

What should I do?

Speak to an adult at school

Once school know, they can make sure you get the support you need.

Referral for our support

School can also refer you to us, Action for Carers. Your parent/guardian can refer you too, or you can refer yourself if you are aged 13 or above. To find out more visit www.actionforcarers.org.uk/syc.

Supporting schools

Action for Carers can support schools too, training teachers, providing free resources, assembly support and more! We also have an accreditation scheme, the Angel Award. More on our website.



Get in touch

Call on 0303 040 1234, or info@actionforcarers.org.uk. Find out more at www.actionforcarers.org.uk/syc

@ActionforCarersSurrey action_for_carers_surrey

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CARERS TRUST

There's help for you

Charity Action for Carers has a young carers team here to help if you're aged 5-15 and are caring for someone. (We've another team for those aged 16-25).

Depending on your situation, and how much caring you do, you'll be offered different levels of support. All young carers registered with us:

- Get support from our friendly and caring staff
- Can attend fun events and online activities that take place across Surrey
- Get regular newsletters
- Are invited to a 'family fun day' every year
- Can join our **Young Carers Forum**, to share views and influence changes for young carers
- Are invited to other events, dependent on need

Caring roles can change over time, so we encourage our registered young carers to get in touch if they are experiencing difficulties, and if their situation changes.

Please get in touch today to find out how we can help YOU.



Are you helping to look after someone in your family?

Could you be a YOUNG CARER?



"As soon as I joined things started to get easier. I met other young people in the same boat as me, and I have a better social life too. It's made such a difference."
Young carer

What's the definition of a young carer?

"We're under 18 and provide unpaid help and support for someone with a long term physical disability, mental health condition or problems with drugs and alcohol."

"Sometimes the person we care for relies on us and wouldn't be able to function without our help and support."

"We care for them not only practically but emotionally as well."

But there's help out there. Your school can offer you a lot of extra support once they know you're a young carer. Many schools have things like carers' clubs or extra time for homework, to help make life a bit easier for you.

And the Surrey young carers team at charity Action for Carers, is here for you if you're aged 5-17. We offer loads of help – advice, information, youth clubs, fun events and more. **See reverse for details or visit our website.**

'Things have improved for me lately because one of the teachers has taken an interest and asked me how things were at home. I felt better once I told him, and I know he understands and will speak up for me if I get into trouble with homework or am late.'

Matthew, aged 14



So what might you be doing as a young carer?

Providing emotional support for someone in your family. This could be your mum if she is depressed or helping to calm down your brother/sister when they are angry. Listening to their worries, reassuring them and keeping them company.

If your parent has a mental health problem you may have to cope with them being anxious and worried, or cope with mood swings and unusual behaviour.



Having extra responsibilities at home that your non caring friends don't. This could be, collecting the washing, mopping the floor, making breakfast, hoovering and watching over your family.

You might be...

- Helping to fill out forms/managing bills and budgets.
- Taking them to the doctors and/or hospital appointments for check-ups.
- Helping them to get ready, feeding them, making sure they are alright and telling them that everything is going to be ok.
- Translating for them if English isn't their first language or if they have a speech or hearing issue.

And all of this whilst trying to get yourself ready for school/college, do your homework AND see your friends.

