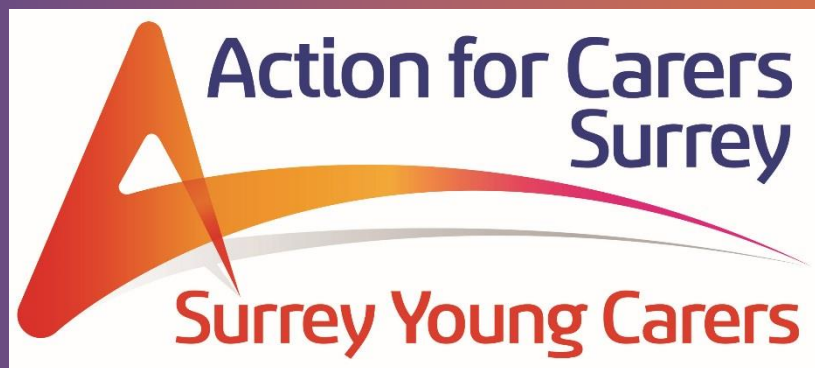




 Action for Carers  
Surrey  
Surrey Young Carers





# Education Advisory Team Secondary Assembly



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**What is a young carer and what do they do?**



**Issues affecting young carers**



**Where young carers can get support**

# What is a young carer?

Someone under the age of 18 who is providing unpaid care for a family member or friend with...

- A physical or mental health problem
- A disability
- A substance dependency or
- A life limiting illness

# How many young carers are there?

- 14,000 in Surrey
- That's 1 in every 12 young people
- 2 in every classroom

**AT LEAST!**

# What do they do?

- Practical care
- Physical care
- Emotional care
- Money management

# A day in the life of a young carer

<https://www.youtube.com/watch?v=kdvd-R2b6YA>

# How are young carers affected?

- Emotional impact
- Health impact
- Social impact
- Impact on education



A large iceberg floats in a blue ocean under a cloudy sky. The visible tip is small, while the submerged part is much larger and more jagged, illustrating the concept of hidden impact.

# Hidden impact

# Why are some young carers hidden?

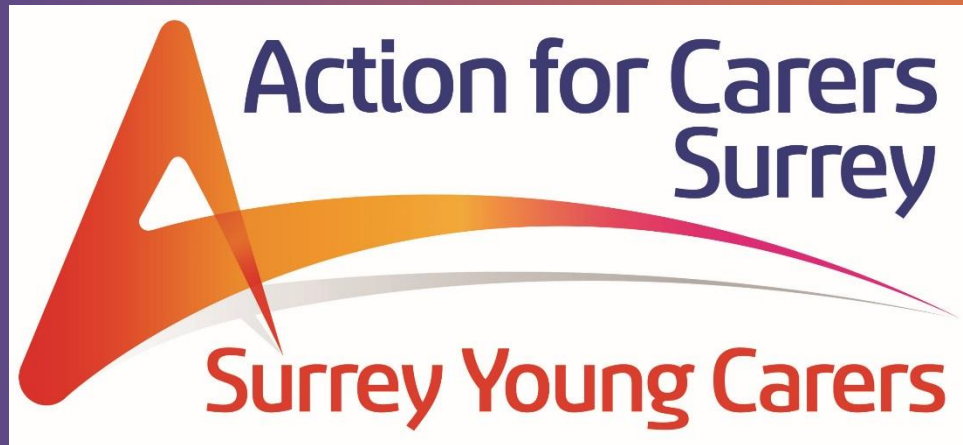
- Don't know they are a young carer
- Scared of being labelled
- Don't know who to speak to or if anyone cares

# Positives of being a young carer

- Closer bond with family
- Good management/organisational skills
- Good at multitasking
- Good life skills
- Strong resilient people

# Support for young carers

- School: Young Carer Lead, support groups
- Surrey Young Carers; 1:1 and family support, time-out events, groups and activities
- Internet: The Carers Trust / Kooth / Childline / The Children's Society



Contact us on

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



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