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**WHY YOU**

**MIGHT**

**NEED**

**TO CARE**

**FOR**

**SOMEONE**

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DISABILITY (Physical, Learning Difficulties, Sensory)

(Serious, long term or terminal) ILLNESS

SUBSTANCE MISUSE (Drugs, Alcohol)

MENTAL WELLBEING

YOUNG CARERS ARE **UNPAID**

THEY CARE AS FAMILY MEMBERS AND RECEIVE NO PAYMENT FOR THE CARING THEY DO.

Young carers can care for mums, dads, brothers, sisters, grandparents, and in some cases other family members or friends.

THE AVERAGE AGE OF A YOUNG CARER

IS 12½, BUT THEY CAN BE

**AS YOUNG AS 4 YEARS OLD**

**DID YOU KNOW?**

58% OF

YOUNG

CARERS

ARE

FEMALE

An illness or disability can stop an adult from caring for themselves and means that a child needs to take on caring responsibilities. Reasons for this might include-

IF YOU THINK YOURSELF OR

SOMEONE YOU KNOW MIGHT

BE A YOUNG CARER AND YOU

WOULD LIKE SUPPORT, FIND

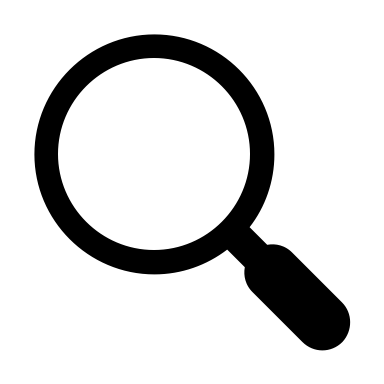
INFORMATION HERE

You do not need to feel scared, ashamed or embarrassed of caring. If you think you are a carer, you are entitled to support. Don’t stay hidden.

**CONTACT US!**

Tel: 07979 031673

Email: [youthofficer@lryfs.co.uk](mailto:youthofficer@lryfs.co.uk)



http://lryfs.co.uk/services

**SORREL YOUNG CARERS**

**Empower, Encourage, Educate**

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A BBC CHILDREN IN NEED FUNDED PROJECT, DELIVERED IN COLLABORATION WITH FEARON HALL, LOUGHBOROUGH

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