



**CEREDIGION
YOUNG CARERS
NEWSLETTER**



CEREDIGION YOUNG CARERS SERVICE

Looking after someone can help you build lots of skills. It can also feel great to help someone else. We know it can also be challenging to support someone whilst juggling so many changes in your life, and just how important it is to have someone that you can reach out to.



You can:

- Chat to our outreach worker in your area about what is happening for you and any support you might need.
- Join a young carer group or activities near you
- Take part in trips and events
- Get support to work with your school to overcome challenges with juggling caring and learning
- Get support to work out how to go to university / get work when you look after someone

We also organise support groups and activities and can connect you with other young carers who are in similar situations.



YOUNG CARER ID CARD

APPLY NOW

Are you are a young carer aged 17 and under?
If so you can apply for a young carer ID Card by filling in the
online application!



How:

1. Upload a picture of yourself to be used on the card
2. Personalise it by choosing your card design.
3. If you are under 14 years old, we will need to contact your parent/guardian to get their consent.

It is that simple

Having an ID Card will:

- Raise awareness about your role as a carer
- Let people know that you are a carer without having to explain your situation over and over again
- Give you confidence to ask for help or understanding from professionals like your teachers, doctors and pharmacists
- Give you local benefits and discounts

For more information and to apply for a Young Carers ID card go to:
Young Carer ID Card - Ceredigion County Council

EVENTS



The National Library of Wales have some exciting events coming up. Click on the boxes to find out more!

Arglwyddes Llanofar – Eicon Ffasiwn Gyntaf Cymru



Fri 12th Aug
14:00



This event is through the medium of Welsh

Creu môr-ladron gyda Bethan Gwanas



Mon 15 Aug
14:00



This event is through the medium of Welsh

Welsh Scientists



Wed 17th Aug
9:00 - 12:00
13:00 - 4:00



This event is bilingual

The National Library Building



Wed 24th Aug
9:00 - 12:00
13:00 - 16:00



This event is bilingual

The National Library in Lego



Wed 31st Aug
9:00 - 12:00
13:00 - 16:00



This event is bilingual

Leslie Shore: The Ocean Coal Company



Tue 20th Sep
13:00



This event is through the medium of English

INFORMATION AND SUPPORT



SAMARITANS

Whatever you're going through, the Samaritans are here for you. Call 116 123 or for support in Welsh call 0808 164 0123

ChildLine
0800 1111 

You can call Childline to talk to them about anything, no problem is too big or small. Call 0800 1111



Barnardo's

GIVING CHILDREN BACK THEIR FUTURE

Barnados Support Young Carers and their families with various services. Visit: www.barnados.org.uk

This is YOUR newsletter, and we want to know what you would like to read about!

Let us know at:

Ceredigion Carers and Community Support Team

carersunit@ceredigion.gov.uk

01545 574200



Cyngor Sir
CEREDIGION
County Council



Cysylltu Ceredigion
Gofalwyr a Chymorth Cymunedol
Connecting Ceredigion
Carers and Community Support