If you think you are a Young Carer and would like more information, get in touch, or ask someone else to do this for you.

What is the YOUNG Carers’ Hub Rochdale?

We help to ensure that Young Carers between the ages of 5 and 18 are identified and provided with support in their caring role.

How can the YOUNG Carers’ Hub Rochdale help?

- By listening to you and helping you and your family to think about what would make a difference
- Giving you information about the illness or disability of the person you care for
- Getting help, advice and support for the person you care for
- Helping you take a break from your caring role
- Introducing you to other Young Carers
- Getting you support in school or college
- Helping you to speak up

Get in touch

Address:
Freepost The Carers Hub Rochdale
General Email: enquiries@rochdalecarers.co.uk
Web: ncompassnorthwest.co.uk/what-we-do/carers-support
Telephone: 0345 0138 208
Opening Times: Monday - Friday 8.00am - 6.00pm
Who is a Young Carer?
A Young Carer is somebody that looks after another person because they need help due to an illness or disability, a mental health problem or a drug or alcohol dependency.

What is the YOUNG Carers’ Hub Rochdale?
We help to ensure that Young Carers between the ages of 5 and 18 are identified and provided with support in their caring role.

Who is a Young Carer?
A Young Carer is somebody that looks after another person because they need help due to an illness or disability, a mental health problem or a drug or alcohol dependency.

What caring tasks do Young Carers carry out?
Young Carers may help the person they care for by:
- Doing housework and cooking
- Shopping
- Keeping them company and cheering them up
- Helping them to eat, get washed and dressed or in and out of bed
- Helping to attend appointments
- Helping them to communicate
- Collecting benefits and paying bills
- Helping with medication
- Ensuring they are safe and getting help in an emergency
- Helping to attend appointments
- Reading letters
- Ensuring they are safe and getting help in an emergency

Young Carers can be affected in some of the following ways:
- **Health**
  - Physical, mental and emotional wellbeing
  - Anxiety, worry and stress
  - Tiredness, lack of sleep
  - Aches and pains.
- **School and college work**
  - Lack of time to complete assignments
  - Being bullied
  - Unable to concentrate
  - Not being able to attend after hours activities or trips away
- **Social life**
  - No time to socialise with friends
  - No free time to get involved with activities and hobbies