

*“ If I didn’t look after Mum, who would? ”*

*“ I just want to be like my friends ”*

*“ I wish someone would look after me ”*

Carers Trust 4all is a Network Partner of Carers Trust, the UK’s largest charity for, with and about carers. We work across Cheshire and Warrington, Herefordshire Greater Manchester, Merseyside and Shropshire.

We have almost 250 trained professionals helping close to 4500 people, including over 200 young carers, with practical and emotional support each year.



01432 663057



herefordshire@carerstrust4all.org.uk



www.carerstrust4all.org.uk

Commissioned by:



**Herefordshire Council**

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*Do I look like I care?*



*Young Carers often go unnoticed*

*Do you need help?*





## Who is a young carer?

*A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled, has mental health issues or misuses drugs or alcohol.*



## What might a young carer do?

- Practical tasks, such as cooking, housework and shopping
- Emotional support, such as talking to someone who is distressed
- Personal care, such as helping someone out of bed with a hoist and to help them to dress
- Helping with siblings and family budgeting
- Helping to give medicine, collecting prescriptions

## How a caring role can affect a young carer

**Emotionally** - putting others first, being worried anxious or stressed

**Physically** - Suffering strains from heavy lifting

**Socially** - Not able to meet up with friends

**Educationally** - Difficulties concentrating in class, feeling tired, worried, no time for homework

**Financially** - Low family income, not having enough money for basic needs

*A survey of 348 young carers found 48% said being a young carer made them feel stressed and 44% said it made them feel tired.*

## Being a young carer can have a big impact on their life

- It can affect a young person's health, social life and self-confidence
- Many young carers struggle to juggle their education and caring which can cause pressure and stress
- 39% said that nobody in their school was aware of their caring role
- 26% have been bullied at school because of their caring role
- 1 in 20 miss school because of their caring role
- However, young people can learn lots of useful skills

## We can help you in lots of different ways

- Time away from caring responsibilities
- Meet other young carers
- Take part in group sessions and activities
- Go on day trips
- Support in school and with homework
- Learn new skills
- Someone to listen and a place to talk
- Information and funding

## Most importantly..... you can have some fun!

*Quote from parent - "Carers Trust 4all have been a fantastic support. The Young Carers project has helped his self-confidence and given him wonderful opportunities to get out with other children in similar situations. He has benefited immensely from the group sessions."*



**Need support? Contact Us**

**All contact details are on the back of this leaflet**