

# Are you aged 11-16 and looking after someone at home?

If YES - Complete the Young Carer's Survey!



## What is a Young Carer?

A Young Carer is someone who helps to look after a family member or friend who has a disability, long-term illness, mental health condition or who has an addiction.




Young Carers often do extra helping at home such as cooking, cleaning and food shopping. They may help someone take medication, get dressed and move around - or give cuddles and reassurance if the person is worried or sad.



## Not sure if you are a Young Carer?

Some young people may not realise they are a young carer.

Take the Sidekick quiz to see if you could be a young carer: 



## Have your say!

We want to make things better for Young Carers in Wakefield.

Complete our Young Carer's Survey - we want to hear what Young Carers think!

Scan me to be taken to the survey



The survey closes on Sunday 11<sup>th</sup> May 2025 at 11:59pm.



## Online Young Carer's Survey

- It will take no more than 10 minutes.
- Ask a grown-up you trust if you need help.
- Your answers are private—no one will know they are yours.
- We will share findings on [wf-i-can.co.uk](http://wf-i-can.co.uk)

If you are a young carer and would like to know more about the support available for you and your family (such as groups, activities or 1-to-1 support) speak to a teacher so they can put you in touch with the Wakefield Young Carers Team.

[Youngcarers@wakefield.gov.uk](mailto:Youngcarers@wakefield.gov.uk) 01977 727622

