

ARE YOU A YOUNG CARER?

DO YOU CARE FOR SOMEONE AT HOME? DOES IT INVOLVE THE FOLLOWING?

- 👏 Listening, talking or comforting that person
- 👏 Providing emotional support
- 👏 Help with paperwork of any kind, paying bills etc
- 👏 Washing, cleaning, cooking/preparing meals
- 👏 Help them to shower/bath, shave or dress
- 👏 Look after and care for siblings, maybe taking them to school
- 👏 Give medicine or support someone to the doctors/hospital

HOW DO YOU FEEL THIS IMPACT'S ON YOUR EVERYDAY LIFE?

- 👏 Interrupted sleep/ feeling of tiredness
- 👏 Continually worry about that person/friendships/school work
- 👏 Stay in the house and never go out in case they need you
- 👏 Poor attendance and punctuality
- 👏 Lack of homework/school work affected

*If you have answered yes to any of the following questions then please contact SWA by email SWA-YoungCarers@bestacademies.org.uk or phone and ask to speak to **Kelly Parr** or your **Head of Year** for support.*

