



370,000
reasons to care
Wales



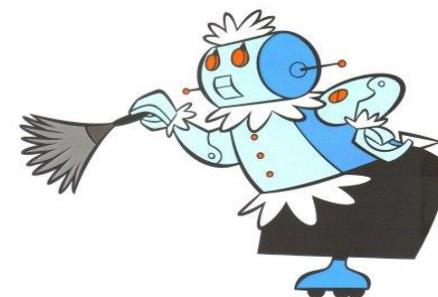
370,000
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What is a Young Carer?

- A person who care's for a member of their family with an illness, disability, mental health condition or an addiction.

Examples of caring responsibilities:

- Giving medication
- Support with appointments
- Emotional support
- Helping with personal care
- Cleaning
- Cooking
- Laundry and ironing
- Food shopping
- Gardening



Sibling Carers?

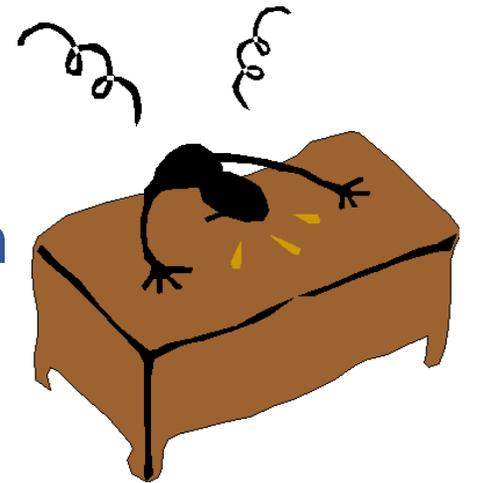
Young Carers may also care for a sibling. This may be because their sibling has

- A disability
- A chronic health condition
- A mental health issue
- Substance misuse problems

'As many as two pupils in every classroom have a sibling with special educational needs or disability and are at risk of becoming young carers. They're more likely to have problems with progress in school – so it's vital that you know who they are' Monica Macaffrey Schools Week

How does caring affect a Young Carer?

- A lack of social life
- Family worries
- Difficulty to keep a up with school work, due to their caring role
- Difficulty collecting medication from the chemist due to the policy
- Lack of time to do what their peers do
- Lack of understanding from others makes things difficult
- Loneliness
- Low self esteem
- Anxiety / Depression



Statistics



- There are about 700,000 young carers in the UK. (That is roughly 10 full Principality stadiums)
- That's about one in 12 secondary aged pupils.
- There are likely to be young carers in every school.
- Many young carers remain 'hidden'.
- 1 in 12 young carers are caring for more than 15 hours per week.
- 1 in 20 misses school because of their caring responsibilities.
- It can affect a young person's health, social life and self-confidence.
- Many young carers struggle to juggle their education and caring which can cause pressure and stress.
- In a survey, 39% said that nobody in their school was aware of their caring role and 26% have been bullied at school because of their caring role.

Signs a pupil may be a Young Carer

- Often late or missing days or weeks off school for no reason?
- Often tired, anxious or withdrawn?
- Having problems socially or with making friends? Conversely, do they get on well with adults and present as very mature for their age?
- A victim of bullying?
- Depressed?
- Finding it difficult to concentrate on their work?
- Having difficulty in joining in extra curricular activities or unable to attend
- Never attends school trips?
- Isolated from peers
- Not handing in their homework/coursework on time, or completing it late and to a low standard?
- Anxious or concerned about an ill or disabled relative?
- Displaying behavioural problems?

DO YOU CARE?

Do you know a young person
who cares?

Are you interested
in
support?

Who to go to.



Your Young Carers lead is:

Mrs Mayes

(07580984360)

Based in the Learning Support Centre - S1.21