



Young Carers Action Day: *Isolation*

Activity: *My Unique Life*

March 16th 2022

www.ctsew.org.uk



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What is a young carer?

Pupils under 18 who help look after someone in their household who is ill, disabled or misuses drugs or alcohol.

Young Adult Carers (YACs) between 16/18 - 25 years old.



Young Carers Action Day

This year's theme is isolation

Isolation: *the state of being in a place or situation that is separate from others.*

What makes you feel isolated?

How has lockdown affected these feelings?



Activity: My Unique Life

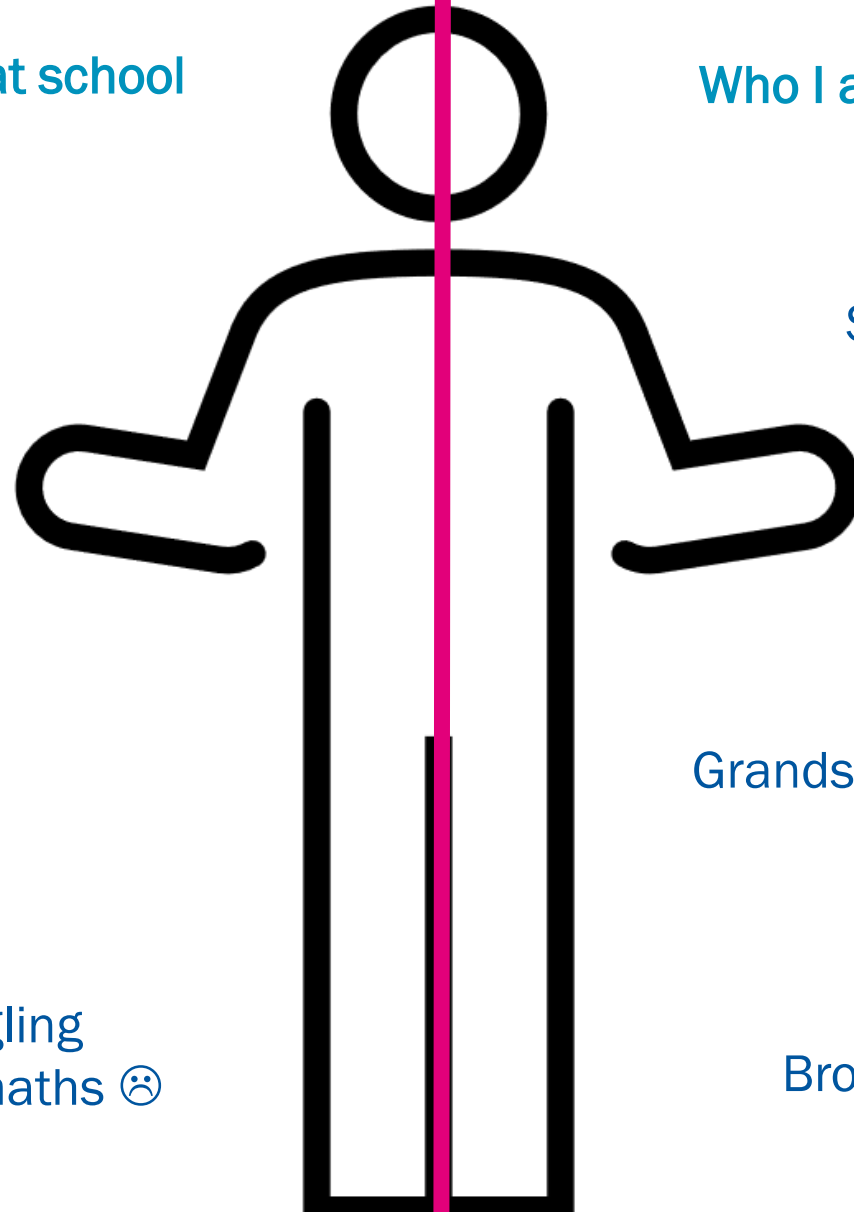
What does a regular day in your life look like?

Are you the same person with your friends as you are with your family?

What roles do you play?

Who I am and what I do at school

Who I am and what I do at home



Getting the pizza at lunch

Pupil

Son

Helping my sister with her homework

Playing football with friends at breaktime

Friend

Playing on the PlayStation

Grandson

Going to Judo

Struggling with maths 😞

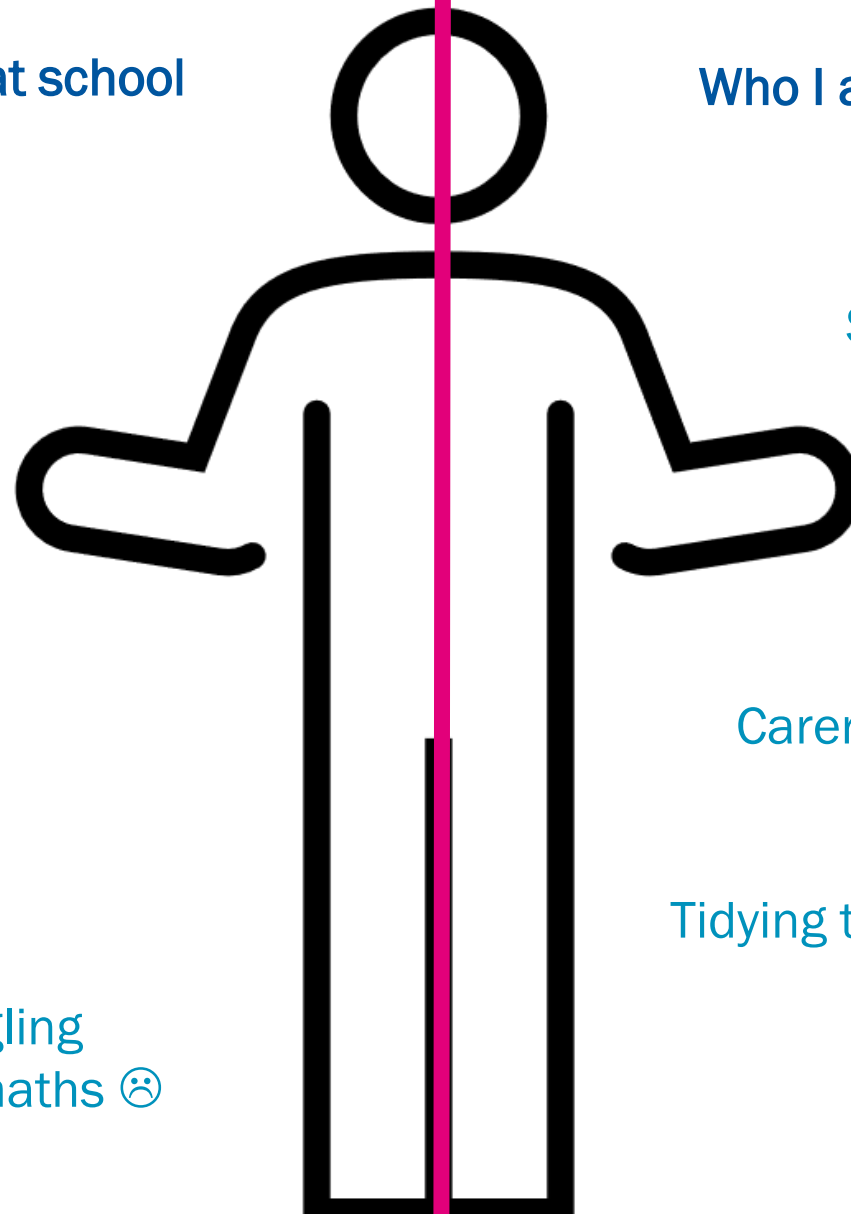
Brother

Tidying my room



Who I am and what I do at school

Who I am and what I do at home



Getting the pizza at lunch

Pupil

Son

Helping my sister with her homework

Playing football with friends at breaktime

Friend

Carer

Cooking dinner for my mum and sister

Helping my mum with her medication and eat her food

Struggling with maths 😞

Tidying the house

Brother

Not able to go out with friends because of caring role

Am I a young carer? Do you help with the following;

Helping someone
communicate



Help with personal
and physical care

Am I a young carer? Do you help with the following;

Helping give medication



Practical tasks: cooking,
housework, shopping

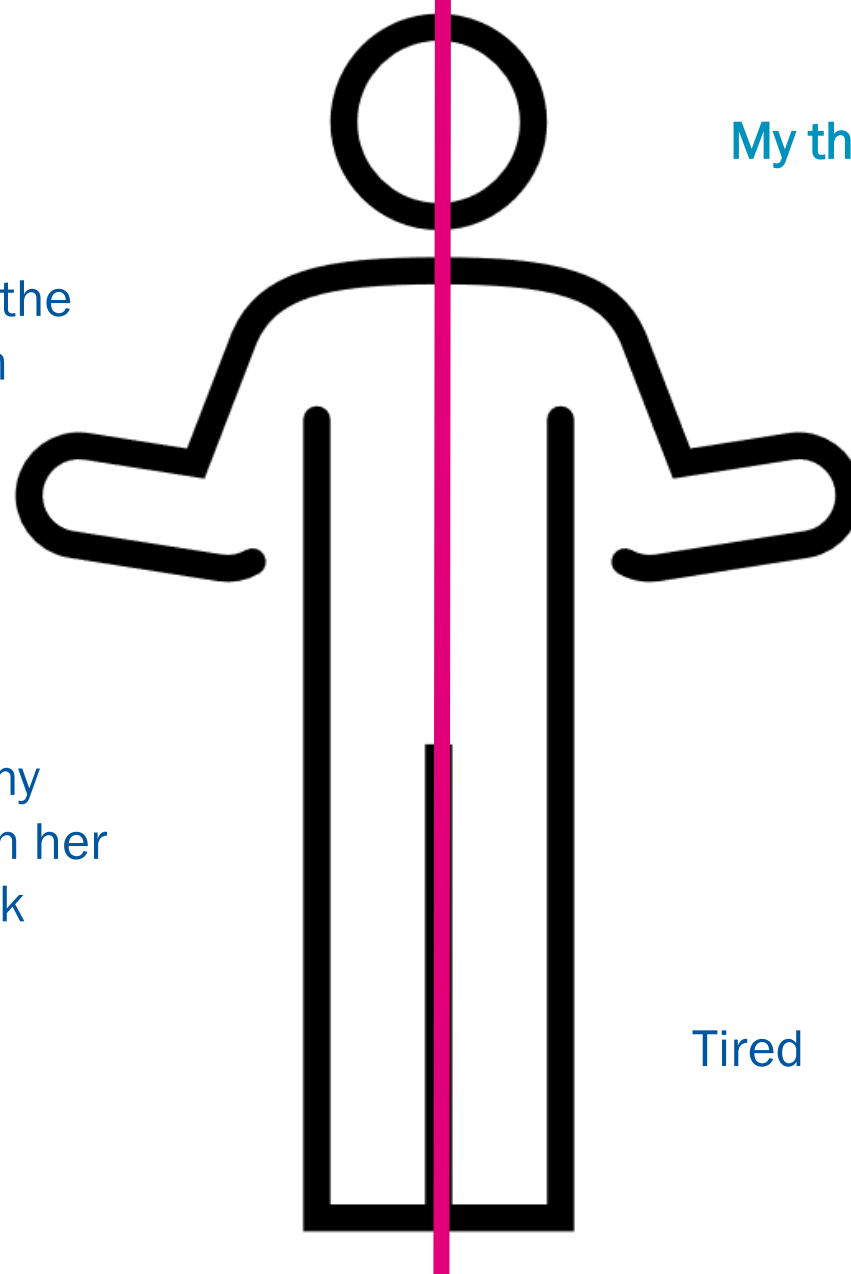


All families are unique and special

We are now going to think about the thoughts and feelings we might have throughout a regular day.

My actions

My thoughts and feelings



Getting the
pizza at lunch

Playing on the
PlayStation

So unfair that I have
to help with two lots
of homework

Playing football
with friends at
breaktime

Helping my
sister with her
homework

Adrenaline rush from
running around – I
scored twice!

Struggling
with maths 😞

Angry and frustrated that
I struggle to keep up with
maths

Tired

Happy

My actions

My thoughts and feelings

Getting the
pizza at lunch

Helping mum with
her medication
and to eat her food

Anxious about mum –
worried that her illness
is getting worse

Playing football with
friends at breaktime

Adrenaline rush from
running around – I
scored twice!

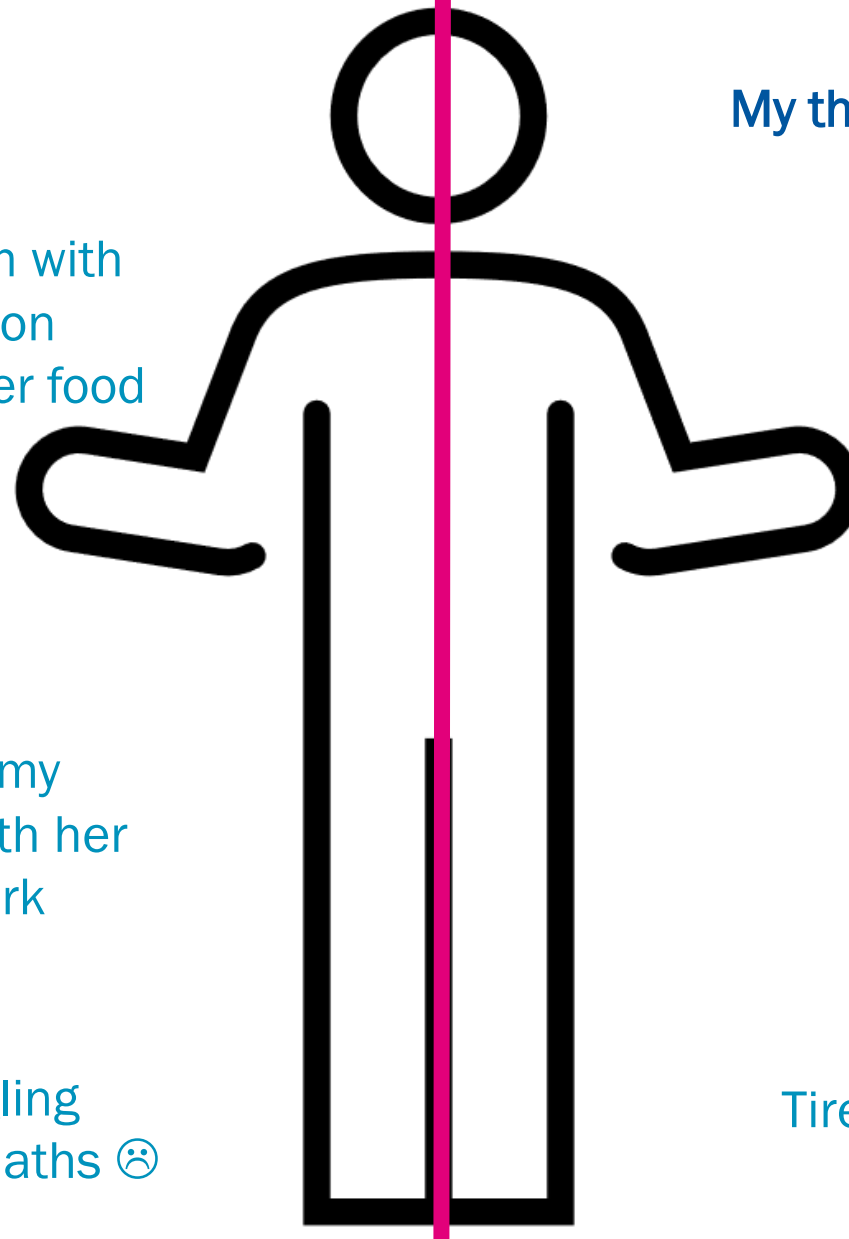
Helping my
sister with her
homework

Angry and frustrated that
I struggle to keep up with
maths

Not able to go out
with friends because
of caring role

Struggling
with maths 😞

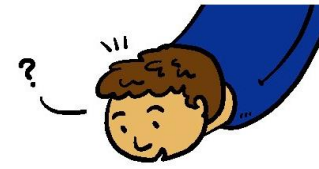
Tired, lonely, **isolated**



Young carers can often feel especially isolated because of their responsibilities

"I can't go out at a moment's notice like my peers do. I also get isolated as they don't understand the full scope of my situation and make remarks that leave me feeling very different and isolated to them."

"I feel like I can't do anything with friends and I have to be at home 24/7. Juggling work, caring and then social time is difficult."



How can you help your peers who are young carers and may be feeling isolated?

"Be more understanding and FaceTime and stuff."

"Just being there to listen without judging, and also still inviting you to things rather than saying "I didn't invite you because you never come anyway" and making more of an effort to meet up and organise it in advance."

Talk to your school if you
feel this might be you.



- Young carer

You may need additional support to
help you get through the challenges
you might face at school.

You are not alone!
There is support for you.

We should always be looking at ways to prevent ourselves and others feeling isolated.

You don't always know what is going on for your friends.



Local Young Carers Services Gwent:



Blaenau Gwent
Cari Rofer
01495 355 584

Caerphilly
Gillian Cleaton
0808 100 1727

Monmouthshire
Charlotte Drury
01633 644 621

Newport: Barnardo's
Jonathan Hilder
01633 251 192

Torfaen
Rebecca Elver
01495 762 200



Local Young Carers Services Cardiff & the Vale of Glamorgan:



YMCA

Andrew Templeton
Julie Griffiths - Cardiff

CardiffYoungCarers@YMCAcardiff.Wales
ValeYoungCarers@YMCAcardiff.Wales

Family Gateway

Rachael Simm-Parfitt

03000 133 133

www.Cardiff.gov.uk/carers
ContactFAS@Cardiff.gov.uk

Families First Advice Line

08000 327 322

FamiliesFirstAdviceLine@ValeOf
Glamorgan.gov.uk



Support for carers of all ages Gwent



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ctsew.org.uk

Tel: 01495 367564

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Support for carers of all ages

Cardiff & the Vale of Glamorgan



Cardiff and Vale Carers Gateway | Carers Trust South East Wales (ctsew.org.uk)

Tel: 02921 921024

Email: gateway@ctsew.org.uk

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