

ARE YOU A YOUNG CARER?



Who are young carers?

A young carer is any young person up to the age of 18 whose life is in some way affected because of the need to take responsibility - in a way which would usually be undertaken by an adult - for the care of a person who:

- Is ill
- Has a disability
- Is experiencing mental or emotional distress
- Is affected by substance misuse

The person they care for is often a parent, a grandparent, brother or sister. We also identify young carers as those students who are having to care for themselves more than other students, due to their parents caring for others.

The young carer may be doing tasks like... shopping, cooking or housework, or they may be feeding, toileting and bathing their relative, or providing emotional support.

The young carer may be getting lots of help, or they may be doing all of the caring alone having never spoken to anyone about it. Their friends may not realise that they are a young carer, let alone their teacher! This is why we would like you to please speak out and get in touch with me or your Head of House, Assistant Head of House or Achievement Tutor so that we can get you the help and support you may need!

Please feel free to come to The Hub, see your Head of House, Pastoral Assistant, and Achievement Tutor or please send Mrs Birney an email for more information – nbirney@wellacre.org



“ When you take care of others all the time, it gets hard to put your own needs first. ”