

**TELL ME ABOUT..**

# Young carer

## the facts

The definition of a young carer is 'a person under 18 who provides or intends to provide care for another person of any age.' 1 in 12 young carers are secondary aged pupils - approximately 166,000 pupils in England. Some people start caring at a very young age and don't realise they are carers, other young people become carers overnight.

If someone in your family needs to be looked after, you may really want to help them. Most young carers look after a parent or brother or sister.

Young carers are forced to grow up early and often miss out on the same opportunities as other children because they care for family members who are disabled or chronically ill, have a mental illness or for adults who are misusing alcohol or drugs. They do extra jobs around the home, such as cooking, cleaning, or helping someone to get dressed and move around. They may also be giving emotional support to others.

Some of these children are not only losing their childhoods they are also missing out on vital school and training, which will have a negative impact on the rest of their lives. Many young carers are unaware that they are protected by law and have a right to an assessment of their need for support (the Children and Families Act 2014 and the Care Act 2014).

If you care for somebody or know someone else who does there is support and advice out there, from helping you get practical assistance to giving you a group where you can talk to other young people who care and also enjoy fun days out and activities.

## IF YOU NEED HELP NOW!

If you need help **NOW** speak to a trusted adult: parent, carer, teacher, friend of family, doctor, school counsellor, school nurse or any member of staff. Ask a friend to help you if you need to.

If you cannot tell someone you know, or want to hurt yourself in anyway, speak to someone at **ChildLine** on **0800 1111**, **Samaritans** on **116 123** or **HopeLine UK** on **0800 068 41 41**.

If you want to end your life call **999** immediately to get help.

## useful contacts

### TDA Young Carers contact:

Helene.cham@thomasdeaconacademy.com  
Louise.lawrence@thomasdeaconacademy.com

### Babble (Young carers under 16)

<https://babble.carers.org>

### Fenland Young Carers Project

Tel: 01945 475440

### NHS Carers Direct Tel: 0300 123 1053

<http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/young-carers-rights.aspx>

### The Children's Society

<http://www.childrensociety.org.uk/what-we-do/helping-children/young-carers/young-carers-focus>

### Young Carers in Focus

<https://www.makewav.es/ycif>

## other contacts

Help on any other issues that affect young people can be found at:

### CAMBS

<http://www.youthoria.org>

### LINCS

<https://www.lincolnshire.gov.uk/teeninfo/lincs/>

### NORFOLK

<https://www.whatsthedealwith.co.uk>

### NATIONAL

[www.youngminds.org.uk](http://www.youngminds.org.uk)