

Donate and support Carer Support South Lakes

- Did you know It costs £13,000 a year to support 50 Young Carers with Counselling
- It costs £150 a month to run support groups for Young Carers.

Your donations, whether large or small, make a huge difference to us and help us to continue our work with Carers, supporting them and allowing them to continue their caring role.

To find out more please visit

www.carersupportsouthlakes.org.uk/donate

or contact us on **01539 815970**



Carer Support SOUTH LAKES

Improving the lives of Carers of all ages

Carer Support South Lakes

Carers Hub
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Our Network Partners



Young Carers

Support | Enable | Advocate



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Who is a Young Carer?

A young Carer is someone aged between 5-18, who spends time looking after a member of their family due to an illness, disability, drug, alcohol or a mental health problem.

- The average age of a Young Carer is 12.
- Over a third of Young Carers miss school or have issues with education.
- 1/3 of Young Carers look after someone with Mental Health issues.
- The Princess Royal Trust for Carers estimate that 80% of Young Carers have experienced bullying!

The importance of support for Young Carers is to:

- Help minimise stress from their caring role.
- Help with other issues they may face with; school, bullying e.t.c
- Young Carers often feel isolated.

What we can offer you

- Support Groups
- Life Skills
- Confidence Building Workshops
- 1:1 Support
- Residential & Day Trips
- Introduce you to other Young Carers
- Provide You With Information & Advice.

Thinking about University?

Aged 16-18? Are you thinking about University and worried about what will happen? We can help you put a plan in place.

Who can help?

admin@carersupportsouthlakes.org.uk
01539 815970

Visit our website for more details
www.carersupportsouthlakes.org.uk

What do our Young Carers think?

"It's good to get away from the stress at home and you get the chance to conquer your fears- especially if you go climbing!"



"You can meet new people, get more confidence and there's always someone to talk to."



"It's good to meet other Young People who do what you have to do; they know how you feel and what you mean."

