

Is your child or a child you know a Young Carer? Young Carers are children or young people who look after, or help to look after someone at home who has an illness or disability. This could be a parent, sibling, grandparent or other. They may have a physical disability, learning difficulty, mental ill health or misuse alcohol/drugs.

Last Thursday (25th January 2018) was Young Carers Awareness Day to raise awareness of the 700,000 young carers across the UK. The Carers Trust snapshot survey showed that 46% of five-to-ten year olds, known as infant young carers, are getting up at night to care for a sick family member, missing out on their own sleep.

- More than 80% are carrying out caring duties every day or most days of the week.
- One in ten young carers go the shops unaccompanied to buy essentials for the family.
- Three quarters of these children are providing emotional support by cheering up family members when they are sad.

You can find more information here: <https://carers.org/young-carers-awareness-day-2018>

Kingston Carers Network can help you and your child in a number of ways including advice, support and activities. If you would like further information please speak to a member of our Inclusion Team on inclusion@fernhill.rbksch.org or go to info@kingstoncarers.org.uk