

There are about **175,000 young carers in the UK** who provide care or support to a family member who is disabled, physically or mentally ill, or has a substance misuse problem.

Here at St Ambrose we all work together to support young carers. All staff are made aware of who is a carer but detailed information between Salford Young Carers, the young carer and Ms Wright is only shared when that young person gives permission to do so.

**Young carers are children who help look after a member of the family who is sick, disabled or has mental health problems, or is misusing drugs or alcohol.**

Their day to day responsibilities often include:

- cooking
- cleaning
- shopping
- providing nursing and personal care
- giving emotional support.
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With so many adult responsibilities, **young carers often miss out on opportunities that other children have to play and learn.** Many struggle educationally and are often bullied for being 'different'. They can become isolated, with no relief from the pressures at home, and no chance to enjoy a normal childhood. They are often afraid to ask for help as they fear letting the family down or being taken into care.

**A young Carer tells her story in this wonderful poem about having a disabled sister:**

*"I am 11 and I have a little sister  
She is funny and loving  
She loves listening to us sing  
She was born very poorly*

*I love my sister but I was so upset for her  
I still am sometimes  
Never a frown but always a smile  
She lights up my world*

*We love her and she loves us  
She makes me smile  
She makes me laugh  
But behind my smile I am sad*

*Fear and worry are always around  
Sometimes I get scared  
About all her machines  
And I miss her when she's in hospital*

*The fear grows over me like a dark shadow  
Every day I come home from school I see her smile that no price can pay  
No matter what she's my sister and I love her with all my heart I am 10 and I have a beautiful funny  
sister."*



If you need to talk or to arrange a meeting with- Paul or Natalie or anyone else Salford Young Carers

**See Ms Wright**