

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?

- We need to identify more young carers. There are an estimated 2 young carers in every class / **6,500 young carers aged 5-17 in Barnet but only 13% are getting support** currently;
- Young carers **miss on average 23 school days a year** (that's a month of school);
- Less than half of teachers **think their school provides the support young carers need**;
- Caring has a massive impact on mental health - **44% of young carers say they feel 'usually or always' stressed** about family at home;
- Almost **half (48%) of young carers report being bullied** in the past year;
- Many young carers that are out of sight are vulnerable.

what can you do?

Barnet Carers has a fantastic range of resources 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 role – help identify young carers
- Visit the Barnet carers website to **see all the 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

