

Young Carers in Richmond Borough



Who are young carers?

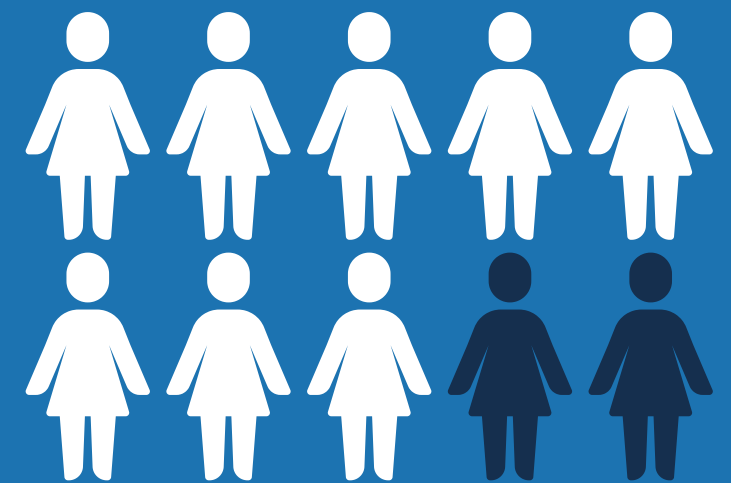
A young carer is someone under 18 who helps look after someone in their family who is ill, disabled or misuses drugs or alcohol.

How many young carers are there?

There are currently over **500** registered young carers in the London Borough of Richmond Upon Thames

500+

Which one is the young carer?



It is estimated that **1 in 5** young people have a caring role at home.

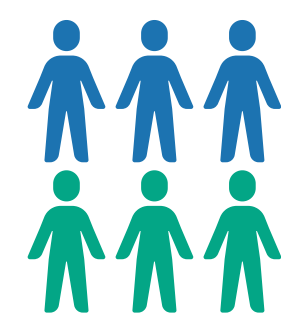
13 years old =

The average age of registered young carers in the London Borough of Richmond Upon Thames

Richmond Carers Centre offers a range of support to young carers including:

- **Free after school clubs and holiday activities**
- **1:1 mentoring and emotional wellbeing support**
- **A regular newsletter with free advice and resources**
- **Careers and education advice for young carers**

3-4



There could be as many as **3-4** young carers in an average sized classroom

What might a young carer do?

- Practical Tasks
- Physical Care
- Personal Care
- Emotional Support
- Managing Finances
- Medication Management
- Sibling Care
- Communication support

96%

of young carers surveyed in 2021 would recommend Richmond Carers Centre to other young carers

For more info, visit our website at: <http://www.richmondcarers.org>

[http://](http://www.richmondcarers.org)



"Being able to talk about any issue is very important to me. Being able to talk to someone who understands is very helpful and it gives me confidence"

- young carer registered with Richmond Carers Centre

Contact us:



email:
youngcarers@richmondcarers.org
Telephone:
020 8867 2383
Follow us on Instagram:
@young_carers_service_richmond

"It has helped me express my feelings more. It has helped me care for my mum and brother better and has given me more time to myself to do things that I enjoy. I also feel happy knowing about other young carers and getting to meet them"

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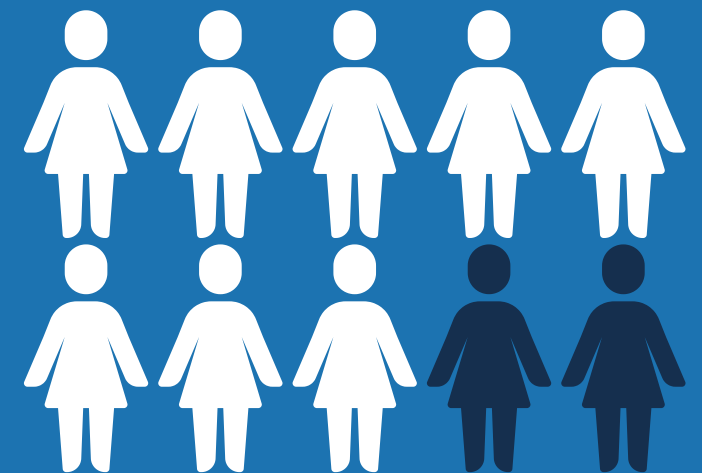
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Potential impact on education...

- 42% of young carers say there is no one at school who recognises them as a carer
- 67% feel they have been bullied because of their caring role
- On average, young carers have achieved the equivalent of 9 grades or lower at GCSE than their peers
- Young Carers are twice as likely to be NEET compared to peers
- An average of 48 school days per year are missed as a result of a young person's caring role

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48% of young carers say their caring role makes them feel stressed

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