



## Support for Young Carers aged 5 – 18

We understand it is important for Young Carers to have the same opportunities as their peers to achieve their goals. Without support, Young Carers can struggle at school, can be socially isolated, or experience bullying.

At Action for Family Carers we support Young Carers in a range of ways:

- ✔ Information and advice for Young Carers and their families.
- ✔ One-to-one support.
- ✔ Group support and workshops.
- ✔ Help with college/job applications.
- ✔ Young Carer Clubs and respite opportunities.



## How can I contact you?

Telephone number: **0300 7 70 80 90**

Email us at: [yc@affc.org.uk](mailto:yc@affc.org.uk)

Website: [www.affc.org.uk](http://www.affc.org.uk)



## A Young Carer

looks after, or helps to look after, someone in their family who has an illness, disability, mental health problems, or a drug or alcohol dependency.

**0300 7 70 80 90**

[www.affc.org.uk](http://www.affc.org.uk)



- ✓ There are more than 800,000 Young Carers in the UK, some as young as five.
- ✓ That's about 1 in 5 pupils in Secondary schools.
- ✓ There are more than 10,000 Young Carers in Essex.
- ✓ Young Carers will be in your school.
- ✓ On average Young Carers miss or cut short 48 school days a year. (Carers Trust 2018)

## A Young Carer may...

- ✓ Cook and clean.
- ✓ Take siblings to school.
- ✓ Give medication.
- ✓ Provide emotional support.
- ✓ Accompany the person they care for to their medical appointments.
- ✓ Worry about the person they care for when they are at school or away from them.



## Young Carer Clubs



Our Young Carer Club Nights across Essex provide a regular opportunity for Young Carers to have a break, take part in activities and mix with others in the same situation.

## Supporting Young Carers

We will support Young Carers to maintain a good level of mental and physical wellbeing while they carry out their role.

Our service is not time-limited so Young Carers can drop in and out of our support as, and when, it is needed. We are an independent charity and our experienced staff will talk confidentially to Young Carers and their families.

## Support for schools

We work with teachers to:

- ✓ Increase awareness of Young Carers through assemblies and other sessions.
- ✓ Deliver Teacher training.
- ✓ Offer individualised support or group sessions for Young Carers.
- ✓ Help to set up Young Carer groups in your school.
- ✓ Break down barriers that may prevent Young Carers from achieving their goals.