

We are delighted to inform you that our school is currently working with Crossroads Together to raise awareness and support young carers within Shropshire. Crossroads Together are the commissioned service in Shropshire to support young carers.

Who are Young Carers?

A young carer is a young person aged between 6-18 who care for a family member such as mum, dad, brother, sister or grandparents who suffer with a physical disability, poor ill health, learning disability, mental health, or substance and alcohol misuse.

What do young carers do?

- Practical tasks, such as cleaning, cooking, shopping, general upkeep of the housework
- Personal care, such as helping with toileting, washing, showering/bathing, and getting dressed
- Sibling Care
- Emotional Support

What are the impacts?

- Lower grades than their peers if young carers miss time in school
- Poor confidence and self esteem
- Emotional impacts, worry and stress
- Stigma of being a young carer may result in bullying
- Isolation



Who to talk to?

Anita is the dedicated Young Carers Support Worker in our school, come and chat with her if you are a young carer or think you may be a young carer. She will be in the library at 1.25pm on 6th Dec.

Contact your local Young Carers team:

Phone: 07801576326

Email: shropyc@crossroadstogether.org.uk

www.crossroadstogether.org.uk