



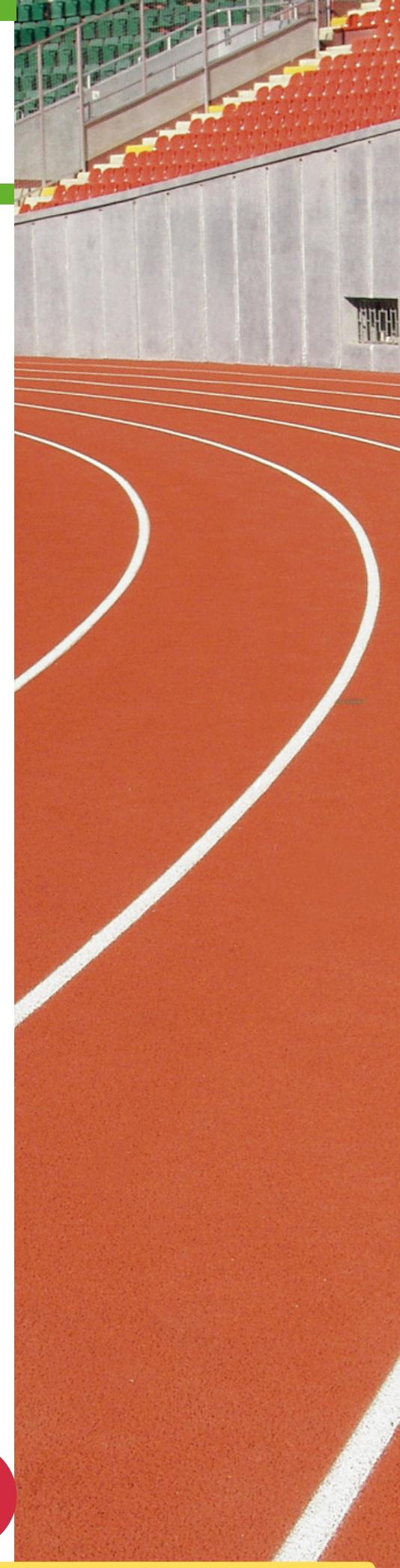
# Proud to support young carers

Making physical activity accessible to everyone



**MAKE THE  
PLEDGE**





## WHO ARE YOUNG CARERS?

A young carer is someone aged under 18 who cares for a friend or family member who, due to illness, disability, mental health problems or an addiction, cannot cope without their support.

## WHAT DO YOUNG CARERS DO?

- Practical tasks, like cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, including talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Manage the family budget
- Collect prescriptions.
- Help to give medicine.
- Help someone communicate.
- Look after brothers and sisters.

## HOW MANY YOUNG CARERS ARE THERE?

This is tricky to know – many young carers do not identify themselves for a number of reasons:

- Not ever hearing the term carer or knowing what it means
- Being scared to admit they are carers for fear of social services thinking the family can't cope
- Not realising their role in the family is different from other families
- Thinking 'caring' only means personal care

Using a respectful formula\* against the 2021 Census figures, we estimate that there are the following numbers of young carers:

**East Sussex**  
**15,435**

**Hastings**  
**2689**

**Hastings & Rother**  
**5045**

\* In 2018, the University of Nottingham and the BBC did extensive research into hidden young carers and they found that 1 in 5 young people had a caring role. This is far more in line with what those working with young carers believe than Census figures for young carers. In fact, one young carers service known to the Carers Trust has more young carers registered with them than the official carers census figure for their area! Therefore, we use the 1 in 5 formula to estimate the number of young carers.



## BARRIERS YOUNG CARERS FACE

### TIME

More than half (51%) of young carers and young adult carers said they spent 20-49 hours per week caring – this is on top of school, college, university and/or employment.

This leaves little time for additional activities.

### COST

56% said that the cost-of-living crisis is either 'always' or 'usually' affecting them and their family

*"I'm worried about not being able to afford after-school clubs as it is the only space I get from being a carer."*

Many young carers do not qualify for free school meals, or their family do not claim benefits, and they are often missed with targeted work around poverty or indices of deprivation.

### ISOLATION

26% of young carers and young adult carers said that they either 'never' or 'not often' feel included in all the things their friends do

40% of young carers and young adult carers said caring 'always' or 'usually' affects how much time they can spend with their friends

Young carers can also struggle to make friends – 19% say they have struggled to make friends at school – and so may be nervous to attend activities on their own where they don't know others.

### TRANSPORT

Many young carers struggle to attend activities due to getting there and back. Consultation has highlighted the need for transport as young carers tell us *"mum can't really take me places"*, *"my brother would struggle with the travel"* and *"Mum can't go out in case she has a seizure"*



## HOW CAN CLUBS, TEAMS AND ORGANISATIONS SUPPORT YOUNG CARERS?

### AWARENESS

- Ensure all staff and volunteers are young carer aware
- Mention young carers on social media, websites and promotion material so they feel welcome
- Get involved with Young Carers Action Day (March) and Carers Week (June) activities

### SUPPORT

- Have a Young Carers Lead for your club
- Attend a 'Think Young Carer' training session
- Low cost (free or at a subsidised rate) sessions
- Give them opportunities to socialise or feel part of something - please remember that many young carers lack confidence
- Provide transport - this can be informally through other parents/volunteers or by providing taxis
- Be understanding if young carers are late or can't make a session - their home life is unpredictable

### DELIVERY

- Make activities approachable for beginners - many young carers may not have taken part in organised sports outside of school before
- Activities that can be done with the person they care for - this may not always be possible!
- Flexible formats and variety of times – drop in, online and recorded activities if they can't make sessions.
- Work in partnership with local Young Carers Services - to deliver and fundraise together



### CONTACT US

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