



WHO
CARES?

SAVE THE DATE!

YCAD 2023

will be on

15 March

**CARERS
TRUST**



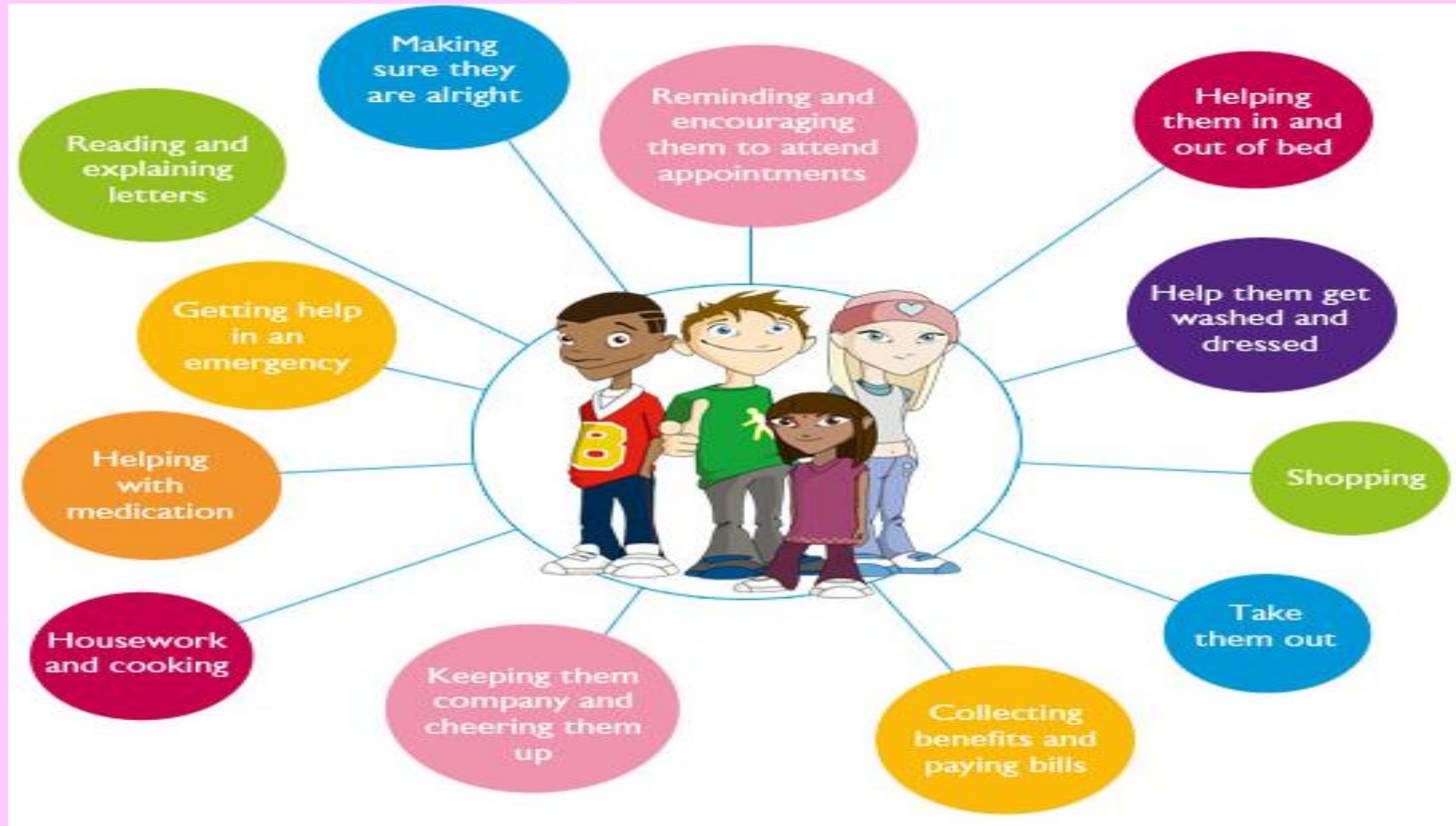
What is a
young carer?



Young carers are children and young people who look after relatives with a physical disability, a long term illness, emotional and mental problems or drug/alcohol dependencies.

Believe in
children
 Barnardo's

What sort of things do young carers do?...



Challenges young carer's can have...

Their health, including physical, mental health and emotional wellbeing, making them feel:

- Anxious
- Worried
- Tired because they are not getting enough sleep
- Worn out with aches and pains

Their school and college work:

- Feeling stressed
- Not having time to do homework
- Being bullied
- Not being able to concentrate because of worry or being tired
- Not being able to attend after school clubs or activities
- Not being able to go on school trips

Having a social life:

- Having time with friends - it can be difficult to go out with friends, sleep over at their house or have friends to their house
- Not enough time to themselves and to do the things they enjoy

How they feel about themselves:

- Not knowing who to trust or who to talk to
- Thinking they are the only one in this situation and no-one understands



It can give you more life skills.

You can feel closer to the person you are caring for and being able to help others can make you feel good.

Young Carers are often more mature than their friends.

You can have a more consideration and understanding for others.

You can also become more understanding about disabilities and illnesses.



For Young Carers Awareness Day,

Meet 10-year-old Charlie
who shares her experience of
being a young carer helping
her mum ...

<https://youtu.be/5ajsqhl1H6A>

Is this you? a friend?



There is help available, but we need to know who you are!!

Please speak to your teacher or any other member of staff you feel comfortable talking to if you want support, advice or further information.

You will not be judged we just want to let you know that we are here to help.