



MERTON YOUNG CARERS

**One to One
Support
&
Mentoring
Information
for parents**

**CARERS SUPPORT MERTON
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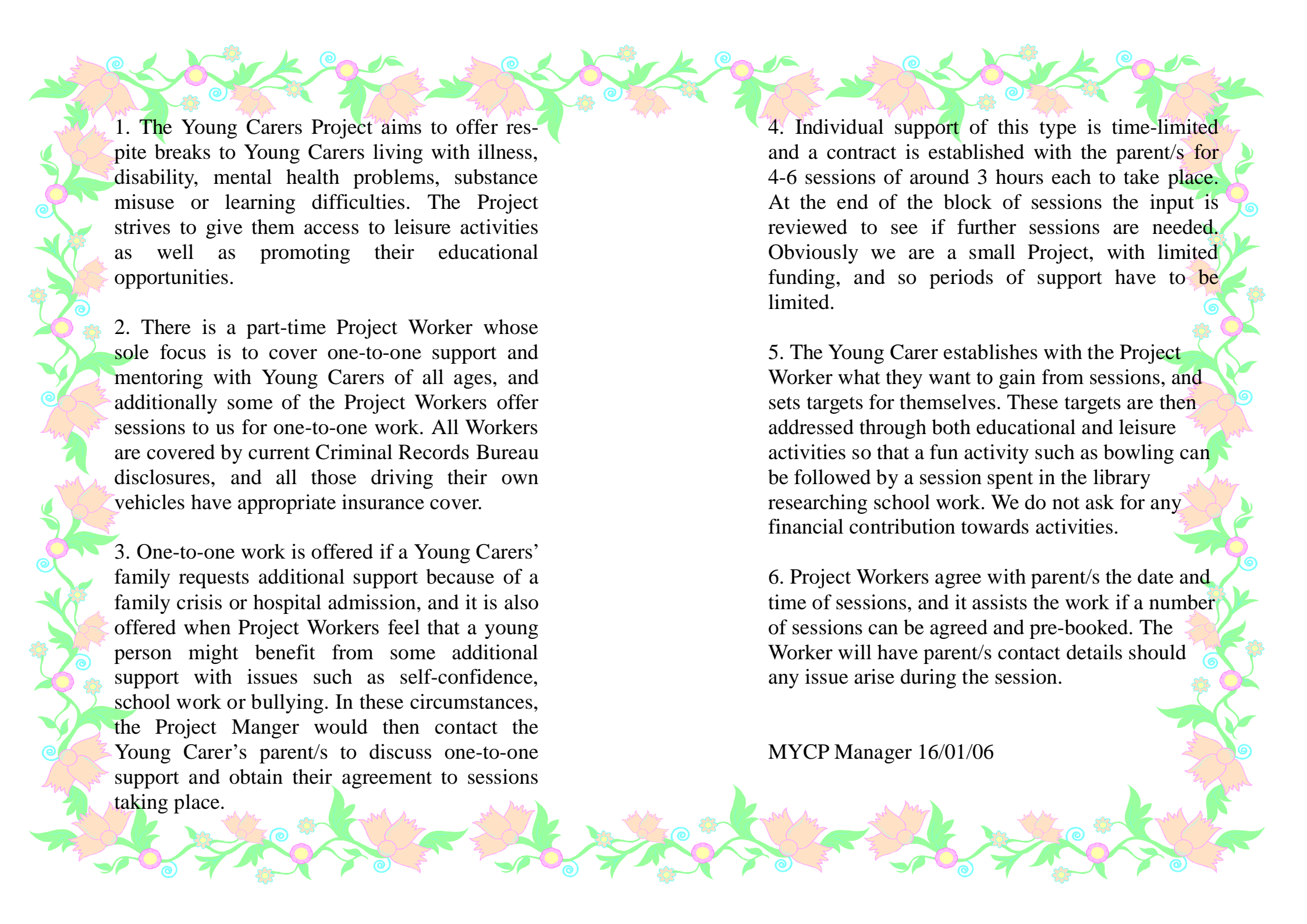
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1. The Young Carers Project aims to offer respite breaks to Young Carers living with illness, disability, mental health problems, substance misuse or learning difficulties. The Project strives to give them access to leisure activities as well as promoting their educational opportunities.

2. There is a part-time Project Worker whose sole focus is to cover one-to-one support and mentoring with Young Carers of all ages, and additionally some of the Project Workers offer sessions to us for one-to-one work. All Workers are covered by current Criminal Records Bureau disclosures, and all those driving their own vehicles have appropriate insurance cover.

3. One-to-one work is offered if a Young Carers' family requests additional support because of a family crisis or hospital admission, and it is also offered when Project Workers feel that a young person might benefit from some additional support with issues such as self-confidence, school work or bullying. In these circumstances, the Project Manger would then contact the Young Carer's parent/s to discuss one-to-one support and obtain their agreement to sessions taking place.

4. Individual support of this type is time-limited and a contract is established with the parent/s for 4-6 sessions of around 3 hours each to take place. At the end of the block of sessions the input is reviewed to see if further sessions are needed. Obviously we are a small Project, with limited funding, and so periods of support have to be limited.

5. The Young Carer establishes with the Project Worker what they want to gain from sessions, and sets targets for themselves. These targets are then addressed through both educational and leisure activities so that a fun activity such as bowling can be followed by a session spent in the library researching school work. We do not ask for any financial contribution towards activities.

6. Project Workers agree with parent/s the date and time of sessions, and it assists the work if a number of sessions can be agreed and pre-booked. The Worker will have parent/s contact details should any issue arise during the session.

MYCP Manager 16/01/06