



There are young carers in *your* school or college



Young carers have many extra tasks to do on top of school and college work which can include:

- Shopping
- Washing
- Cleaning
- Helping with medication
- Cooking
- Giving emotional support
- Personal care
- Running the household
- Looking after siblings/parents

How could your school/college support young carers?

- Have a named member of staff young carers can go to
- Support with homework – extra time and understanding
- A pass for lessons
- Understand young carers may be tired or feel isolated from friends

What do young carers say?

- 'Don't pity me – I'm not a sad story'
- 'My life isn't all bad'
- 'I just need practical support and more information'
- 'I am much more than my caring role'
- 'Not having time to do my homework is not an excuse'

Sources of local support for young carers

Shropshire Carers Trust4All

Call: 01743 341995

Email: shropyc@carerstrust4all.org.uk

Telford & Wrekin

01952 458044 or 07878 457141 or email

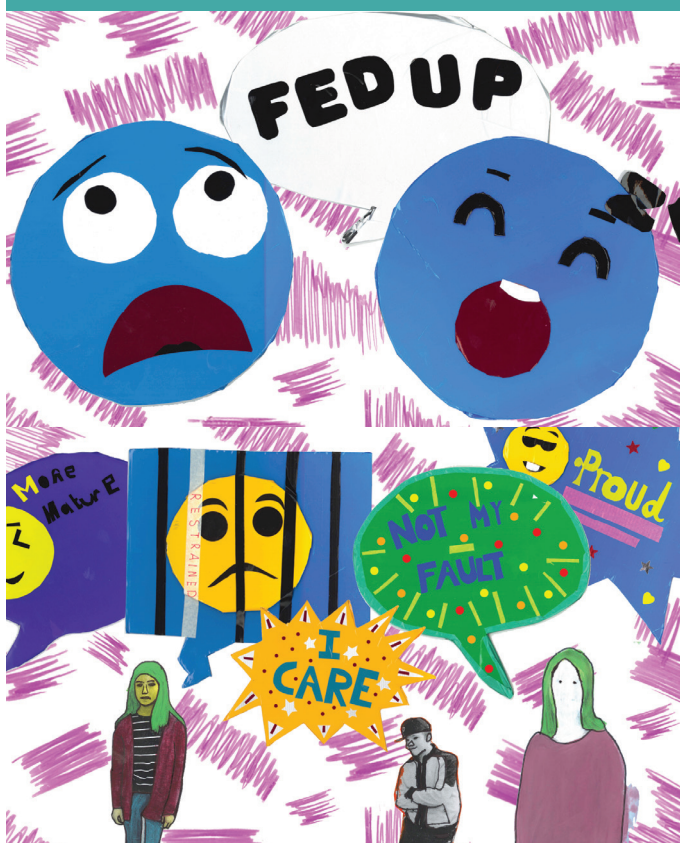
info@telfordandwrekinyoungcarers.org.uk

Childline

Call:08001111 web:www.childline.org.uk



HOW CAN IT FEEL?



WHAT CAN HELP?

