



# Raising Young Carers Awareness



# What is a young carer?



Someone under the age of 18 who is providing unpaid care for a family member or friend with...

- A physical or mental health problem
- A disability
- A substance dependency or
- A life limiting illness



So basically, a young person with **A LOT** of caring responsibilities, they look the same as everyone else but can lead very different lives !



# So what do young carers do?

Young carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.



Caring for Siblings



Shopping



Emotional Support



Paying Bills



Cleaning & Laundry



Getting Up



Dressing



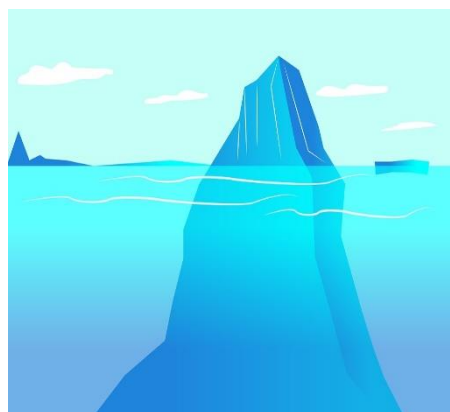
Communicating



Cooking



Medicines



Hannah's story

Young carers have to juggle caring roles ON TOP OF all the other responsibilities, such as school work.

IT IS LIKELY THAT THERE WILL BE MANY YOUNG CARERS IN EVERY SCHOOL

<https://www.youtube.com/watch?v=S1jXe1vemMw>



## Can you think of any challenges

### a Young Carer may face?

**Their fear** – Young carers often hide their role – they're often concerned about stigma and fear of being labelled. This is especially true in families with mental health and/or addiction struggles.

**Their experiences** – many young carers have had complicated experiences with public services or have not been reached out to with support.

Young carers can experience both **physical and emotional problems due to the care they provide, and also may struggle with keeping up with schoolwork.** They often don't think about the prospect of their own futures, as their time, energy and thoughts are focused

**Their every day** – Many young people don't identify themselves as young carers, because they don't realise that they are a young carer. They don't see the work they do as out of the ordinary and don't always know how to ask for support.



## DID YOU KNOW?

**27%** of young carers aged 11-15 miss school or educational experiences!

There are **2** young carers in every class, and over **2000** in North Somerset!

**39%** of young carers said nobody in their school was aware of their caring responsibilities

**1 in 3** young carers spend **11-20** hours week caring

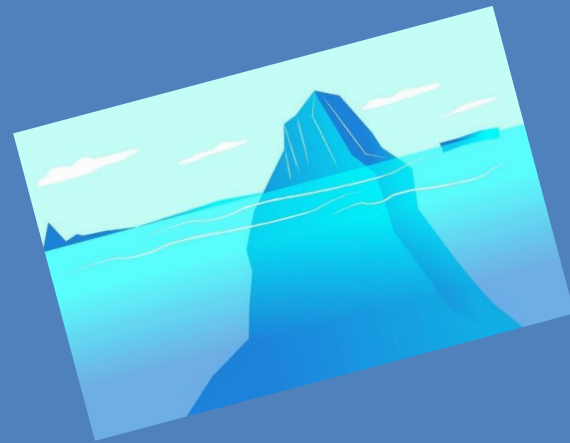
The average age of a young carer is **12**



**800,000** young carers aged 5-17 care for an adult or family member in England

## Positives of being a young carer

- Closer bond with family
- Good management and organisational skills
  - Great at multi-tasking
  - Amazing life skills
  - Strong resilience



Young carers are an absolute force to be reckoned with!

They are the experts on their own lives and only they know what needs to change.

Meet Charlotte and Finley – Charlotte was just 5 years old when she became a young carer to her baby brother overnight.



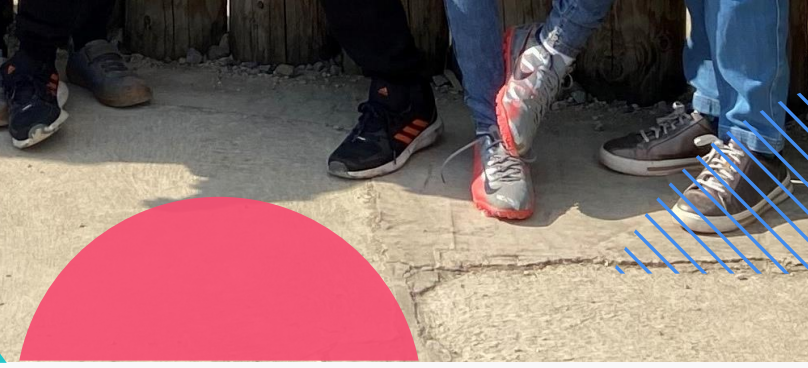
Due to Finley's medical needs he spent the first 6 months of his life at Bristol Children's hospital.



Charlotte helps to look after Finley, who is now 3 1/2 and supports him with his every day needs, as well as on family trips to the fairground!



Support  
available to  
Young people  
in North  
Somerset  
through  
Alliance  
Homes

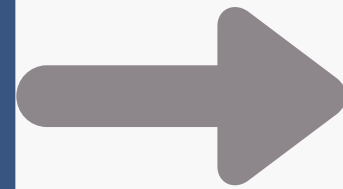




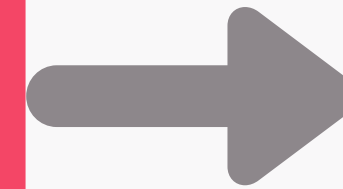
# How can you get involved?

Let someone in your school know you're a YC – such as your tutor or **Michele Haberfield-Stott**

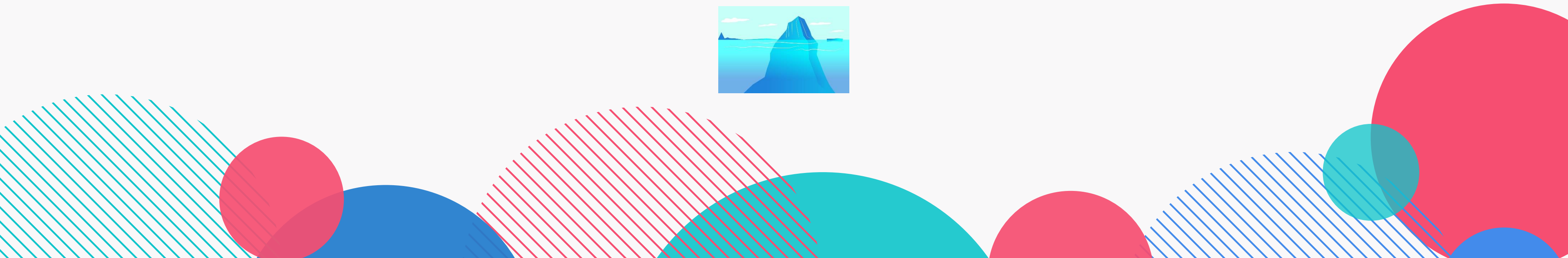
[michele.stott@pcsa.theplt.org.uk](mailto:michele.stott@pcsa.theplt.org.uk)



Our team will then arrange a time to talk to you and register you



You then may be invited to our activities, trips and support sessions.



# Useful links

A day in the Life of a Young Carer

<https://www.youtube.com/watch?v=S1jXe1vemMw>

Alliance Homes Carers Support

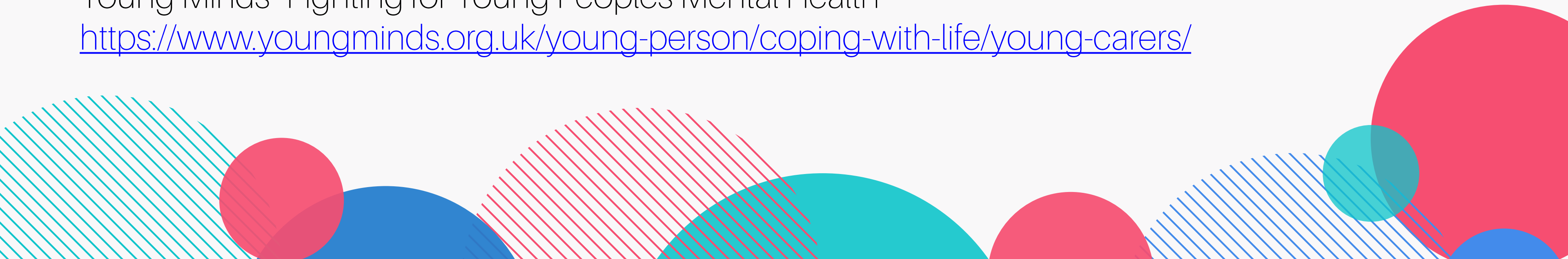
<https://www.alliancehomes.org.uk/support-services/support-for-carers/>

About Young Carers

<https://carers.org/about-caring/about-young-carers>

Young Minds- Fighting for Young Peoples Mental Health

<https://www.youngminds.org.uk/young-person/coping-with-life/young-carers/>



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