

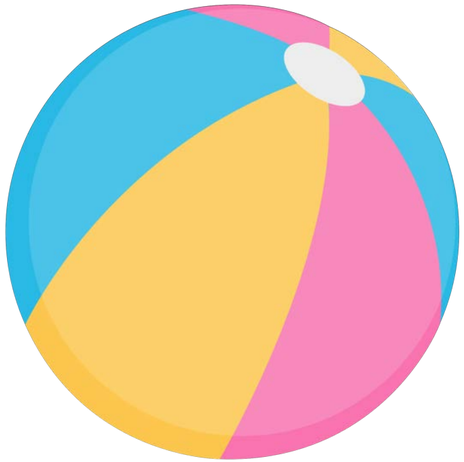
Young Carers

The **Benjamin** Foundation

Carers Matter Norfolk

SUPPORTING YOUNG CARERS & FAMILIES

What will you do when you get home from school this afternoon?















Some people get to relax and do the things they enjoy after school, but not everyone does



Some people help at home









If you live with someone who is poorly or has a disability, sometimes you have to help at home more often and with lots more things.

We call this being a Young Carer.

Lots of people live with someone with a disability



Young Carers might help with:

- Cooking
- Cleaning
- Laundry
- Shopping
- Looking after other children
- Listening and cheering up
- And lots of other jobs

Test your knowledge



Yes or no?



James is only 5 years old. Can you be a young carer if you are only 5 years old?



Yes!

Children of any age can be a young carer!



Anna’s mum has a long-term illness, so Anna’s dad has to care for her. Anna helps sometimes.

Is Anna a young carer?



Yes!

Anna is a young carer. Her dad is the main carer, and Anna is a young carer.



Neil’s dad had a stomach ache last week and he didn’t read Neil a bedtime story?

Is Neil a young carer?



No!

Neil is not a young carer. His dad was only unwell for a day and Neil did not care for him.



Josh’s grandmother uses a wheelchair, but Josh does not have to help her. Is Josh a young carer?



No!

Josh is not a young carer. Even though his grandmother has a disability, she does not need help from Josh.

Being a Young Carer can make you...

- Feel tired
- Feel worried
- Feel sad
- Struggle to concentrate in school
- Struggle to enjoy school
- Struggle to make friends



It's important to talk to someone if you feel any of these things.



It’s important to remember, if you are a Young Carer, you are doing an amazing job looking after your family, but it is also important to look after yourself!



Your School

You can talk to any member of staff; they know about Young Carers and can help you.

Your Teachers are there for you to talk to

The Young Carer's Team are:



Mrs Bradley


Miss Goodall


Ms Dorling

CALLING ALL YOUNG CARERS...



hello

Are you looking for an open space during lunchtime?

Would you like somewhere quiet to complete some homework or read a book?

Perhaps you'd like a chat or to colour or doodle...

open classroom

If so, then feel free to pop along to Curie Class any Thursday lunch time where the door is always open for Young Carers!

Worry Box

Young carers are amazing!

Good things about being a carer:

- **Feeling close with family**
- **Understanding, kind and compassionate**
- **Hard working and responsible**
- **Good at multitasking**
- **Good life skills – resilience, time-management**
- **Feeling proud of yourself**

Thank you
for listening!