

Do you help **look after** someone in your family who is **ill** or has a **disability**?



Does this cause you problems at school?

Want some help?

Who is a young carer?

A young carer is a person aged between 4 and 25 who helps to look after someone in the family at home because they are disabled, have been ill for a long time, have a mental health problem or a problem with alcohol or drugs.

They may care alone or as part of a family.

What do young carers do?

A young carer may spend time doing things like cooking, cleaning and shopping. They may also give medicines and tablets to the person they look after or help them to wash or get dressed. Some may help their brothers or sisters to get dressed and take them to school. Some young carers may not do any of these things but they may worry about the person with the illness or disability.

Because of doing these things young carers can sometimes feel tired and not always be able to concentrate on their school work or homework, or they can be worried or feel stressed.





What is the young carer's card?

The young carer's card is for young carers who are having problems at school because they are looking after someone at home.

Young carers can carry the card with them at school and they can show the card to teachers when they are having problems.

The card is for young carers who are unable to or find it difficult to:

- arrive at school on time
- stay after school without earlier warning
- finish homework on time

or need to:

- carry a mobile phone (on silent) so they can keep in contact with the person they care for
- leave early so they can collect young brothers or sisters

What will the card look like?

The card will be the size of a credit card and will have your name and a photo of you on the front. On the back of the card will be what you need allowances to be made for and it will be signed by your Headteacher. If you don't feel you need any allowances at the moment, it may still be useful to have a card to let your school know that you are a young carer.

Here are some examples of what your card may say:



How long can I use the card for?

Cards last until for the whole time you are at school. If things change for you and you need different allowances to be made, you can apply for a new card at any time.

How do I get a young carer's card?

There is information about how to get a card at the back of this leaflet.

How can Sunderland Carers' Centre help young carers?

Sunderland Carers' Centre helps many young carers in Sunderland through:

- **Providing information** about help for young carers and their families and information about illnesses and disabilities
- **Giving training** on subjects to help young carers, for example, first aid and cooking
- **Going to meetings** with young carers and their families
- **Someone to talk to** about any worries or fears young carers may have
- **Arranging activities and outings** to give young carers some time away from their caring responsibilities and a chance to meet other young carers.

There are weekly clubs on an evening and weekends as well as activities in the school holidays. We have four age groups – 4-7, 8-11, 12-15, and 16+.



For more information
please contact:

Sunderland Carers' Centre

Thompson Park

Thompson Road

Sunderland, SR5 1SF

Tel: 0191 549 3768

Email: youngcarers@sunderlandcarers.co.uk

Find out more by going on these websites:

www.youngcarers.net

www.sunderland.nhs.uk/carers

This information can be made available in large print, Braille, audio and other languages. Please contact communications@sunderland.gov.uk or call the Communications Service on 0191 520 5555 for help.

As part of Sunderland's commitment to a sustainable future, this leaflet is printed on recycled paper made from 75% post-consumer waste. When you have finished with it, please recycle it in your Kerb-it box.

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How to get a young carer's card

If you are a young carer and think a young carer's card would help you please tell your Headteacher or contact teacher and they will help you fill in this form.

Your name:.....

Are you male/female:.....

Which school do you go to?:.....

What school year are you in?:.....

Head of School/Contact Teacher:.....

Who do you care for?:.....

What do you need support with?:.....

.....

..... (this will be printed on your card)

Headteacher signature:.....

Parent's signature:.....

Date:.....

Would you like more information on young carers' groups in your area? **Yes/No**

When you have filled in the form and had it signed by your parent, please hand it in to your Headteacher to be signed along with a passport sized photo which is to be placed on your card.

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Note to Headteacher

Please return completed form and photo to: Kathryn Rutherford, Communications Team, Room 3.105, Civic Centre, Sunderland SR2 7DN

Once the young carer's card has been produced it will be returned to the school for distribution.

**The card
allows me to
relax at school as
now that I carry my
mobile phone I am not
stressed about
being able to be
contacted by
my family.**

