

Young carers factsheet



who are Young carers?

Children who provide regular care to someone in their family. This could be due to illness, disability, mental health problems or an addiction.

The extra responsibility young carers take on before and after school might include:

- taking siblings to school or caring for siblings with additional needs;
- shopping, cooking, cleaning, managing medicines or money;
- practical support and emotional support;

To find out more about what it is like to be a young carer - [watch this film](https://barnetyoungcarers.org.uk/watch-the-film-and-shorts).
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did you know?

- **Young carers miss on average 23 school days a year** (that's a month of school). Almost half of young carers in secondary school are persistently absent;
- Almost **a third of young carers (30%) are regularly late for school** because of the demands of their caring situation;
- Nationally, almost **one in four young carers (23%) say there is 'no support at all'** for young carers in their school, college or university;
- Many young carers that are out of sight are vulnerable;
- We need to identify more young carers. An estimated 6,528 young carers aged 5-17 live in Barnet but **only 13% are getting support** currently.

what can you do?

Barnet Carers has a fantastic range of resources for schools and support available for young carers- we just need your help to identify them.

Here are some ways you can help:

- **'Think young carer'** in your school- help identify young carers
- Visit the Barnet carers website to **see all the school resources** available and how to access support
- If you have **concerns about a child**, refer to MASH 020 8359 4066 / MASH@barnet.gov.uk

For more information, contact:
team@barnetyoungcarers.org.uk

