

## Young Carers

### **Are you a young carer?**

A young carer is someone who is aged between 8 and 18 who lives with and helps to care for a family member who has physical or mental health problems, learning difficulties or has drug or alcohol problems.

Young carers may help their family members by: shopping; cooking; preparing; meals; cleaning; listening to their problems; keeping an eye on them; helping them to wash or dress; taking them to the toilet; making sure they take medication; helping them to get up and down stairs and move around safely.

### **Where can I go for help?**

If you are a Parent or Carer and your child attends Ling Bob School and you feel that they may be a young carer, then you can speak to Jeanette Bolton (young Carer lead), in confidence.

If you are a pupil at Ling Bob School and you are worried about someone in your family or you feel that you have to help someone a lot with washing, dressing, helping them before you go to school or when you get home from school, there is always someone for you to talk to at school who may be able to help.

Mrs. Bolton is the school lead in young carers, but if you feel you would rather talk to another adult in school then that is fine too. REMEMBER, sharing your feelings and worries is difficult but things seem a little easier if you can share your worries with someone.

### **Useful organisations**

#### **Carers Direct**

This site is for young people who are caring for someone who is ill or disabled

Website: [Young Carers Direct](#)

Telephone: 0808 802 0202

#### **Carers Trust: Babble**

Babble is an online space for carers under the age of 18 who are looking after someone who has an illness, a disability, a mental health problem or a substance misuse problem. The site provides a safe, fun and supportive space to bring young carers together.

Website: [Babble](#)

#### **Childline**

ChildLine is a counselling service for children and young people.

Website: [Childline.org](#)

Telephone: 0800 1111