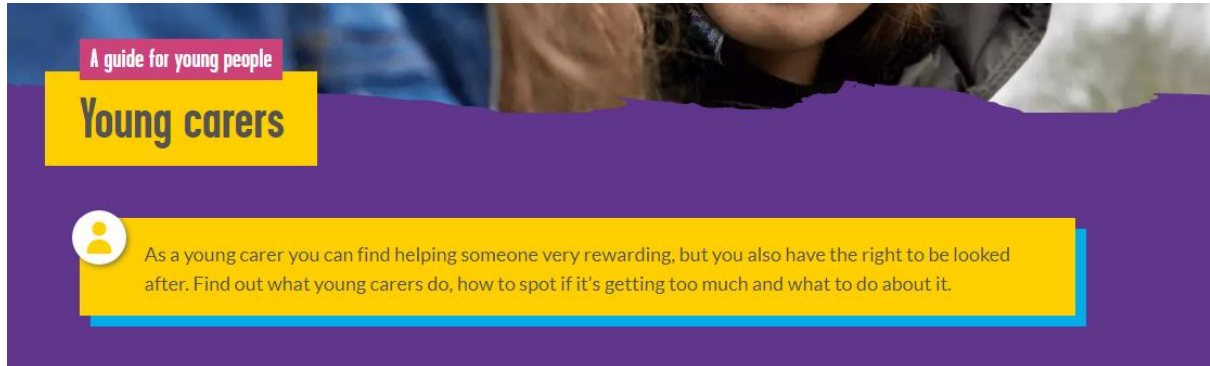


## Young Carers


Young Minds: Young Carers

<https://www.youngminds.org.uk/young-person/coping-with-life/young-carers/>



A guide for young people

### Young carers

 As a young carer you can find helping someone very rewarding, but you also have the right to be looked after. Find out what young carers do, how to spot if it's getting too much and what to do about it.

Telford and Wrekin Young Carers Service

<http://www.telfordyoungcarers.org.uk>



**telford and wrekin**  
**Young carers service**

LOCAL Young Carers HEROES

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Telford Young Carers Service has been supporting young carers aged from 5-18 since 2006. We're here to help while you care, with lots of advice and information, encouraging you to take part in all our great activities, discover new interests and make friends with other young carers.

**WE CAN HELP!** Do you think you might be a young Carer? Then get in touch with us! As a young carer or other family member you can call or email or complete the YC Self Referral Form below, save and attach to an email to us and we'll call or email back

Call 01952 458044 or 07878 457141 to speak to one of our friendly team  
Or email [info@telfordandwrekinyoungcarers.org.uk](mailto:info@telfordandwrekinyoungcarers.org.uk)

YC Professionals Referral Form    YC Self Referral Form

Young Carers Newsletter Issue 2  
Young Carers Newsletter Issue 3  
Young Carers Newsletter Issue 4

Or are you with Young Carers already? We're here to help - just call us for a chat if you've got any worries  
Join in at youth clubs and half-term/holiday activities! Look at what's on with the help of the calendar below . . .



NHS: Young Carers' Rights

<https://www.nhs.uk/conditions/social-care-and-support/young-carers-rights/>

NHS

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## Your guide to care and support

What's your situation? Care services and advice Money and your rights For carers

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- [Young carers' rights](#)
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### Being a young carer – your rights

A young carer is someone aged 18 or under who helps look after a relative with a disability, illness, mental health condition, or drug or alcohol problem.

If you're a young carer, you probably look after one of your parents, or care for a brother or sister. You may do extra jobs in and around the home, such as cooking, cleaning, or helping someone to get dressed and move around.

You may also give a lot of physical help to a brother or sister who is disabled or ill. Along with doing things to help your brother or sister, you may be giving them and your parents emotional support too.

**Your choices about caring**

## Barnados: Young Carers Support

[http://www.barnardos.org.uk/what\\_we\\_do/our\\_work/young\\_carers.htm](http://www.barnardos.org.uk/what_we_do/our_work/young_carers.htm)

Believe in children  
Barnardo's

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### Young carers

Young carers are children who help look after a member of the family who is sick, disabled or has mental health problems, or is misusing drugs or alcohol.



Their day to day responsibilities often include:

- cooking
- cleaning
- shopping
- providing nursing and personal care
- giving emotional support.

With so many adult responsibilities, **young carers often miss out on opportunities that other children have to play and learn.** Many struggle educationally and are often bullied for being 'different'. They can become isolated, with no relief from the pressures at home, and no chance to enjoy a normal childhood. They are often afraid to ask for help as they fear letting the family down or being taken into care.

[Read a story about how Barnardo's helps young carers across the UK »](#)

### Young carer facts

- The average age of a young carer is 12.
- Young carers are children and young people under 18 who provide regular and on-going care and emotional support to a family member who is physically or mentally ill, disabled or misuses substances.
- The 2001 census identified 175,000 young carers in the UK, with 13,000 caring for more than 50 hours per week. The 2011 census identified 178,000 young carers in England and Wales alone; an 83% increase in the number of young carers aged 5 to 7 years and a 55% increase in the number of children caring who are aged 8 to 9 years. When figures from the Northern Ireland and Scottish census are taken into account, the total number of young carers in the UK total at least 195,000.

### Services working with young carers

Barnardo's runs 20 services across the UK which work to support young carers and their families in a variety of ways:

- Helping the family to find the support they need and are entitled to from local

### Downloads

- Hear from a project worker at Barnardo's Willow Project**
- Listen to our radio ad (mp3)**  
Hear how you can help young carers.
- What is a young carer?**
- Tara's story**  
View the Tara's video
- Adam's story**  
View Adam's video
- Nadine's story**  
View Nadine's story
- Peter's story**  
View Peter's story
- Watch the Young Carers video** from the Indigo project, a Barnardo's project based in Redbridge, London.

### For more information and to see some of our projects working with young carers

- Read our young carers research and publications
- Willow
- Action With Young Carers