

Torfaen Young Carers Service

Who we support?

Torfaen Young Carers Service supports unpaid carers **under the age of 18**. Under the Social Services and Well-being (Wales) Act 2014, a young carer is defined as “**a person who provides, or intends to provide, care for an adult or a disabled child,**” and the Welsh Government further defines young carers as individuals under the age of 18 who provide care.

What support is available?

To request a young carer’s assessment in Torfaen County Borough, you can contact the local authority directly or ask someone you trust—such as a teacher, GP, or support worker—to make a referral on your behalf. You do not always need parental consent to request an assessment, but parents or carers will usually be involved where appropriate to support you.

Request a “Young Carer’s Assessment” via:

Email: Cs.contact@torfaen.gov.uk

Phone: 01495 762200

Once a request or referral has been made

Once a referral is made, the local authority will first review the information to decide whether a full assessment is needed.

Young Carer’s Assessment: What to Expect in Torfaen

A young carer’s assessment in Torfaen is a free and confidential conversation with the local authority to understand what support you may need. It focuses on your wellbeing, education, and health, and looks at the care you provide, whether you are happy to continue, and how caring affects your everyday life. The aim is to help you balance caring with being a child or young person.

The assessment gives you the chance to talk about your feelings and experiences as a young carer and to explain what support would help you most. It is usually carried out by a social worker or another professional you feel comfortable with. You can also ask for support from someone you trust, such as a teacher, school staff member, or a worker from a young carers service.

During the assessment, you will be listened to and involved in decisions that affect you. It will help identify what support you need and how to access it. The assessment also considers whether the level of care you provide is appropriate for your age and looks at the needs of your whole family, including the person you care for.

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After the assessment, if you are eligible for support, the local authority must provide it. Even if you are not eligible, they may still offer advice or other help. You can choose not to have an assessment, but this may limit the support available to you. You have the right to see what is written in your assessment and can ask for changes if you feel it is not accurate. The person completing the assessment should make sure everything is explained clearly so you understand it.

Care and Support Plan (CASP) & Reviews

If the assessment shows you are eligible, a care and support plan will be developed to set out your needs and the support you will receive. Access to this support is voluntary; however, ongoing engagement with the service is required to keep the plan open. The plan must also be reviewed at least every six months.

Young Carers Service

Young Carer services in Torfaen provide support to children and young people who help care for a family member. These services offer information, advice, and practical support to help young carers manage their responsibilities while also focusing on their wellbeing, education, and social life.

Support may include one-to-one help, emotional support, group activities, respite opportunities, and help with school or transitions into further education or work. Young Carers service also give young people a chance to meet others in similar situations, helping to reduce isolation.

Even if you do not have a formal assessment, you can still receive information, advice, and some support from Young Carer services.

Who else the service works with?

Torfaen Young Carers Service works in partnership with:

Youth Service

<https://www.torfaen.gov.uk/en/EducationLearning/ChildrenandYoungPeople/Youngpeople-informationandadvice/Youth-Service.aspx>

The Young Carers Service works in partnership with the Torfaen Youth Service to deliver weekly term-time groups for young carers aged 11 and over. The Youth Service also provides a range of support across Torfaen; young people access to additional activities and support.

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Torfaen Play Service

<https://www.torfaen.gov.uk/en/EducationLearning/ChildrenandYoungPeople/PlayService/TorfaenPlayService/Play-Service.aspx>

Torfaen Play delivers weekly term-time groups for young carers of primary school age, with the Young Carers Service providing support and referrals into the programme. Torfaen Play offers a wide range of support throughout the year, including during school holidays, as well as opportunities for young people to get involved in volunteering.

The Outdoor Partnership

<https://outdoorpartnership.co.uk>

Working with the Outdoor Partnership, young carers can take part in a wide range of free outdoor adventure activities, including hiking, climbing, canoeing, gorge walking, caving, residential trips, and outdoor adventure festival.

Honeypot Children's Charity

<https://www.honeypot.org.uk/#:~:text=The%20Honeypot%20Children's%20Charity%20is%20a%20national,trusts%2C%20and%20foundations%20to%20provide%20their%20services.>

The Young Carers Service refers children aged 5–12 to Honeypot Children's Charity, which offers a two-night stay at one of its centres. During their stay, young carers are supported by playworkers and can take part in therapeutic play activities. The charity also provides a range of additional support, including online activities.

Torfaen Youth Alliance

<https://www.torfaen.gov.uk/en/AboutTheCouncil/Have-Your-Say/Torfaen-Youth-Alliance/Torfaen-Youth-Alliance.aspx>

Torfaen Young Carers works with the Torfaen Youth Alliance to support a young carers forum, where young people meet regularly and connect with other forums and youth councils to raise issues affecting them and influence positive, lasting change through advocacy.

The Family & Community Group

The Young Carers Service accesses support through the Family and Community Group, including community resources such as shared spaces, equipment, and local activities.

Torfaen Young Carers Service

Wales Young Carers Festival

<https://ycfestival.wales>

Each year in August, Torfaen Young Carers Service support 45 young carers to attend a free Young Carers Festival in Builth Wells.

The Children's Society & YMCA Fairthorne Group

<https://www.childrensociety.org.uk/information/young-people/young-carers/festival>

Each June, the Young Carers Service supports around 45–50 young carers to attend a young carers festival based in Southampton. In 2026, additional support was also provided for an extra outdoor adventure residential in January.

Young Carer ID (Card Scheme)

The Young Carer ID Card is a free photo ID issued by Torfaen County Borough to young carers who are registered with the Young Carers Service and request a card. Launched in Torfaen on 15th March 2021, the card confirms that the holder is a young carer with caring responsibilities. Young carers do not need to be actively working with the service to receive a card.

The card is valid for two years or until the young person turns 18. It is part of a national scheme funded by the Welsh Government and developed in partnership with Carers Trust Wales and local authorities across Wales to improve young carers' experiences in health, social care, and education settings.

The ID card allows young carers under 18 to identify themselves easily to professionals without having to share personal details about their caring role. In Torfaen, the card also provides additional benefits through Torfaen Leisure Trust, including free swimming and access to gym and fitness classes.

For more information contact:

Torfaen Young Carers Service

Tel: 01495 742344

Email: youngcarers@torfaen.gov.uk