

Carers Support Merton

Young Carers Service Family Support



As well as providing opportunities for young carers to enjoy themselves and to share their experiences in a group setting, the Young Carers Service is also able to provide Family support to those that need it. Please see inside to find out more...

How can I access Family support from the Young Carers Service?

If you have not accessed the Young Carers Service before, please complete the referral form available from www.csmerton.org

If you don't have internet access, please telephone 020 8646 7515 and ask for a referral form to be mailed to your home.

If you already attend club or access other Young Carers activities, ask a member of staff about how to receive family support.



Supported by - BBC Children in Need

CSM - Young Carers Service

The Vestry Hall
London Road
Mitcham
Surrey

Phone: 020 8646 7515
Fax: 020 8646 7192
E-mail: tom@csmerton.org



Family Support Information

020 8646 7515
tom@csmerton.org

What is Family Support?

While it's important to have time to ourselves, sometimes we all need someone to talk to about our problems. If there is something bothering you as a young carer, we would like to support you.

Here are some of the things that family support may be able to help you with:

Improving your family relationships...

- *Resolve negative issues at home*
- *Communicate with and understand one another*
- *Improve respect and family values.*

We are also always open to hearing any suggestions you think may help to improve your family relationships.

Confidence Building....

- *Meet new people / other carers*
- *Get involved in group activities*
- *Find out what opportunities are available in your area for you*
- *Help you to enjoy new experiences*

If you feel a little worried at first a member of staff is always there to help you get started, all you have to do is ask.



Advocacy...

We can meet with schools or other agencies to explain your needs as a young carer so that the professionals in your life understand the responsibilities you have at home.



Planning...

We can help plan your involvement with the Young Carers Service and make sure that you understand the rules fully before you start attending clubs or activities.



Advice on...

- *Understanding health issues within the home.*
 - *Furthering your education.*
 - *Any concerns and worries*
- or if you just need someone to talk to about anything, we are always here to help.*