

YOUNG CARERS AWARENESS DAY

26th JANUARY 2018

Who are young carers?

A young carer is someone under 18 who helps look after someone in their family who is ill or disabled. Young carers are just young people - with caring responsibilities. They look the same as everyone else but they can lead very different lives!

What might a carer do?

Practical tasks, such as cooking, housework and shopping.

Physical care, such as helping someone out of bed.

Personal care, such as helping someone dress.

Emotional support, such as talking to someone who is distressed.

Helping someone communicate.

Looking after brothers and sisters.

Being a young carer can affect a young person's health, social life and self-confidence. 1 in 20 miss school because of their caring role

To support Young Carers across the Country and those who attend Hookstone Chase, we will be fundraising on Friday 26th January for Young Carers Awareness Day.

For a £1 donation, children can come to school in non-uniform.

Thank you for your support!