

01 October 2017

Young Carers

If caring is affecting your health, your feelings or your school work, you should ask your doctor or your local authority for more help in your home.

If you need to talk or get support for yourself while caring, there are projects around the country that offer help and information to Young Carer's. The projects are a place for young Carer's to have fun and relax.

Teachers and other school staff

Teachers are there to help pupils get the most out of school. They can be a good person for you to speak to about any problems you have. If you're getting angry in school, missing lessons to help look after someone at home, or struggling to get your work in on time, you might benefit from talking to a teacher.

Some schools run clubs for Young Carer's and provide information for them. If you're having trouble attending school, you may be contacted by education welfare officers (EWOs). The EWO's job is to find out what's stopping you from getting to school, and what would help you go more often.

If you're a young carer and are under 16, you can ask social services for a Carer's assessment whenever the person you're looking after is having an assessment of their own.

If you're a young carer aged 16 or over, you can ask social services for a Carer's assessment whenever you like.

Somerset Young Carer's Project has been specially created for children everywhere to give support and help or just a break from being a hardworking, young person, in a hard situation.

You can visit our Young Carers Page for more information:

www.somsetcarers.org/who-can-help-you/somerset-young-carers/