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**You shouldn't be doing a caring role that:**

- Makes you feel worried, sad or lonely
- Makes your health worse
- Means that you miss out on time with friends
- Means you do worse at school
- Stops you wanting to achieve your goals for the future

(Taken from Carers Trust's Know your Right: Support for Young Carers and Young Adult Carers in England document, 2018).

*Lets get them (or you) the support needed now!*

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**Local Services:**

The Carers Lewisham, Young Carers Service, supports children and young people who are aged between 5-18 years old who look after a parent(s), sibling(s) or other relatives who are disabled, ill, has mental ill health a drug or alcohol problem.

The Carers Lewisham, Young Carers Service, partner with local agencies, schools and other specialist support services to identify and support young carers and their families from any background in the local community.



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# Young Carers

A young carer is someone who is under 18 years old and provides care for their parents or siblings who struggle to care for themselves because of an illness, disability or dependency.



## Did you know?

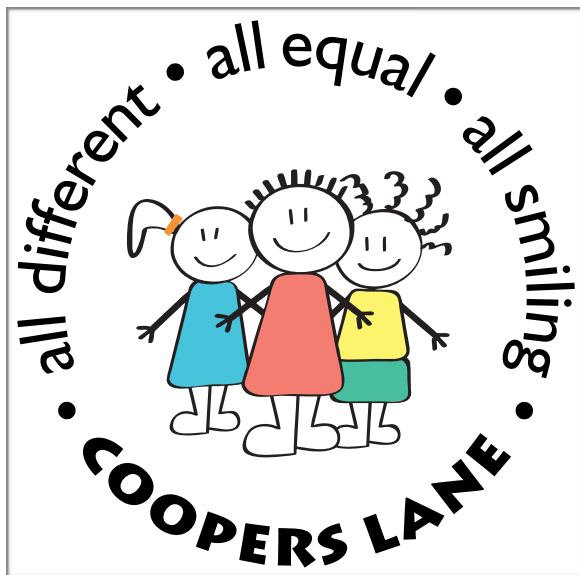
39% of young carers have said that nobody in their school was aware of their caring role.

(The Princess Trust for Carers, 2010)

The 2011 census identified 166,363 young carers in England.

1 in 8 was under the age of 8.

(Carers Trust and The Children's Society)



## Are you caring for a family member?

Young carers across the UK are in danger of not getting the most out of their education, fulfilling their full potential or life's ambition because they are caring for a family member.

We at Coopers Lane School are here to support you, the Young Carer, to support the person being cared for.

### Want to talk to a member of staff?

You can talk confidentially to your class teacher, a member of the young carers team. Mr Hooper, Mr Harper and Miss Patterson, or at Place2Be.

## Know your Rights...

As a young carer:

You have a right to be supported and to get the help you need, under the Children and families Act 2014, and the Care Act 2014, if your caring role is having a negative impact on your wellbeing

You have these rights whether you look after someone everyday or from time to time.

