



# YOUNG CARERS INFORMATION HUB



## WHAT IS A YOUNG CARER?

A young carer is someone under 18 who regularly helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs and alcohol.



### Who to speak to at Summerhill academy

The Young Carers Support Leads in school are Mrs Rees and Miss Dunbar both of whom are members of the School Leadership Team.

They will be able to signpost you to further support if required.

There is also a weekly Young Carers drop-in session if your child would like to attend.

### What might a young carer do?

- Practical task, such as cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Personal care, such as helping someone dress or wash.
- Managing family finances and collecting prescriptions.
- Helping give someone medicine.
- Helping someone communicate.
- Looking after brothers and sisters

### Young carers should have :

- Time to be a young person
- The same opportunities as their friends
- Good support for the person they look after



### Information and support

[www.carerssupportcentre.org.uk](http://www.carerssupportcentre.org.uk)

0117 965 2200

Monday to Friday 10am - 1pm and

Monday to Thursday 2pm - 4pm

