

Young People Who Care



Building
stronger
families

Does someone in your family need your help
because they have an illness or disability?
Are you between the age of 5 – 18 years old?

Do you regularly provide **personal help**, such as getting dressed,
washed, taking medication or moving around?

Do you regularly help your family with **household tasks** such as
cleaning, shopping or preparing meals?

Do you provide **emotional support** for someone, or worry about them
when you are not together?

"I need someone to help my mum
and me when my mum has a real
bad day and can't walk"

"I feel like I'm juggling schoolwork,
friends and my caring role"

SCAN ME



www.family-action.org.uk

Family Action
Young Carers Windsor and Maidenhead

E: rbwm.yc@family-action.org.uk

Registered as a Charity in England & Wales no: 264713.
Registered as a Charity in the Isle of Man no: 1206. Registered
Company Limited by Guarantee in England and Wales:
01068186.

Family Action and your educational
provider can help you if you think
you might be a young carer

Educational Young Carer Champion

Name:

Contact details: