

YOUNG CARERS

Pupils under 18 who help look after someone in their household who is ill, disabled or misuses drugs or alcohol.

COLLECTING PRESCRIPTIONS



ATTENDING APPOINTMENTS



DIFFUSING SITUATIONS



Young carers might:

- be late for school
- feel lonely
- have no time for friends or themselves
- struggle to concentrate

EMOTIONAL SUPPORT



- Young carer

You may need additional support to help you get through the challenges you might face at school.

Do you look after someone at home?
Do you need advice or someone to talk to?

Young Carer support @ St Cenydd:

Miss Cath Allaway