YOUNG CARERS

Pupils under 18 who help look after someone in their household who is ill, disabled or misuses drugs or alcohol.

SUPPORTING YOUNG CARERS

Know the potential signs:

- Struggle to meet deadlines
- Withdrawn, distracted
- Struggles with emotions
- Secretive about home life
- Missing school
- Being bullied
- Tired
- Behavioural issues
- Not getting involved

Supports their wellbeing, attainment and attendance!

– Young carer

I care for my brother. Sometimes he can wake up several times in the night, which means I lose out on sleep and that makes me very tired for school.

Need advice on how to support young carers? Contact your Young Carers Lead:

The Care Collective De Cymru is a registered charity. Charity No. 1123455 (England & Wales), Registered as a company limited by guarantee in England and Wales No. 06419626. Registered address: County Hospital, Griffithstown, Pontypool, NP4 5YA.

The Care Collective
Supporting unpaid carers