



Young Carers Action Day

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.

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



- Young carer

I look after my brother who has autism and it helps to talk to someone in school.



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



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.



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?



Yasmin's story

Last September, Yasmin's life changed overnight when her mum suffered a stroke. Her mum is now partially paralysed and has suffered some brain damage. At home, Yasmin's dad still has to go out to work to be able to provide for their family. As a result, Yasmin takes on a lot of the household responsibilities, as well as supporting her mum with her personal care and looking after her little brother. Out of school hours, Yasmin has to be around as much as possible for her mum so going out with her best friend, Beth, and her other friends is not easy.

Yasmin hasn't talked to Beth about what has happened as she feels ashamed and doesn't want to be treated differently. She now feels like she is losing her friends as well as her freedom.



How do you think Yasmin is feeling?

What do you think Yasmin could do?

Beth's story

Beth used to spend most evenings after school with her best friend Yasmin and a few other girls; spending time at each other's houses or hanging out in the park.

Recently, Yasmin has not been coming out with Beth: either saying she is too busy or cancelling last minute.

Beth feels hurt, she feels like she must have done something to upset Yasmin or that Yasmin is just getting bored with her.

Beth's birthday is coming up, but she decides not to invite Yasmin as she thinks that "Yasmin wouldn't want to come anyway."



How do you think Beth is feeling?

What do you think Beth could do?

Why do you think Yasmin doesn't want to tell Beth what is going on?

Do you always know what is going on for your friends?

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."

For some individuals, this has been exacerbated by the Covid-19 lockdown

"Haven't had any support like I used to for being a carer. (Covid) Has made appointments more difficult and seeing my brother who lives in care."

"I had to shield so that made things tough and very isolating. When lockdown started to ease, we were still shielding but my peers kept asking to meet up."



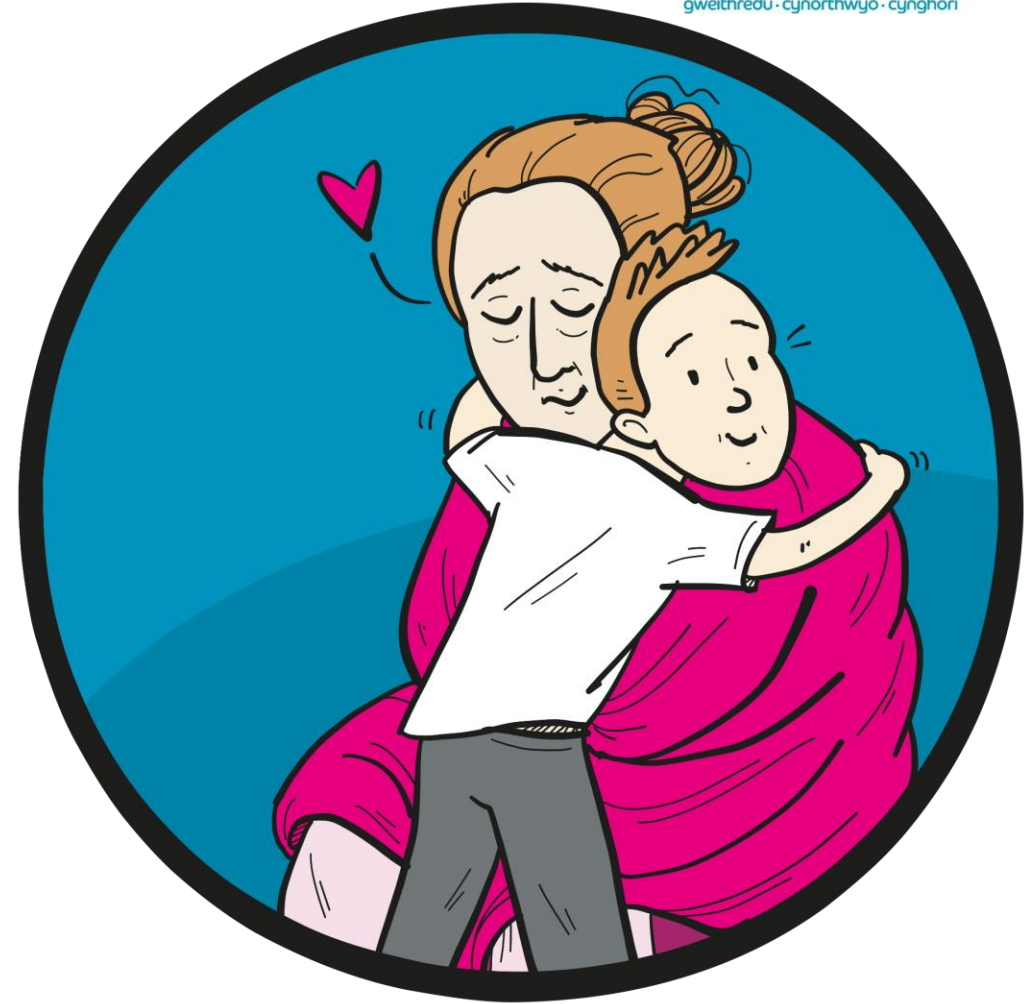
How can you help your peers who are young carers and may be feeling isolated?

"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."

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](mailto:FamiliesFirstAdviceLine@ValeOfGlamorgan.gov.uk)



Support for carers of all ages Gwent



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