

# Young Carers

Wednesdays in L4

It is estimated that there are around 700,000 young carers in the UK

Young carers are anyone who look after someone else, which might be because they are sick, have a disability or mental health issues

Your AHS Young Carers group is open to anyone who think they might be a young carer or people who are just interested in finding out more

Come and chat to Mrs Westcott or one of your Young Carers ambassadors (Beth and Chelsea) to find out more about joining



Young Carers Bucks



# AHS Young Carers



Are you a young carer?  
Wednesday lunchtimes  
in L4

A great way to make new friends



# Who is a young carer ?

- A young carer is a young person who cares, unpaid, for a person who has any type of physical or mental illness, physical and/or mental disability or misuses substances such as alcohol or drugs.
- The age of a young carer is different between countries. In the UK young people under the age of 16 are classed as Young Carers and people between the age of 16-25 are Young Adult Carers.

# Life at home

Practical tasks

Physical care

Emotional support



# Life at school

Concentration

Mood

Tell someone how you feel



“Because my brother has Asperger’s and doesn’t like change, when we go out for dinner we go to the same restaurant and we always sit at the same place.”

“You get to feel proud and like you're really making a difference to someone in a good way. You learn skills such as independence.”

## Quotes from Young Carers

“As a young carer I feel closer to the person I care for.”

“Being a young carer means I can make sure my mum's ok, and I can feel proud of myself for ensuring she's safe and stable.”

“I have to let my sister in when my mum isn’t home because she doesn’t like the noise the alarm makes when she makes a mistake on the code.”

<https://www.youtube.com/watch?v=AFVND1gJ1q0>





Thank you for listening

- *You can find us in the Room Of Requirement (L4) on Wednesday lunchtimes.*
  - *Mufti Day-13th March*