



We believe that all Young Carers should:

- ✓ Be safe - including from inappropriate caring roles.
- ✓ Be well - both physically and mentally.
- ✓ Have access to regular breaks from caring and to mix socially with others.
- ✓ Have choices that aren't limited by their caring role.
- ✓ Be able to enjoy their childhood and fulfil their potential.



Action for
Family Carers

☎ 0300 7708090

✉ youngcarers@affc.org.uk

🌐 affc.org.uk



Registered with
**FUNDRAISING
REGULATOR**

A Network Partner of
**CARERS
TRUST**

Action for Family Carers is a Registered Charity 1127164 and Company Limited by Guarantee in England and Wales 06680960.



A Young Carer...

looks after, or helps to look after, a family member with a long-term illness, disability, mental health condition or is affected by a drug or alcohol misuse.

www.affc.org.uk



Action for
Young Carers

- ✓ There are approximately 10,000 Young Carers in Essex, some only five years old.
- ✓ Many Young Carers don't get to take part in fun, social activities like other children.
- ✓ Local Young Carers tell us they are often worried about their family member's health.
- ✓ Some Young Carers are stressed and anxious and this can affect school and friendships.
- ✓ Many Young Carers have great strengths and they deserve the chance to thrive.

A Young Carer may...

- ✓ Cook and clean.
- ✓ Take siblings to school.
- ✓ Give medication.
- ✓ Provide emotional support.
- ✓ Accompany the person they care for to their medical appointments.
- ✓ Worry about the person they care for when they are at school or away from them.



Young Carers Clubs

- ✓ Meet other Young Carers.
- ✓ Make new friends.
- ✓ Take part in fun activities.
- ✓ Have a break from caring.
- ✓ Enjoy trips to bowling, cinema or the local park.

Support for Young Carers

At Action for Family Carers we support Young Carers in Essex aged 5-18:

- ✓ Information and advice for Young Carers and their families.
- ✓ One-to-one support.
- ✓ Group support and workshops.
- ✓ Help with moving on to college or work.
- ✓ Chance to talk to somebody confidentially who understands.
- ✓ Counselling.

Our service is not time-limited so Young Carers can drop in and out of our support as and when it is needed. We are an independent charity and our experienced staff will talk confidentially to Young Carers and their families.

Support for Schools & GPs

Many children don't realise they are Carers. We work with schools, GPs and others to identify and better support Young Carers.