

Schools Development Workers

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Children's Fund

Surrey Young Carers is a service provided by
Action for Carers (Surrey)
www.carersnet.org.uk

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YOUNG
CARERS

What it's
like being a
young carer
in school





"I'm sure there are other people at school who help look after someone at home - you just never talk about it"

"Its hard to talk to the teacher when everyone is listening"



WHAT IT'S LIKE BEING A YOUNG CARER IN SCHOOL...

If you have a Mum, Dad, Brother or Sister, Nan or Grandad who has an illness or disability you may be a Young Carer.

Maybe you have a brother or sister who is 'special' - a special child has special needs and sometimes needs extra care. This is not always easy to deal with when you have to go off to school and leave the family behind, but sometimes it feels good to go off to school and meet your friends - a chance to get away.

You may not even realise what you are doing is caring as you have done it for so long it's just part of your life.

Young Carers are children - just like all the others, but they are special too.

"I Talk to my friends a bit but they don't really understand.... It's difficult to explain all the time"



"I can't concentrate in class when I'm worried about home"

"Sometimes I don't want to come to school - I worry about what might happen"



They are special because they help look after someone else and that can be hard.

Sometimes it can be difficult to get homework done, sometimes you may be too worried about your family to concentrate at school or maybe it's difficult to have friends to tea because of what's happening at home.

Other children like you (and there are lots!) have said that it would help them to be able to talk to someone in private. Some children have said that they would like to meet other Young Carers and share their worries

"I used to think I was the only one at school with problems at home"

In your school..... is the person to talk to and Surrey Young Carers In School is also here to help. There are lots of things we can do to make life easier for you in school!!

