



**Carer Support
Wiltshire**

Young Carer Assembly



Carer Support Wiltshire

Young Carers



WHAT
DO YOU
MEAN
?

What is a young carer?

- A Young Carer is someone **under 18** who helps to look after someone else. It could be your mum or dad, a grandparent or a brother or sister.
- Caring roles can be very **different** too – some young carers might help with the washing up, cooking and shopping, while others might keep someone company and be there for them when they're feeling low.
- It could be caring for someone with a **disability, long term illness or drug and alcohol related issues.**

What if I'm a young carer?

- If you find you don't have **much time** to spend with your friends, you feel **stressed and worried**, it's getting harder to **keep on top of school work** or you just feel like you're unsure of who to talk to– it's a really good idea to **talk to your teachers** and let your **parents/carers know** so you can get support.
- You can also have a look at the **Young Carer website** developed by Carer Support Wiltshire. Go to www.carersupportwiltshire.co.uk/young-carers to **take a quiz** and find out more about Young Carers. There is also some handy information for parents/carers.



You are not alone

- There are lots of young carers in Wiltshire. There might be **up to 6** in every one of your classes.
- Talking to others who understand what it's like to look after someone can really help. If teachers know you are caring for someone, they can help by listening to you and help to make things easier at school, and even at home.
- You can also look at blogs from other Young Carers on the Young Carer website and talk to counsellors online at **[Kooth.co.uk](https://www.kooth.co.uk)**.
- You can share this information with your parents and help them understand there is help out there and how to get it.





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