

*“I do the cooking quite a few times a week, and look after my little brother too.”*

*“It is great to go to a young carers group where I know everyone understands.”*

*“I help around the house when mum isn’t able to get out of bed.”*

## Information

To find out about ways to get support and advice, speak to your teacher or the Young Carer Lead for your school.

Alternatively, you can call get help from:

Early Support Service: 020 8901 2690

Harrow Young Carers:

- 020 8868 5224
- [www.Harrowcarers.org](http://www.Harrowcarers.org)

Babble: [www.babble.carers.org](http://www.babble.carers.org)

The WISH Centre

Email: [info@thewishcentre.org.uk](mailto:info@thewishcentre.org.uk)

Web: [www.thewishcentre.org.uk](http://www.thewishcentre.org.uk)

- Childline  
Tel: 0800 1111

Harrow Council website:

[www.harrow.gov.uk/youth](http://www.harrow.gov.uk/youth)

For more up-to-date information on the range of services and organisations, please call the Family Information Service on 020 8901 2690

**Do you help to look after someone you care about at home?**



**Support for Young Carers**

## Who is a young carer?

If you are aged under 18 and provide on-going care and emotional support to a family member who has:

- A physical or learning disability
- A long term medical condition
- A mental health problem
- Difficulties with drugs or alcohol

This means you may be a 'Young Carer'

Young carers are children and young people who help the person they care for in different ways.

This could mean helping the person you care for by:

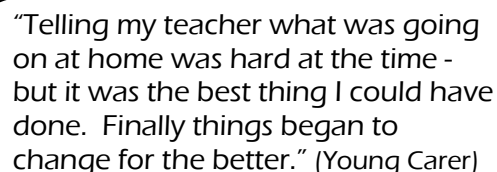
- Preparing meals
- Giving medication
- Cleaning, shopping, washing clothes
- Translating or interpreting
- Looking after your parents, brothers or sisters
- Being there when they are sad or upset

Being a young carer can be hard! You might miss out on some opportunities.

For everyone who provides care or emotional support, there is a risk of this affecting your health, friendships, how well you do at school and your life in general. Sometimes you might feel stressed, sad, angry, or like you can't cope.

## Help in your school

Talking to someone in school about your caring role can be difficult or embarrassing. You may be worried about what will happen after you have told someone or think that nothing will change. However, if no one at schools knows they can't help you.



"Telling my teacher what was going on at home was hard at the time - but it was the best thing I could have done. Finally things began to change for the better." (Young Carer)

Choose someone in school that you trust or find out who is responsible for helping young carers. Arrange to talk to them about your home situation.

They may be able to help you by:

- Being understanding and flexible (e.g. contacting home, being later or tired, doing your homework).
- Listening to how you're feeling
- Arranging events for you and other young carers in your school
- Helping you to find other support for you or your family.

## Other kinds of help

The Early Support team at Harrow Council can provide more support and advice to young carers and their families.

For Young Carers this might be:

- Someone to talk to
- Answers to your questions
- Help to do the things you want to do
- Fun trips with other young carers

Help for families might include:

- Looking after the person you care for
- Help for someone else in your family
- Help for everyone to talk to each other
- Help with planning for the future

Contact the **Early Support Service** to find out more about how we can help:

**Early Support Service: 020 8901 2690**

Sometimes they will need to ask you a few questions to make sure that they understand what support you need.

## Taking care of yourself

It's important that you are able to have breaks from your caring role and also to have fun. Although you may worry about your relative - don't forget about yourself!