

Information for parents or relatives

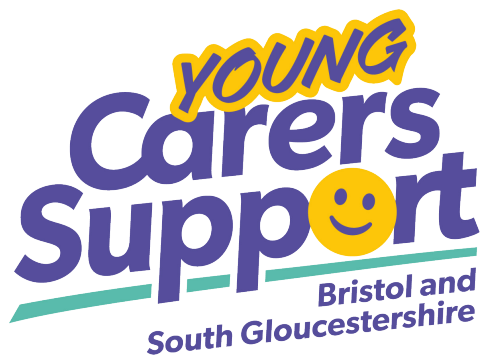
Admitting that your child is a carer can be difficult. Your child may not seem like they need any help, but we know from our work that young carers are susceptible to social isolation, mental health issues, bullying, and underachievement at school, especially if they don't receive help.



“It can be stressful, and it can be hard to find time for you”

Our Young Carers service helps the young carers enjoy time for themselves and recognise and value the help they provide.

Young carers tell us how important it is to experience time away from caring, fun activities, and opportunities to meet other young carers.



Find out more

Whatever your caring situation, we'd love to help. To start your journey with Young Carers please complete a referral on our website by scanning the QR code:



carersbsg.org.uk/young-carers

Or contacting us on:

0117 958 9980

youngc@carersbsg.org.uk

[Twitter](#) [Instagram](#) [Facebook](#) @YoungCarersBSG

Carers Support
Bristol and South Gloucestershire

Carers Support Centre

Young carers is a part of Carers Support Centre, which offers services to carers of all ages.

A Network Partner of
CARERS TRUST

Do you help look after a family member? You could be a young carer

Information about support for young carers and their families



Are you a young carer?



If you support a family member who is disabled, has a long-term illness, mental health issues, or is affected by substance misuse, you are a young carer.



Young carers do an amazing job and should feel really proud of the care they give daily.



Sometimes caring for someone can make you feel really good, but other times it can make you feel stressed and anxious. It can also take up a lot of time, leaving little time to see friends, complete schoolwork, or do the things you enjoy.

The support you provide can be:

- Practical - helping with things like shopping, feeding, interpreting and translating, cooking and cleaning, or looking after brothers or sisters.
- Emotional – calming them down when they're angry or upset, or listening to their problems.

As a young carer, you might:

- Worry about how someone close to you is behaving or feeling
- Worry about leaving them alone
- Worry about talking to someone about your issues
- Worry about your future
- Self-harm
- Avoid school

We can help

Our experienced and friendly staff can offer a range of free support, such as:

- Listening to you when things are difficult and helping to find solutions with one-to-one support.
- Helping you get the support you need from family, school or other organisations in the community.
- Fun activities such as climbing, art (cartoon drawing, painting, crafting), dance, circus skills, archery, bushcraft cookery classes, creative projects, outdoor adventures, and trips
- You can also join our awesome young carers groups!



These services are available to young carers aged 5-17 in Bristol, and 8-17 in South Gloucestershire.

We can also help organise transport to groups and activities if needed.

You might not see yourself as a young carer and may feel like you're simply doing what needs to be done for your family. But we believe in recognising and celebrating all young carers and giving them the support they need to thrive.



“The amazing thing is that we get to come to Young Carers and their support means more than anything.”

“I love hanging out with other young carers. I have loads of mates now and I don't feel like I'm the only one.”

“The group has made me feel more confident with meeting new people. Also it has taken the pressure off me at home.”

“I enjoyed having time out from everyday life and having a laugh with amazing new friends.”

You may feel lonely, but there are an estimated one million young carers in the UK going through the same challenges as you.