

Young Carers

What is a Young Carer?

A young carer is a child, or young person, who provides care and support to a family member who is ill, disabled, or has mental health or substance misuse problems.

This can include:

- **Physical care:** Helping with personal hygiene, dressing, feeding, and medication.
- **Emotional support:** Providing companionship, reassurance, and emotional support.
- **Practical help:** Cooking, cleaning, shopping, and managing finances.

How to Identify a Young Carer:

Young carers may exhibit various signs, including:

- **Emotional and behavioural changes:** Anxiety, depression, low self-esteem, withdrawal, aggression, or acting out.
- **Academic difficulties:** Poor concentration, fatigue, difficulty completing homework, and low attendance.
- **Physical health problems:** Exhaustion, headaches, and sleep disturbances.
- **Social isolation:** Missing out on social activities and having few friends.
- **Taking on adult responsibilities:** Cooking, cleaning, managing finances, or caring for siblings.

Support for Young Carers:

- **School-based support:** School can provide pastoral support.
- **Local authority support:** Local authorities offer a range of services, including respite care, financial assistance, and support groups.
- **Carers' organisations:** Organisations like Carers Trust provide information, advice, and support to young carers and their families.

How to Access Support:

If you suspect that a child may be a young carer, you can:

- **Talk to the child:** Ask them about their family situation and how they spend their time.
- **Speak to parents or carers:** Explain your concerns and offer support.
- **Contact the school's designated safeguarding lead:** They can provide advice and support.
- **Refer the child to local services:** Contact your local authority or a carers' organization for further assistance.

Remember: Early identification and support are crucial for young carers' well-being. By working together, we can ensure that young carers receive the help they need to thrive.

How to Register as a Young Carer:

Please use the link below to find the young carer registration form.

[referayoungcarer](#)

USEFUL WEBLINKS

[Wigan & Leigh young carers](#)

[NHS Friends of young carers](#)

[Wigan & Leigh carers centre](#)

[Carers First](#)

[NHS Young Carers Rights](#)