



# Young Carers awareness day Thursday 26<sup>th</sup> January 2017

And Young Carers Lewisham

So, what is a young carer?



**A young carer is someone who has to look after parents or siblings who struggle to care for themselves because of illness.**

**Many people don't realise the important and hard role young carers have, helping a parent or relative every day.**

**This can sometimes affect their normal life and the extra responsibilities being a carer brings.**

**Tens of thousands of children in the UK care for an adult in their life.**

**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

**If you are worried or can identify with any of these issues, please speak to a member of SLT, Place 2 be or a Learning Mentor. You can find more information and advice on Young Carers Lewisham website. [www.carerslewisham.org.uk](http://www.carerslewisham.org.uk)**