

Young Carers Awareness Day
30 January 2020
Count Me In!

Who are young carers?

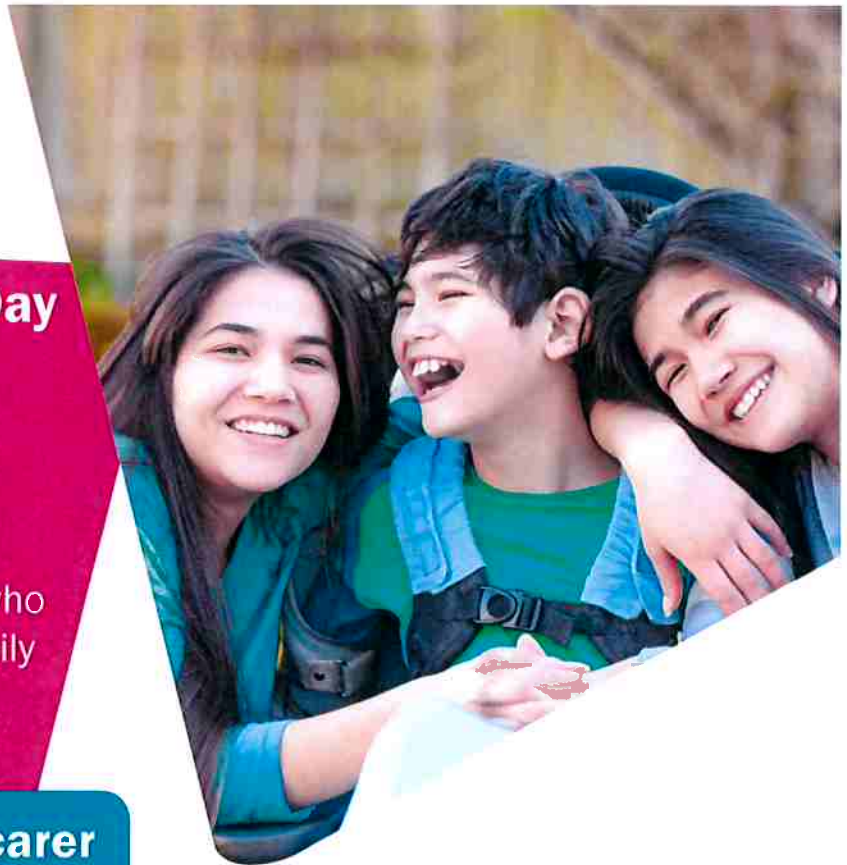
A young carer is someone under 18 who helps look after someone in their family who is ill, has a disability or misuses drugs or alcohol.

In their caring role, a young carer might do things like:

- Helping out around the house more than their peers who are not carers.
- Helping someone out of bed or to get dressed.
- Talking to someone who is distressed.
- Helping someone dress.
- Collecting and helping to give medicine.
- Managing the family budget.
- Looking after siblings.

Because of caring, some young carers:

- Find it hard to finish homework or study at home.
- Are late to school or miss school altogether.
- Struggle to concentrate in class because they are worrying about the person they care for.



Mark Young Carers Awareness Day 2020 by coming to our:

What: Young Carers Showcase Event

Where: St Luke's High School, Barrhead, G78 2SG

When: Thursday 30th January 2020 12.30pm-2.30pm

Everyone welcome!

Speak to East Ren Carers Centre

to get involved or find out more.