

**BWYC**

Bromley Well Young Carers

# YOUNG CARERS ARE HIDDEN

## HELP US FIND AND SUPPORT THEM

**Did you know as many as one in five children and young people are young carers?\***

Young carers are taking on responsibilities way beyond their years. Many struggle with their emotional health or with keeping up with schoolwork. With the right support, these young people can thrive but we need your help to lighten the load.

"I love being a part of the young carers group. It gives me a chance to have some time away from my caring role and I get to make new friends and have fun!"

Lend a listening ear

Extend homework deadlines

More awareness



EXTRA HELP WITH STUDIES

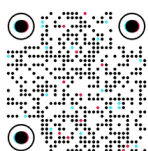
More understanding

### WHAT IS A YOUNG CARER?

A young carer is a child or young person who cares for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support.

Their caring role might include helping around the house, running errands, cooking, planning the shopping, administering medication, helping with siblings and supporting emotionally.

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### ABOUT BROMLEY WELL YOUNG CARERS SERVICE

We support Young Carers aged 4 to 19 to manage caring relationships whilst enjoying childhood.

**Make a referral:**

[www.bromleywell.org.uk/make-a-referral/](http://www.bromleywell.org.uk/make-a-referral/)



[youngcarers@bromleywell.org.uk](mailto:youngcarers@bromleywell.org.uk)



0808 278 7898

\*Statistics taken from [www.carers.org/about-caring/about-young-carers](http://www.carers.org/about-caring/about-young-carers)