

# SUPPORTING YOUNG CARERS



**Cheshire Young Carers** is a charity that operates to identify and support young carers. We offer educational support through schools and provide free respite and activities during evenings and school holidays.

## A Young Carer is..

someone under 18 who helps look after someone in their family



## This includes:

Learning disabilities and disorders  
(i.e., down syndrome and autism)

Physical impairment  
(i.e., cerebral palsy and diabetes)

Mental Health (i.e., depression and anxiety)

**1 in 5**  
children  
are young  
carers in  
the UK

They can provide physical care such as bathing and providing medicine, support around the home with cooking and cleaning, as well as emotional support.



We are working with your school to raise awareness and provide support for the young carers in your community.

If you believe you, or a member of your family, are a young carer then please either contact your school or [info@cheshireyoungcarers.com](mailto:info@cheshireyoungcarers.com) for more information on how to access the Cheshire Young Carers service.