

## 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.

<https://wlcccarers.com/referayoungcarer/>

## Useful Websites:

<https://www.wigan.gov.uk/LINC2/Survival-Guide/Local-services/young-carers.aspx>

<https://wlcccarers.com/im-a-young-carer/>

<https://www.nhs.uk/services/service-directory/friends-of-young-carers-wigan-and-leigh/N10502254>

<https://carers.org/help-for-carers/carer-services-near-you/150-wigan-leigh-carers-centre>

[https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwj-9PmxgZiLAXXfkFAGHecfJmMYABACGgJkZw&ae=2&aspm=1&co=1&ase=5&gclid=CjwKCAiAneK8BhAVEiwAoy2HYb7mHe\\_q0E03B3gECElALzxOLNAmhb0u7dpIU8IFMS8LmQvx5PGluRoCZwIQAvD\\_BwE&ohost=www.google.co.uk&cid=CAESVeD2N9jktFuRC5w7og7M5Plg\\_0CNmY4spMGPAQMc6dyZOBNktmQTeVmX08\\_U9S2bbejV8S9mJGyN5LE7bXII0Kubhi37bVw1PkkjFGaiRqWamHnHPqc&sig=AOD64\\_1LGw9GYCKyFQQ5-a8MJ8TihQJdrO&q&adurl&ved=2ahUKEwir9vKxgZiLAXWkYEEAHQtCPTkQ0Qx6BAgLEAE](https://www.googleadservices.com/pagead/aclk?sa=L&ai=DChcSEwj-9PmxgZiLAXXfkFAGHecfJmMYABACGgJkZw&ae=2&aspm=1&co=1&ase=5&gclid=CjwKCAiAneK8BhAVEiwAoy2HYb7mHe_q0E03B3gECElALzxOLNAmhb0u7dpIU8IFMS8LmQvx5PGluRoCZwIQAvD_BwE&ohost=www.google.co.uk&cid=CAESVeD2N9jktFuRC5w7og7M5Plg_0CNmY4spMGPAQMc6dyZOBNktmQTeVmX08_U9S2bbejV8S9mJGyN5LE7bXII0Kubhi37bVw1PkkjFGaiRqWamHnHPqc&sig=AOD64_1LGw9GYCKyFQQ5-a8MJ8TihQJdrO&q&adurl&ved=2ahUKEwir9vKxgZiLAXWkYEEAHQtCPTkQ0Qx6BAgLEAE)

<https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/being-a-young-carer-your-rights/>