



YOUNG CARER FACTSHEET

This factsheet will provide you with helpful hints and tips along with links and websites for you with identifying and supporting a young carer in the family.

TOP TIPS ABOUT BEING A YOUNG CARER:

Does your child help look after someone?

A young carer is someone under 18 who regularly cares for someone with a long term illness, disability, mental health problems, or drug and alcohol issues. That person could be Mum or Dad, brother or sister, or another relative. There are 50,000 children and young people that are young carers in Britain.

Tip 1: You don't have to live with the person you care for, or be the only person that helps them. Caring can mean lots of different things, such as:

Helping with tasks like washing or dressing
Taking medicines
Provide Support
Help with someone's behaviour

Keeping an eye on someone
Housework, cooking, shopping
Making sure they are safe
Looking after siblings

Tip 2: Sometimes it's not easy looking after someone. Young carers might have difficulties with school, homework or seeing friends. Talk to school; make them aware to ensure their support and understanding.

Tip 3: Children may worry; feel different or that no-one understands if they are a young carer. Encourage them to talk to someone they can trust, like family or friends.

Tip 4: Ensure your child has opportunity to be a child. As a young carer, they can take on responsibilities well beyond their years and have little time for play or socialising with their friends.

Tip 5: Contact your local Young Carers organisation who may be able to provide anything from 1;1 support to day trips and outings as well as links with other organisations that may be able to provide more specific support related to the health or disability.

VISIT THESE USEFUL WEBSITES

E-school Nurse Service

<https://www.cumbria.gov.uk/ph5to19/contact.asp> twice weekly online health support and advice for parents, carers and professionals who are supporting children and young people aged 5-19 years old. You can telephone for an appointment 01228 603973 Mon-Fri 8-4pm.

Public Health 5-19 Service

<https://www.cumbria.gov.uk/ph5to19/> advice and support on many childhood health and development issues.

Carers UK

www.carersuk.org Help & advice for carers

CarersTrust

[Young Carers - Help & Support | Carers Trust](#) support for young carers

Childline

www.childline.org.uk Info and advice for children and young people

Sibs

www.sibs.org.uk for brothers and sisters of disabled adults or children

Young Minds

www.youngminds.org.uk Emotional wellbeing information and advice

NHS Help for young carers

[Help for young carers - NHS \(www.nhs.uk\)](#) Information and advice

CUMBRIA'S YOUNG CARER ORGANISATIONS

Carlisle: Carlisle Carers

<https://www.carlislecarers.com/young-carers/>

Eden: Eden Carers

<http://www.edencarers.co.uk/young-carers/>

Allerdale and Copeland: West Cumbria Carers

<https://www.westcumbriacarers.co.uk/services-support/young-carers/>

South Lakes: South Lakes Young Carers

[Carer Support South Lakes - Young Carers Support](#)

Furness: Furness Carers

<http://furnesscarers.co.uk/young-carers/>