

# Young Carers

A young carer is someone aged under 18, 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. Older young carers are also known as young adult carers, and they may have different support needs to younger carers.

## **Mrs E Elliot- Sharp**

Young Carer Lead – Erdington Academy

Email: [enquires@erdington.fmat.co.uk](mailto:enquires@erdington.fmat.co.uk)

Name: Mr J Halstead

SLT Young Carer Champion – Erdington Academy

If you think your child is a young carer please email the above team.

## **What do young carers do**

- Practical tasks, like cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, including talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.



Include Links to: [Young carers support contact details](#): -



Birmingham Carers Hub

**Tel: 0333 006 9711:** Mon, Tues, Thurs & Fri: 8.45am – 5pm;  
Weds 8.45am - 6.45pm [info@birminghamcarershub.org.uk](mailto:info@birminghamcarershub.org.uk)

**The Children's Society**

**The Children's Society:**

**Telephone: 0121 212 5599: Mon to Fri 09:00am to 5:00pm**



YMCA Erdington: **Telephone: 0121 354 5614**

- Mon to Fri 09:00am to 5:00PM

**Believe in children**



**Barnardo's**

**Banardos: Telephone: 0121 550 5271 -**