

# Are you aged 5-11 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.



## 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:



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.



## Have your say!

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

Please complete our Young Carer's Survey - we would love 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

