



Carer Locality Lead GP Bulletin Coalfields Area

Young Carers Awareness Day 31st January 2019 #CareForMeToo

#CareForMeToo is a campaign, organised by Carers Trust – the theme for this year’s Young Carers Awareness day on Thursday 31st January –to raise awareness of young carers’ mental health and wellbeing and improve the support they have available to them.

Here at Sunderland Carers Centre, we work to support young carers and young adult carers. Young carers are children and young people aged between 5 and 18 who take on practical and emotional responsibilities that would normally be expected of an adult. Young adult carers are young people aged 16-25 with unpaid caring responsibilities who are transitioning into adulthood.

As part of our on-going work we are currently working with Carers Trust on their My Mental Health Campaign and Young Carers Ambassadors Programme. As part of the “My Mental Health” campaign we are asking you to support our young carers, it is vital that we raise awareness about the identification and support of young carers, especially about young carers’ mental health needs and ensure they can get the support they need in the community. With new research showing that as many as 1 in 5 children in every secondary school classroom in England is a young carer. Being a young carer is a risk factor for their mental health – nearly 50% of young adult carers report experience of depression and anxiety, compared to just over a third of young people without a caring role.

Young carers can find it hard to get the support they need for their mental health – around a quarter of young carers asked said they wouldn’t know where they could talk to someone if their caring role had made them feel down, stressed or worried.

Young Carers put their own health needs second to provide care, but now they say #CareForMeToo.



The young carers we support will over the coming months will be “making noise” to support the campaign and help you understand what will make a difference for their mental health.



The Young Carers Ambassador Programme, is part of the Young Carers In School Programme, a partnership programme delivered by Carers Trust and The Children's Society. It has been running for over four years now and has proven that it has helped young carers to have a better experience at school. Groups of young carers have also expressed that they would like to do more to ensure other schools do more for young carers so with this in mind, Carers Trust are working with 5 Carer Centres (including ours) to develop a young carers and adult ambassador programme.

Show you #CareForMeToo campaign is this year's focus for Young Carers Awareness Day (31 January 2019), however we are combining the key messages from both campaigns by holding an open day here at Sunderland Carers Centre for all partner organisations to drop in, find out more information and have the opportunity to meet some of our young carer ambassadors.



Young Carers Awareness Day 2019
Come and join us on
Young Carers Awareness Day



The fifth Young Carers Awareness Day will take place on Thursday, 31 January 2019.

The aim is to continue identifying young carers and raising awareness of the vital role that they play in supporting their sick and disabled family members.

We would like to invite you to take a little time out of your day to visit us at Sunderland Carers Centre, to find out more about how to support Young Carers and meet some of our Young Carer Ambassadors.

To mark Young Carers Awareness Day, we are also relaunching Rainbows and Rollercoasters, a book about Young Carers, by Young Carers, for Young Carers



Drop in for as little as 10-15 minutes any time between

9am & 4pm on 31st January 2019

at Sunderland Carers Centre, Thompson Park, Thompson Road, Southwick, Sunderland, SR5 1SF

(to help us plan our day, let us know you intend to pop in by booking a place via Eventbrite)

<https://www.eventbrite.com/e/young-carer-awareness-day-2019-tickets-54704095422>

Even if you are unable to make it to our open day, you can still support by following us on social media, sharing the key messages and maybe letting us know if there is anything you could do to support and improve the identification of young carers (and their mental health) in your own organisation.

Debbie Ainscow, Carer Locality Lead (Coalfields)

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www.sunderlandcarers.co.uk



0191 549 3768



contactus@sunderlandcarers.co.uk