



WHO IS A YOUNG CARER?

You are a young carer if you are under 19 and you care for or support another person because they need help due to an illness or disability, a mental health problem or a drug or alcohol dependency.

What caring tasks you may carry out:

- Shopping
- Helping to look after brothers and sisters
- Making appointments and explaining letters
- Cooking
- Cleaning
- Helping with and/or giving medication
- Knowing what to do in an emergency
- Keeping them company

NEED TO TALK?

Sometimes, being a young carer can be hard. It may affect you in some of the following ways:

HEALTH

Physical, mental and emotional wellbeing
Anxiety, worry and stress
Tiredness, lack of sleep
Aches and pains

SCHOOL AND COLLEGE WORK

Lack of time to complete homework
Being bullied
Unable to concentrate
Not being able to attend after hour's activities or trips away

SOCIAL LIFE

No time to socialise with friends
No free time to get involved with activities and hobbies
No time for yourself or your homework

YOU ARE NOT ALONE!

www.doncaster.gov.uk/youngcarers

HOW CAN THE YOUNG CARERS TEAM HELP?

- ✓ By listening to you and helping you and your family to think about what would make a difference.
- ✓ Giving you information about the illness or disability of the person you care for.
- ✓ Getting help, advice and support for the person you care for.
- ✓ Helping you to take a break from your caring role.
- ✓ Introducing you to other Young Carers.
- ✓ Getting support in school or college.
- ✓ Helping you to speak up.



YOUNG CARERS CARD

Once you are registered as a young carer, you will receive a **FREE Young Carers Card**. You will be able to show the card to teachers and other adults so that they know you are a young carer. You can also get discounts at lots of shops and restaurants, and money off train travel too.

YOUNG CARERS

YOUNG
OUTSTANDING
UNPAID
NEEDED
GENEROUS

CARING
AMAZING
RESILIENT
ESSENTIAL
RESPECTED
STRONG

YOUNG CARERS



CONTACT US...

You can contact one of the Young Carer's team for further information, to make a referral to gain support from the Young Carer's team:

01302 736099

young.carers@doncaster.gov.uk



Doncaster
Council

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