



370,000
reasons to care
Wales



370,000
resymau pam
mae gofalu'n bwysig
Cymru

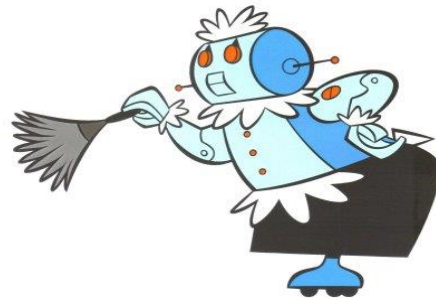
What is a Young Carer?

A person who care's for a member of their family with an illness, disability, mental health condition or an addiction.



Examples of caring responsibilities:

- Giving medication
- Support with appointments
- Emotional support
- Helping with personal care
- Cleaning
- Cooking
- Laundry and ironing
- Food shopping
- Gardening



Sibling Carers?

Young Carers may also care for a sibling. This may be because their sibling has:

- A disability
- A chronic health condition
- A mental health issue
- Substance misuse problems

How does caring affect a Young Carer?

- A lack of social life
- Family worries
- Difficulty to keep a up with school work, due to their caring role
- Difficulty collecting medication from the chemist due to the policy
- Lack of time to do what their peers do
- Lack of understanding from others makes things difficult
- Loneliness
- Low self esteem
- Anxiety / Depression



DO YOU CARE?

Do you know a young person
who cares?

Are you interested
in
support?

Who to go to.



Your Young Carers lead is;

Mrs Davies
who can be found in the Hub

or find out more on about Young Carers at

<http://www.ctsew.org.uk/our-services->