out about other avenues of support.

- Experienced staff on hand for advice and information
- Refreshments
- Arts & crafts
- Children's area



Young Carers

Our Central Bedfordshire Services

Young carers are children or young people under 18, who care for someone with a disability, illness, mental health condition, learning disability, 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 disabilities their parents, grandparents or sibling are affected by.

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



Hubs

Young Adult Carers aged 18-25years

- A group that meets once every two months in Dunstable.
- Training workshops
- Carers breaks
- One to one support to support carers with managing their caring role and the transition to adulthood with employment and independent living

Sibling Workshops

Sibling workshops are for children and young people aged 4 to 17 years old who have a brother and sister who is disabled, has additional needs or a long term condition.

Workshops provide an opportunity to:

- Get information about disabilities
- Learn about ways of coping with difficult situations
- Meet other children in the same situation



www.facebook.com/youngcarersinbeds/

For more information on Hubs and the siblings workshops please call us on 0300 111 1919

Peer Mentor Project

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
- Improve confidence
- Make new friends
- Develop personal and life skills



Please see our website for the directory of current Peer Mentor schools.

Discount Card

We understand that when you are looking after someone, money can be tight—the Carers Discount Card can help!



Discounts are available for

- Food and drink
- Hair and beauty
- Health and wellbeing
- Household
- Leisure
- Retail

Young Carer Offers

- Butlins—holidays
- Haven holiday—holidays
- Virgin Experience—days out
- Birds of Prey Centre
- Kidszone

For more information on Peer mentoring please call us on 0300 111 1919.

For a list of all our Discount Card offers see www.carersinbeds.org.uk/