

# What is a Young Carer?

If you are under 18 and help to look after a relative or family member with a disability, illness, mental health condition or substance abuse problem.

What might a young carer do?

- Practical tasks, like cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, including talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

## Who can help in school?



Mrs Thomas

or



Mrs Blokland

Drop in Sessions on Thursdays 12.00 - 12.30pm in Pine Room  
Tel: 01254 701299 / [office@stpetersdarwen.blackburn.sch.uk](mailto:office@stpetersdarwen.blackburn.sch.uk)

What we can do?

- Offer support and a listening ear
- Refer to other agencies i.e. Child Action North West / School Nurse
- Speak to your teacher
- A Worry box outside Pine Room, that is checked weekly.