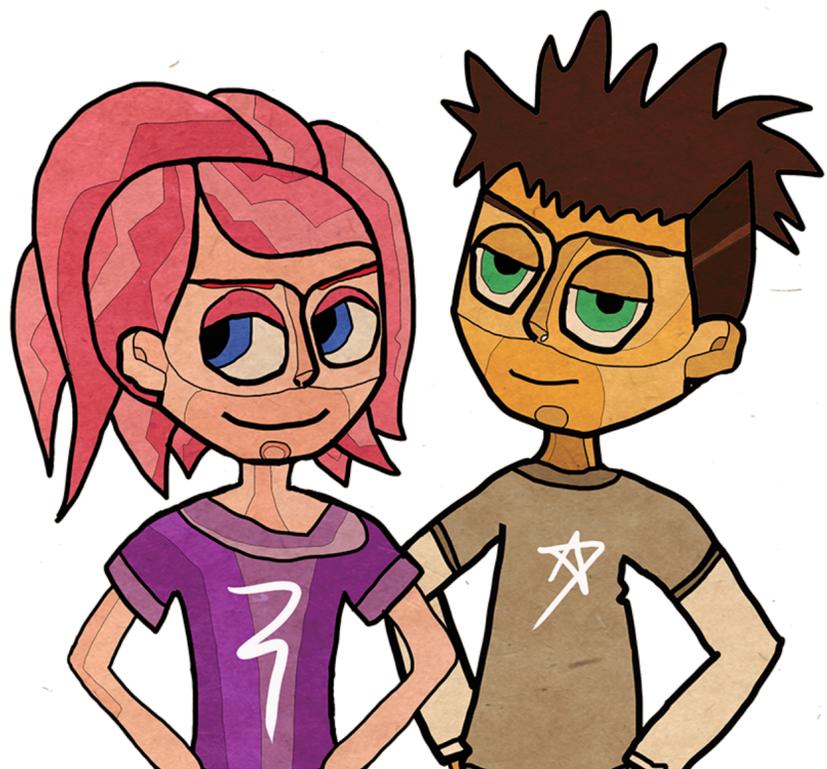


**Gaddum
... Carers**

**Hi, I'm
Gaddum.
Let's talk about
being a Young Carer**



Young Carers look after other people who rely on their help. Caring is different for everyone and may include every day cooking and cleaning or sorting out medication. You might have to do much more because your family member can't do some things themselves without some help.

A Young Carer might look after someone because they're sick, have a disability, an addiction to drugs/alcohol or struggle with mental health issues. Some young people tell us they aren't sure if they can actually call themselves a 'young carer'. But even if you aren't the only one who is doing the looking after, you can be a young carer.

Some challenges you may face as a Young Carers:

- Too busy helping someone else to get time to yourself.
- Spending too much time alone – so busy helping someone you do not get to see your friends as much as you may want to.
- Doing things for others every morning makes you late for school.
- Unable to concentrate on your school work because you're worrying how the person you care for is.
- Less time to complete homework – this may make you feel like you're always catching up.

You're not alone! There are as many as 800,000 young carers in the UK. With the recent COVID-19 pandemic, that figure may even be higher and we can help.

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Top Tips

- Tell someone you trust that you feel you may be a young carer. Doing so will allow you to access support and you will be better understood by staff at school.
- Young carers often worry about telling people about the extra work they do, but they shouldn't – telling someone is your first step to getting help when things get tough.
- Let school know you are a carer – they can help you manage your school work, allowing you achieve your best.
- Reaching out for help or support does NOT mean you or your family will get in trouble. We will help you find ways to care and do all the other things you love too!

Useful Links

- Are you a young carer? - <https://whocarestour.org.uk/am-i-young-carer>
- Facts about young carers - <https://www.childrenssociety.org.uk/what-we-do/our-work/supporting-young-carers/facts-about-young-carers>
- If you're a young adult carer - <https://carers.org/about-caring/about-young-adult-carers>

