

Young Carers

What is a Young Carer?

A young carer is a child or young person who helps to care for another family member.

Lots of children and young people do not see themselves as a carer, just someone who is part of the family. Many young carers experience very mixed feelings, both happy and sad about being a young carer.

Identifying a young carer

If a child or young person does any of the following they may be a young carer and might not realise it.

1. Help to care for a family member
2. Help to do things for a family member who is poorly
3. Help to do things for a family member who is in a wheelchair
4. Sit with a family member who is sometimes sad
5. Help a family member if they have drunk too much or used drugs

Where can young carers and their families get help?

Eastern Ravens, Young Carers Service can offer

- Support for children, young people and families
- A friendly place to meet others in a similar situations
- Support with school
- New opportunities
- New skills

Eastern Ravens



Email info@easternravenstrust.org

<https://twitter.com/EasternRavens>

<https://www.facebook.com/pages/Eastern-Ravens-Trust>

Other useful websites:

www.carers.org.uk

www.childrenssociety.org.uk

www.youngcarers.net

We can also offer help and support at school for any of our children who may be in a young carer's role. Mr Moorfoot is the lead person for young carers. Please use the following contacts if you wish to discuss this issue further.

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