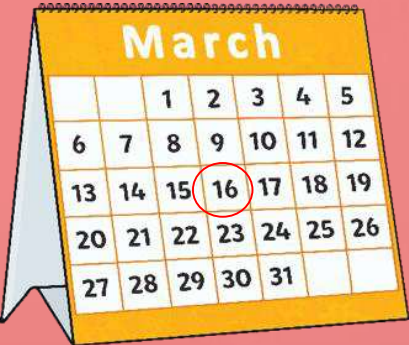


Young Carers in Action Day, 2023

THEME: Make time for young carers



Who are young carers?

Young carers help to look after people at home. This could be a parent or sibling who has a disability, impairment and needs extra support to do everyday things.

A couple of years ago the age range was altered so young carers are carers who are under the age of 25.



What is Young Carers in Action Day?

This is a day to raise awareness of young carers and the amazing contribution they make to their families and local communities.

This year's theme is **Make Time for Young Carers**. This focus is about helping to improve the support network for young carers.

It's easy for young carers to start feeling overwhelmed, but it doesn't have to be that way.

Having the right support in place can really help to give young carers a better chance of succeeding in all parts of their lives.



The life of a young carer



Mia's Story

Hi, I'm Mia. I absolutely love reading, playing chess, watching films and cooking.



I'm also a young carer, as I help to support my younger brother at home. Follow me and I'll tell you a bit about my life.

This is my brother, Jay. He has cerebral palsy. I help look after him, along with my mum, dad and dog, Rover.

A day in the life of Mia



6am

Switch off my alarm

6.10am

Check on Jay and prop him up on bed

Get packed lunches ready for

myself and Jay

Get dressed and make breakfast

for us

7am

Listen to Jay read

7.15am

Get Jay dressed

7.30am

Brush my teeth

7.40am

Pack Jay's bag for hydrotherapy

7.50am

Get my school bag ready

8am

Take Rover for a walk

8.20am

Leave for school

3.30pm

Come home from school

3.45pm

Make Jay and myself a snack

4.30pm

Help with dinner

5pm

Support Jay to eat his dinner

6pm

Get Jay washed and changed for

bed

How being a young carer makes me feel:

I love my brother and things have always been this way so I know no different.

I have lots of great people to help me.

It is hard because:

- I can't always do the things I want to.
- I sometimes feel older than I should be.
- If my parents are late collecting me I worry something bad has happened.



Who supports me?

My Family

They encourage me to do the things I love. They understand my commitments. Even when they can not be there straight away they make time for me.

My Friends

They listen to me and know what I do. They will help when I am worried and make me laugh.



Charities & Organisations

MK Young Carers have helped since I turned 8. They listen and arrange meet ups with other young carers. They organise activities and therapies.

My Teacher

They know my situation and give me extensions when I need it. They listen if I am struggling and will let me take a break when I need it.

My special skills



Being a young carer can be tough and I have more responsibilities than most people my age. However, I also have developed some useful skills like;

- Being good at time management
- I am patient
- I am understanding and can empathise
- I don't judge other people as I know what I can see on the outside is not the whole story.

If you are a young carer at Middleton,
here is where you can get support if you
need it:



- We are here to listen and to help. Please speak to your teacher or go to see the Young Carers Coordinators - Mrs Trail, Mrs Moffatt or Miss Atkinson
- You can also come to the Family Room on Friday lunchtime for our drop in or you can email us at youngcarers@middletonschool.org
- Referrals to Young Carers MK can be made who will be able to help with support. They could also visit every half term to meet and chat to young carers.
- For someone else to talk to consider organisations like Kooth who can help offer someone to talk to.

