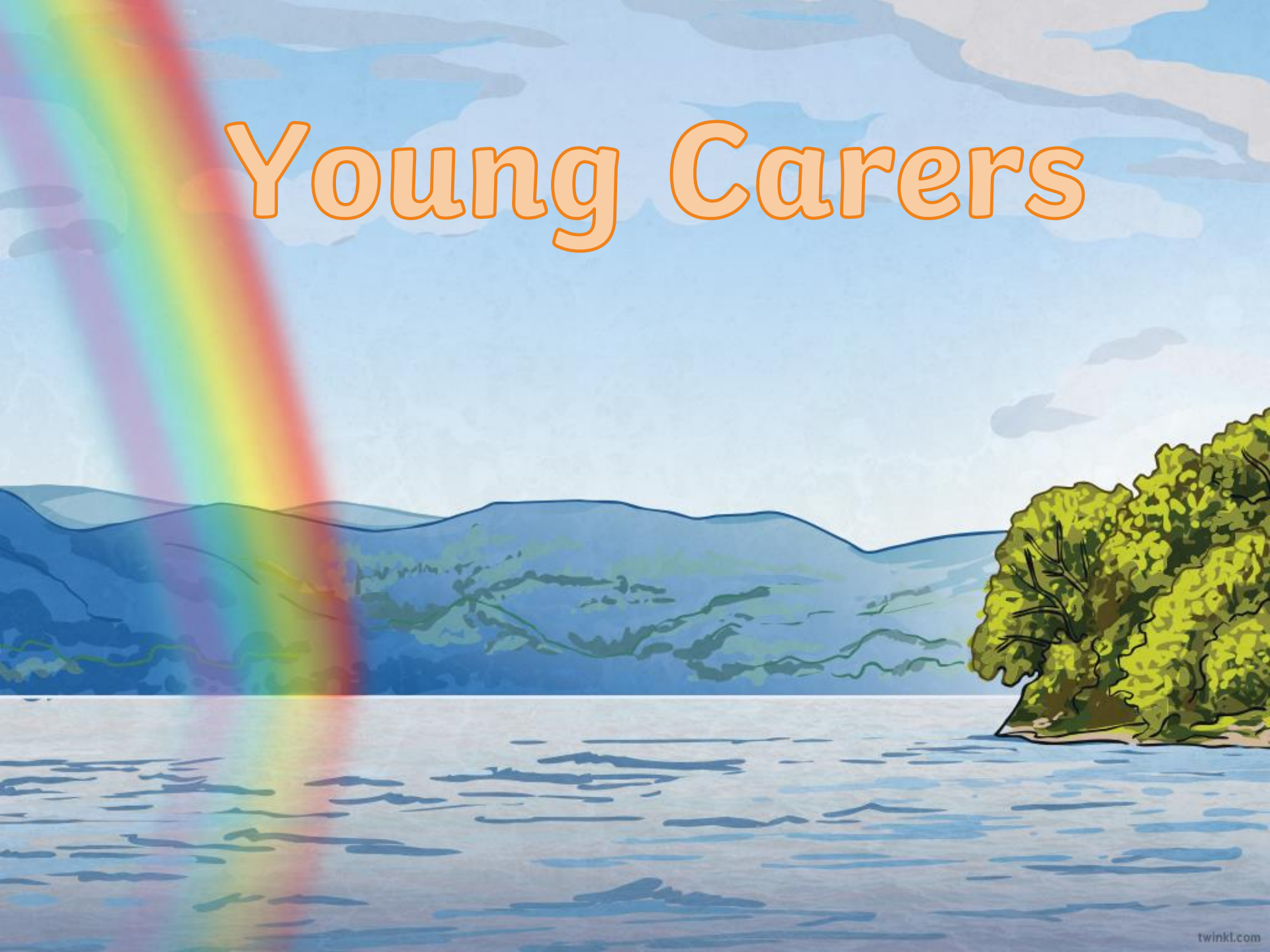


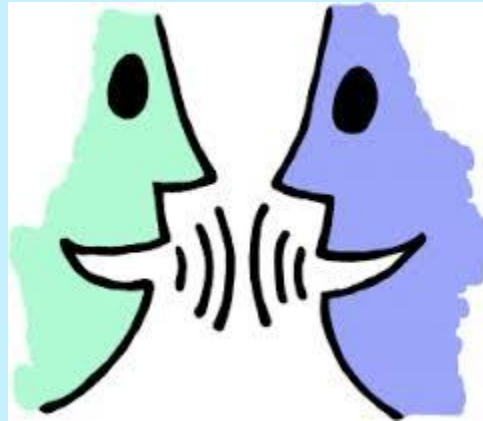
Young Carers



What will you do after school?

Turn to your partner, tell them three things you might do after school today.

An example might be attending a club.



What did you come up with?



You might have said: playing a video game, connecting with friends online or on the telephone, watching television, reading, doing your homework, attending a club, eating a meal that somebody else has cooked you.

What is a young carer?

Children who provide help and care to family members are called young carers.



A young carer is somebody who delivers unpaid care to a family member who may have an illness, disability, mental health problem, addiction.

Many family members can not cope without the support of their young carers.

Which person is a young carer?

Which one is a young carer?





Young carers are just young people with caring responsibilities. They look the same as everyone else but can lead very different lives.

<https://www.youtube.com/watch?v=gUewt6KXBAY>

What are young carers responsibilities?

Do you spend time doing any of these things for someone in your family?



- taking them to medical appointments, or the hospital
- helping them to take their medication
- helping them to wash themselves, or with personal care
- doing the shopping / cooking or cleaning
- helping to look after younger brothers or sisters
- provide emotional support /cheer them up when they are down

You may do a lot of these things most of the time. Or you may only do one or two of these things occasionally.

If you do them most of the time you may be a young carer.

Who are you helping?

The person you help might be:

- your parent
- your brother or sister
- your grandparent
- any other family member

You may have other people in your family helping out as well, or you may be doing it all on your own.

How young carers sometimes feel?

If a young carer is looking after somebody, it can sometimes make them feel sad or worried and it may help to talk to somebody about how they feel.

They may feel worried about lots of things such as:

- What will happen if they need me when I am at school?
- When will I find time to do my schoolwork?
- What if they get worse?
- Who can I ask for help?
- Why can't I ever just relax and see my friends?
- Why do I get sad and angry sometimes?



You may be a young carer



If you can say 'Yes' to any of the previous slides, you may be a young carer.

Being a Young Carer means there are other people facing the same kind of situation – people who are going through the same things.

Being a Young Carer is something to be proud of, even if you sometimes feel that other people don't understand how you feel.

Who can help you?

There are lots of people in school and the community to support you and to help make life easier for you. People who can give you a chance to have fun and relax.

In school you can talk to any adult or ask to speak to me (Mrs Carroll). I run a Young Carers group with lots of other children in school. We do fun activities and have the chance to talk to each other regularly.

In the community there is a special group called Surrey Young Carers:

If you'd like to get in touch with them to find out more about the service and how it can help. Please call us on 01483 568 269, or email syc@actionforcarers.org.uk

Your teacher can write their contact details in your homework diary for you.

You're braver
than you believe,
stronger than you
seem, and smarter
than you think.

Winnie the Pooh



thewanderingreader.tumblr