



If you want to know more...

**01539 815970**

Or fill in the information below and send to:



**Young Carers Support Workers**  
South Lakeland Young Carers  
5 Castle Street, Kendal LA9 7AD

**Phone/Text Mobile:**

Sam 07784545135  
Matt 07709797535

**Email:**

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Name: .....

Address: .....

.....

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Tel No.: .....

Registered Charity no: 1017463



## Did you know...

- The average age of a Young Carer is only 12!
- Over a third of Young Carers miss school or have educational problems!
- There are almost as many boys caring as there are girls!
- One Third of Young Carers look after someone with Mental Health Problems!
- The Princess Royal Trust for Carers estimate that 80% of Young Carers have experienced bullying!
- More than half of all Young Carers help look after their Mum!



**Do you look after someone at home?**

**Are you under 18 years old?**

### South Lakeland Young Carers

can offer a confidential listening ear, information and advice, chances to make friends with other young carers, take part in activities and trips away, experience new things and have fun!!





## Who is a Young Carer?

A Young Carer is someone under the age of eighteen who spends time looking after a member of their family because of an illness, disability, drug, alcohol or mental health problem

"My Dad sometimes gets depressed. When he is like this it makes me sad too, I feel like I need to cheer him up. Am I a Young Carer?"

"My brother is really poorly and Mum seems to spend all her time with him. I sometimes feel a bit left out. Am I a Young Carer?"

"My mum has a back condition so she has to use walking sticks around the house and a wheelchair whenever she goes further than the garden. This means that I have to help around the house a lot. Am I a Young Carer?"

"I love my sister, she has learning difficulties and I don't mind helping her with things, but sometimes I want to go out with my friends instead. Am I a Young Carer?"

**The answer to all these questions is YES!!!**

## What can we do for you?

### SOCIAL OPPORTUNITIES

You can meet other young people in similar situations and have fun! We run trips out such as: bowling, ice skating etc and residential breaks away, like camping trips with other Young Carers.

### PROJECTS

A chance to have a go at something new, from the arts to first aid! We run workshops on different things such as: anti-bullying, drugs and alcohol etc and we have a Youth Forum so that your thoughts on the project and young people's issues have a voice.

### SUPPORT

A friendly, confidential listening ear when you need it most, help working out what you need and how to resolve any problems you have, in school or with friends, family etc

### INFORMATION

Advice and information about any problems you have and linking you to other people that can help you. A bi monthly newsletter will be sent to all Young Carers with information, dates on what's happening & stories & jokes sent in by Young Carers.

**A WEBSITE IS COMING SOON WHERE YOU CAN SHARE INFORMATION AND CHAT TO EACH OTHER.**



## What do Young Carers Think?

"It's good to meet other young people who do what you have to do, they know how you feel and what you mean".

"It's good to get away from the stress at home, and you get the chance to conquer your fears - especially if you go climbing!"

"You can meet new people, get more confidence, you won't get bullied and there's always someone to talk to if you need it".