



do you

look after
someone?

**Carers Support Merton
Young Carers Project**
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**If you think you
might be a Young
Carer up to the
age of 18, or if
you know
someone who is,
please contact**

Carers Support Merton is a
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are you
aged
5-18?



Merton Young Carers Project



you might be a young carer

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-  HIMP
-  Connexions
-  LBM Carers Special Grant

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Are you a child or young person looking after a family member who is sick or disabled?

Is your life affected by looking after someone with:

- a long term illness
- physical disability
- learning disability
- mental illness
- drug or alcohol misuse
- HIV/Aids

What does it mean to be a young carer?

Being a young carer can be hard - it means you can often

- feel different
- worry a lot about the person you care for
- feel embarrassed to talk about what you do
- find school life difficult to manage

What kind of tasks do young carers do?

- housework/shopping
- keeping someone company
- giving medicines
- helping someone get washed and dressed
- listening to worries

What help is available from CSM Merton Young Carers Project?

- clubs and activities offering 'time out' from caring
- information for you and your family
- a chance to meet others in similar situations
- support in your contact with social workers, teachers and healthcare workers
- an opportunity to talk to someone in private and receive individual support

What do Merton Young Carers have to say?

"I thought drama was fun and I really liked it"
aged 7

"Lots of fun and activities, we went to Alton Towers last Summer" aged 13

"Somewhere to get advice and support" aged 15

"Someone to talk to" aged 7

"Young Carers Club gives me a chance to make new friends and become more confident" aged 12