

Are you a Young Carer?

A Young Carer is someone under the age of 18 who has caring responsibilities for a family member at home.



They may have:

- A serious or long-term illness
- A physical disability
- A mental health problem
- Problems with drugs or alcohol
- A learning disability
- Difficulties in coping with being a parent or carer

Young carers often spend their time doing things that the person they care for would normally do such as:

- Shopping, preparing food, cooking and housework.
- Keeping them company and cheering them up, or communicating on their behalf.
- Collecting benefits and paying bills.
- Helping them get out of bed.
- Helping them get washed and dressed.
- Helping with medication.
- Reminding them about appointments.
- Going with them to appointments.
- Reading and explaining letters.
- Ensuring their safety



If you are a Young Carer, doing some of these tasks might make it hard for you to come to school or affect your ability to focus and concentrate to the best of their ability when you are here.

Taking on a young carer role can sometimes affect:

- Your school work and not being able to take part in activities.
- Spending time with your friends or having a sleep over at their house.



How you feel about yourself, not having enough time for yourself and thinking that you are the only one in this situation.

You may:

- Be regularly late for school or have poor attendance
- Often seem tired, withdrawn or preoccupied
- Have difficulty in joining in activities outside of school hours (e.g. after school clubs or residential visits)
- Be a victim of bullying or have difficulties forming friendships
- Be under-achieving academically
- Not hand in homework
- Appear anxious and worried
- Display emotional or behavioural problems
- Have physical problems such as back pain from lifting adults



As a Young Carer, you might also:

- find that you can't go out with your friends
- be confused or angry about the situation at home
- have problems at school because of your responsibilities at home
- feel alone and unable to talk to anyone about your situation
- need help with the caring



SUPPORT:

At Cronton CE Primary School, we want to ensure all Young Carers are offered support. We seek to raise awareness of this issue so that any child acting as Young Carers can be identified and supported. Pupils already identified as Young Carers know that they can speak to any member of staff if they feel they need extra support.

Barnardo's Action with Young Carers



If you are aged 25 and under and look after a family member due to a long term illness or disability, the Barnardo's Action with Young Carers Service can help you. It provides the following:

- Someone to talk to who will listen.
- Meet other young carers at groups and activities.
- Give you information about the illness or disability of the person you care for.
- Someone to speak up for you when nobody wants to listen.
- Fun and free activities.
- A break from caring.
- Getting help, advice and support for the person you care for.



How to access this service

You can contact Barnardo's on 0151 228 4455



If we can't take your call straight away, please leave us a message and we'll call you back.

You can also email us at youngcarers.liverpool@barnardos.org.uk



Action for Young Carers is based at 109 Eaton Road, West Derby, Liverpool L12 1LU.

You can also get support and advice by [contacting Careline](#). This service operates 24 hours a day, seven days a week.

Barnardo's Young Carer Service can help support children who are classed as young carers via groups and activities with other young carers, a break from their caring role, and information about the condition of the person they are caring for.

Alternatively, school can refer you for support by speaking to Mrs. Gaskin Learning Mentor.

young carer referral

Name of Young Carer _____
Address _____
Postcode _____
Telephone _____
Contact Person _____
Email address _____
Name of person referring _____
Job title _____
Organisation _____
Telephone _____
Email address _____

Send to:
Freepost RRZU-YZEE-CCTR
Halton Carers' Centre
62 Church Street
Runcorn WA7 1LD

Halton Carers' Centre
62-64 Church Street | Runcorn | WA7 1LD
Tel: 01928 580182

Peelhouse Family Centre | Peelhouse Lane
Widnes | WA8 6TJ
Tel: 0151 257 9673

Email: help@haltoncarers.co.uk
www.haltoncarers.co.uk

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