

# Young Carers are hidden Help us find and support them

**Did you know as many as one in five children and young people are young carers?\***



Young carers are taking on responsibilities way beyond their years. Many struggle with their emotional health or with keeping up with schoolwork. With the right support, these young people can thrive but we need your help to lighten the load.

*"I love being a part of the young carers group. It gives me a chance to have some time away from my caring role and I get to make new friends and have fun!"*

*Lend a listening ear*

*Extend homework deadlines*

*More awareness*



*EXTRA HELP WITH STUDIES*

*More understanding*

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## About Bromley Well Young Carers Service



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Instagram

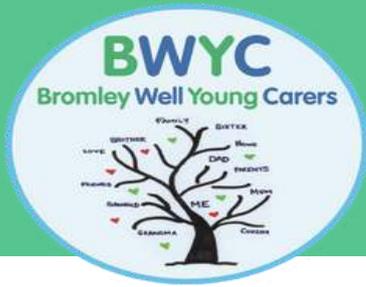
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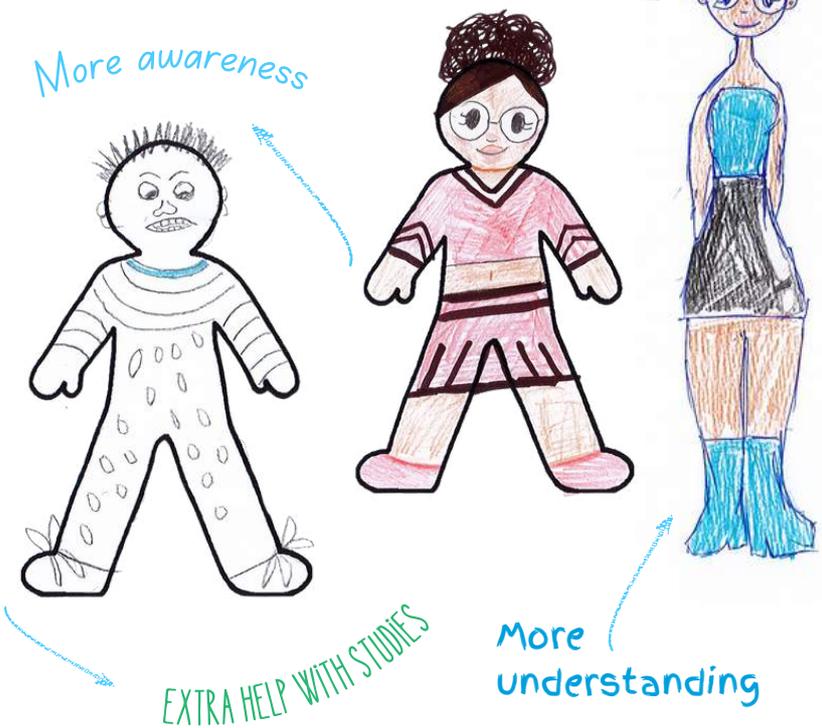


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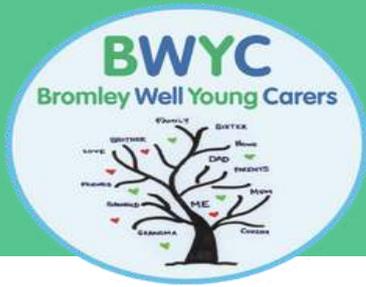
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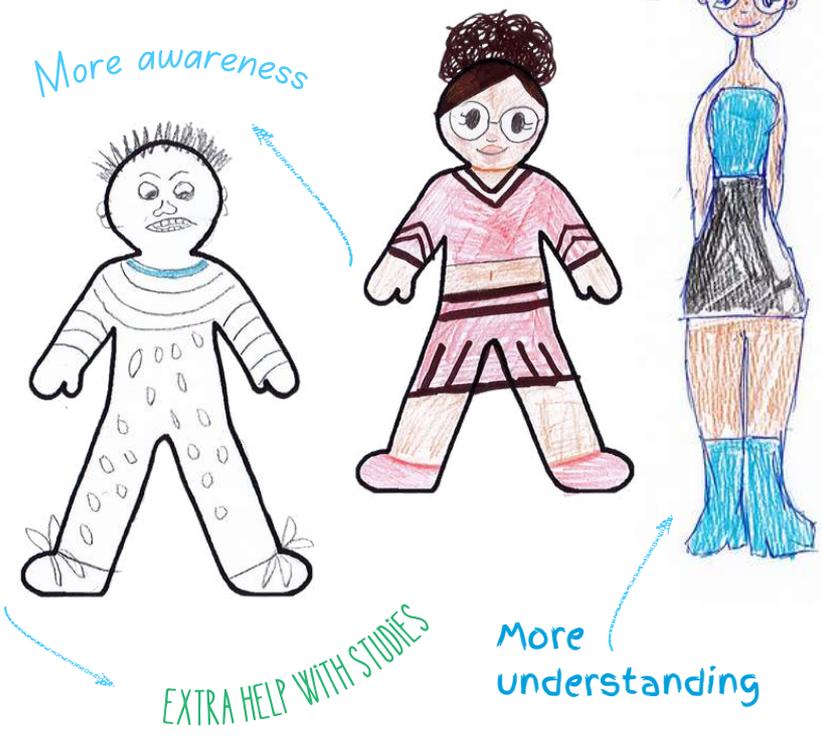
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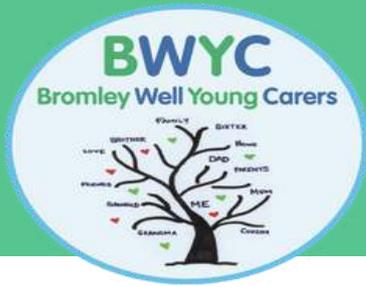
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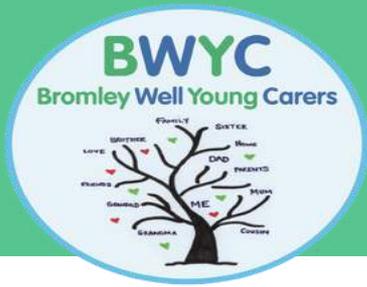
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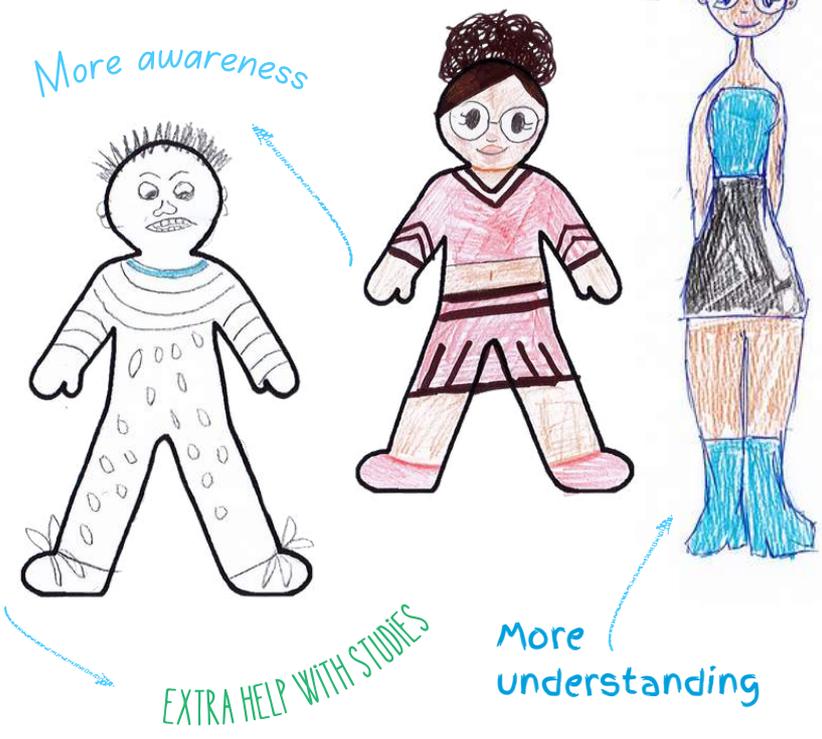
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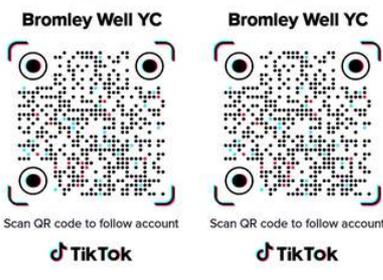


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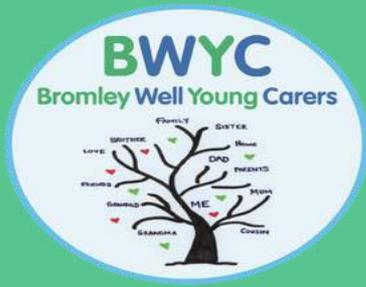


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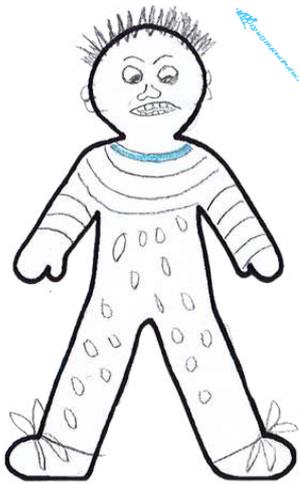
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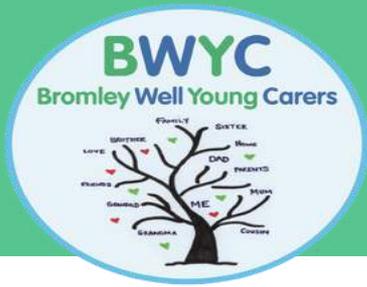
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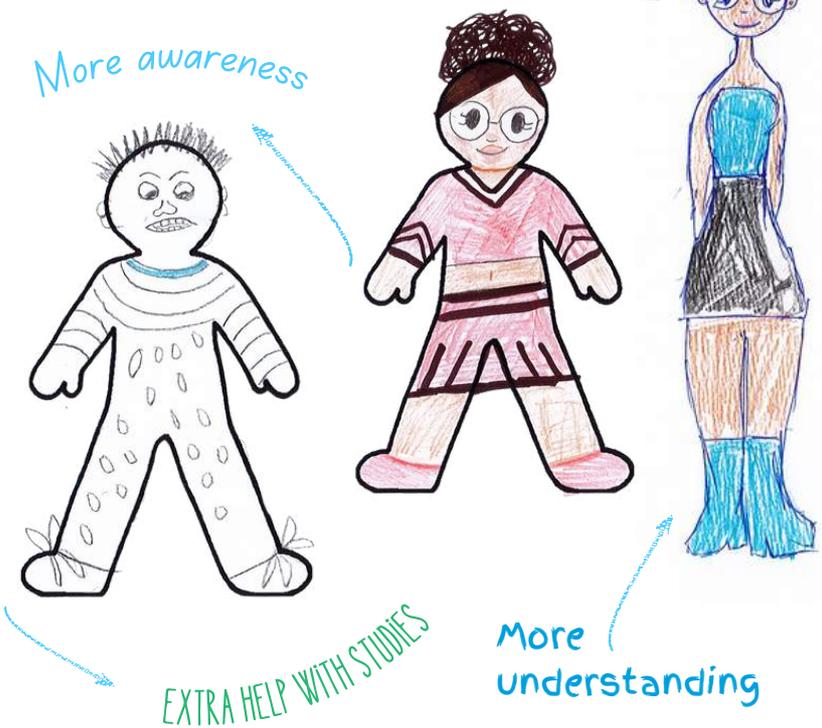
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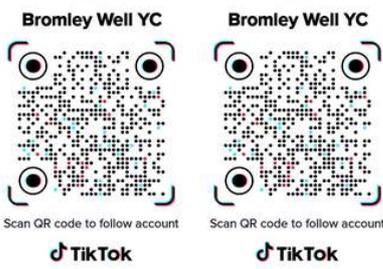


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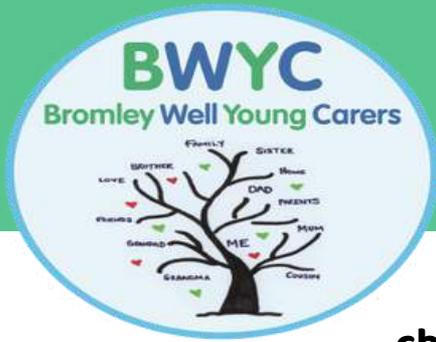
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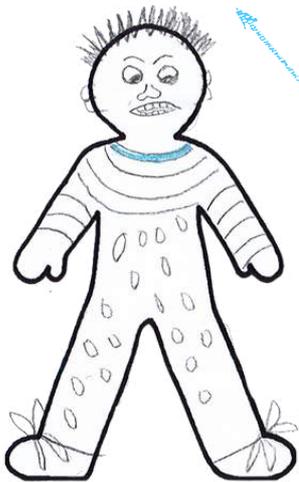
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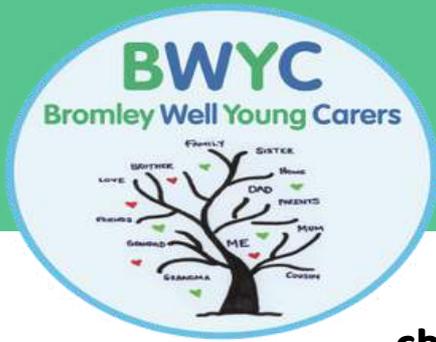
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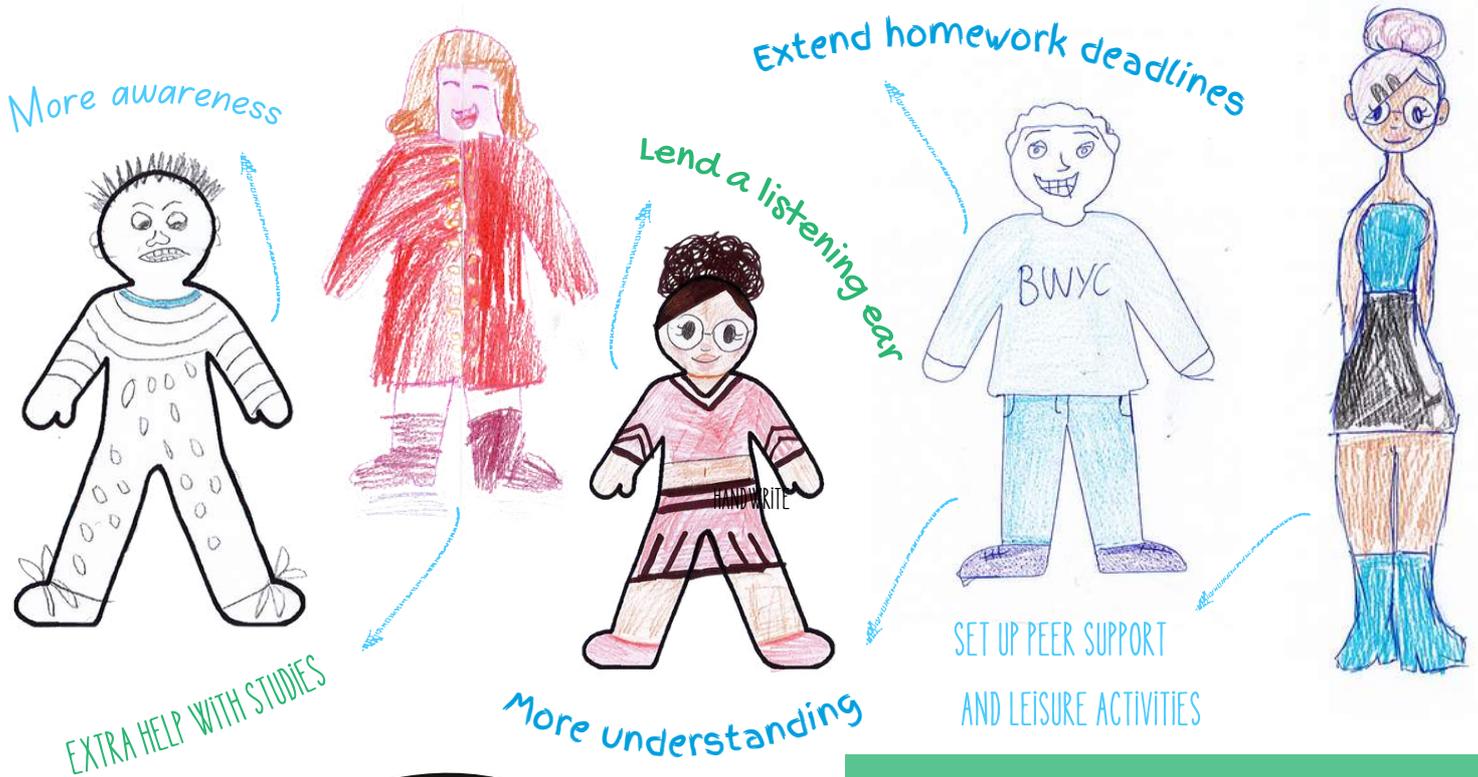
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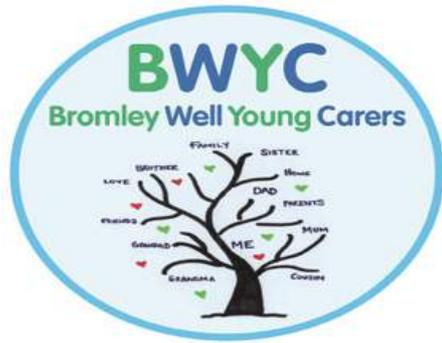
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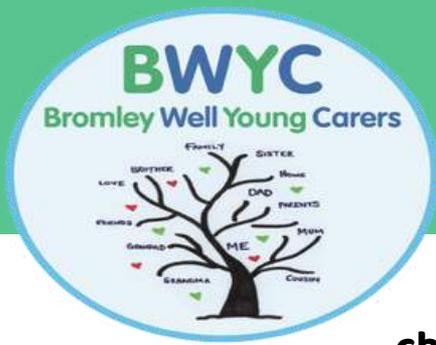
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*Extend homework deadlines*

*Lend a listening ear*

*SET UP PEER SUPPORT AND LEISURE ACTIVITIES*

*More understanding*

*More awareness*

*EXTRA HELP WITH STUDIES*

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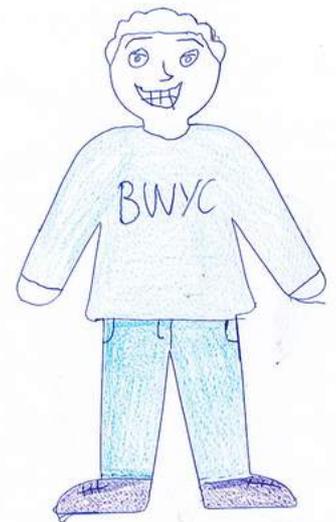


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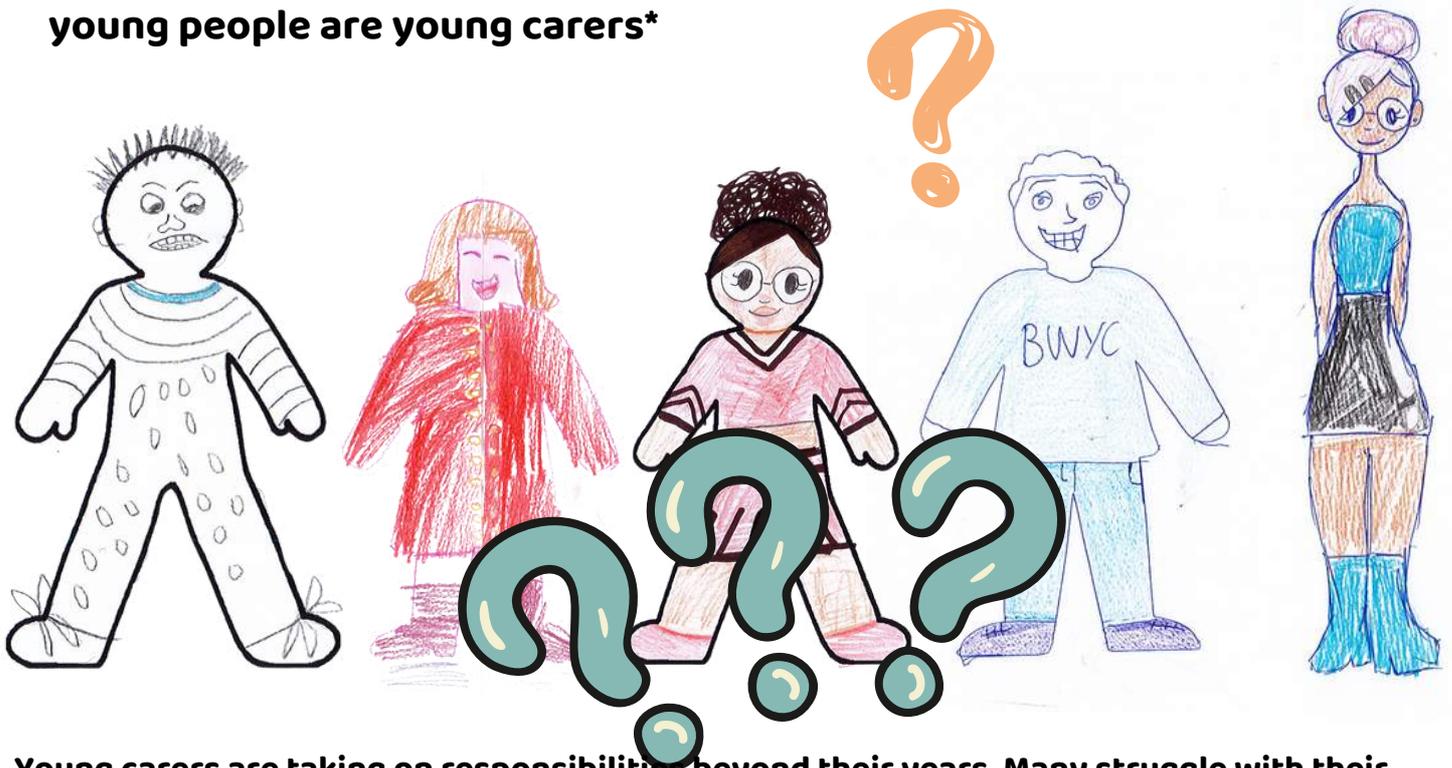
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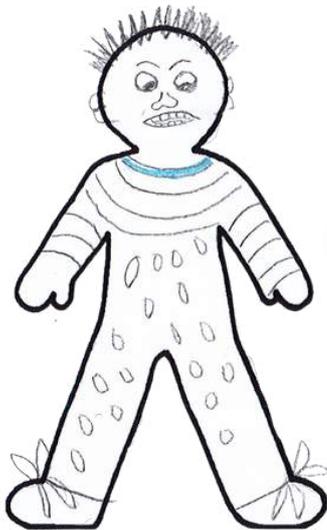
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### More awareness



**Help with studies**

**Lend a listening ear**



**Set up peer support and leisure activities**



**"I love being a part of the young carers group.**

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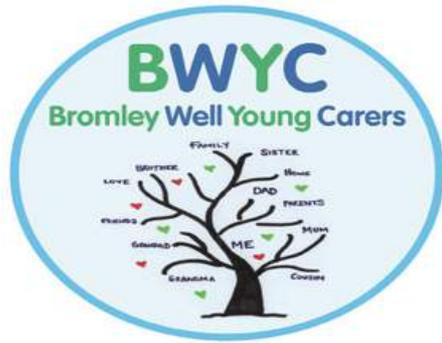
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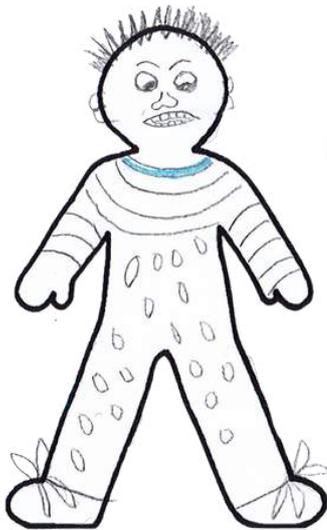
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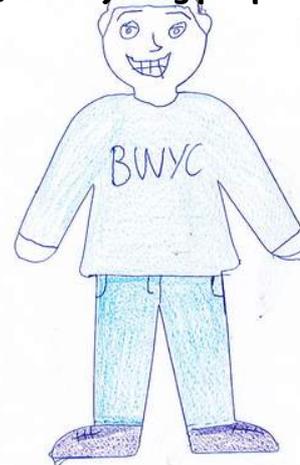


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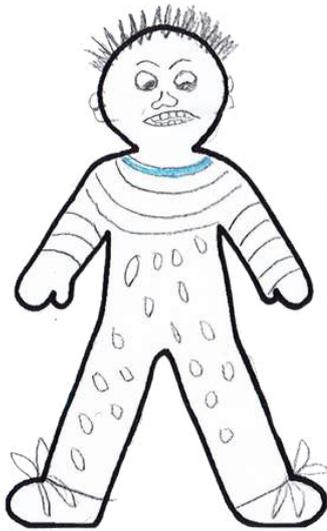
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Ways adults can help Young Carers lighten the load :

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# MANDALA WORKSHOP

**Rid the mind of frustrations and worries and learn to relax**



**Wednesday 21 June 2023**



**10am to 12:00 noon**



**Bromley Mencap  
Community Hub,  
Station Road,  
Bromley North,  
BR1 3LP**

**Free to attend**



Join us for a relaxed morning and learn the therapeutic art of Mandala. This workshop is led by Mental Health Practitioner, Michelle Tiedman.

Spaces are limited. Please contact Maria or Emma to book your place.



Telephone: 020 8466 0790 or Mobile: 07752466928



Email: [maria.carver-carter@bromleywell.org.uk](mailto:maria.carver-carter@bromleywell.org.uk)



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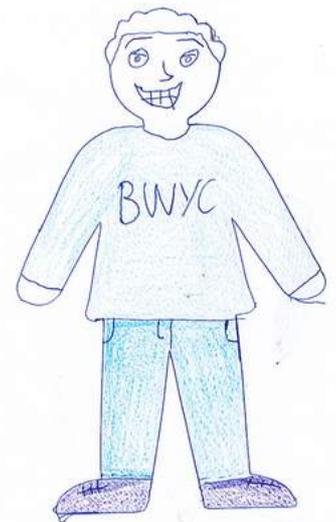
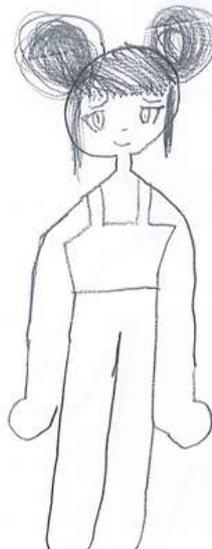
There are at least 376,000 young carers in the UK but many of them are hidden.

Children and young people aged 4-19 are caring for their parents and siblings, taking on responsibilities beyond their years.

Did you know as many as 1 in 5 young people is a young carer?

Many of them struggle with their mental health or with keeping up with schoolwork.

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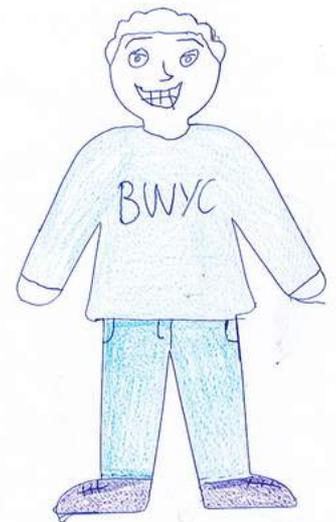
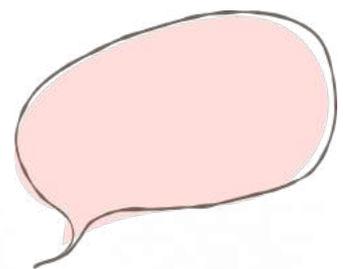
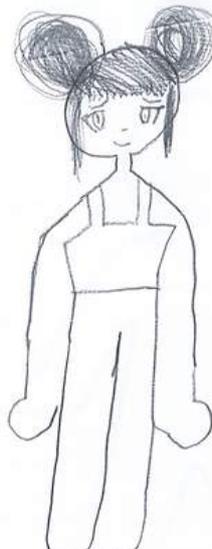
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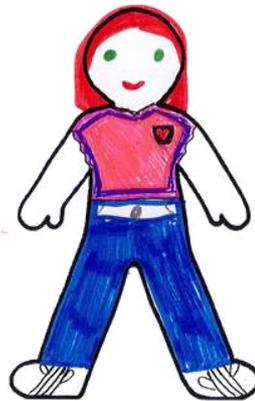
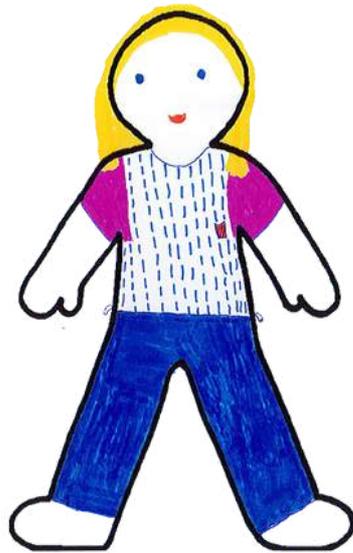
**Research shows that as many as one in five children and young people are young carers\*.**

**A young carer is someone who cares for a family member because of illness, disability, a mental health problem or an addiction.**

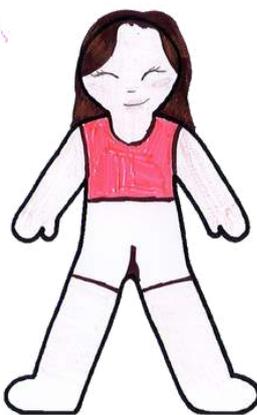
**Young carers are taking on responsibilities beyond their years.**

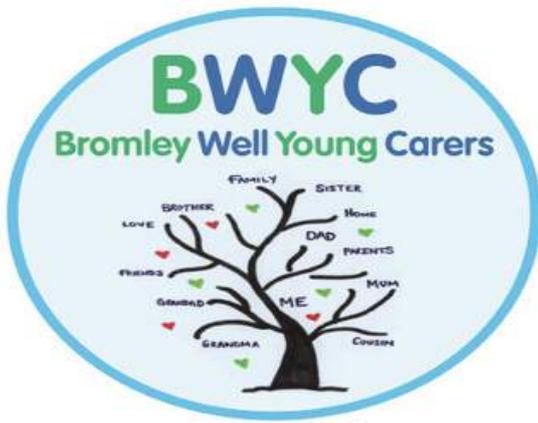
**Many struggle with their mental health or with keeping up with schoolwork. With the right support, these young people can thrive but we need your help to identify them.**





People who are young comes are:  
• Patients  
• kind  
• Resistant  
• always ready to help





## Young Carers are hidden Help us find and support them

There are at least 376,000 young carers in the UK but many of them are hidden.

Children and young people aged 4-19 are caring for their parents and siblings, taking on responsibilities beyond their years.

Did you know as many as 1 in 5 young people is a young carer?

Many of them struggle with their mental health or with keeping up with schoolwork

With the right support, these young people can thrive, but we need your help.





# Young Carers are hidden

## Help us find and support them

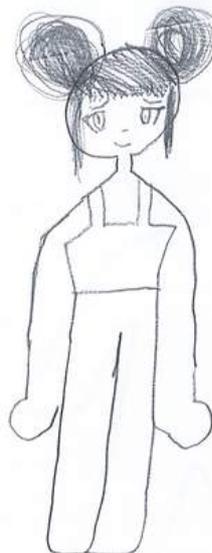
There are at least 376,000 young carers in the UK but many of them are hidden.

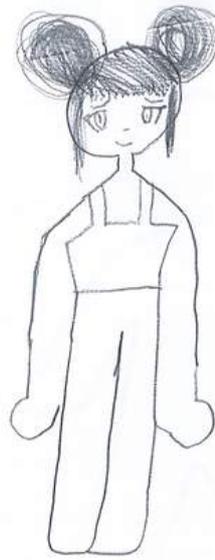
Children and young people aged 4-19 are caring for their parents and siblings, taking on responsibilities beyond their years.

**Did you know as many as 1 in 5 young people is a young carer?\***

Many of them struggle with their mental health or with keeping up with schoolwork. A lot of the time, schools are unaware of their students' caring situation.

With the right support, these young people can thrive, but we need your help.





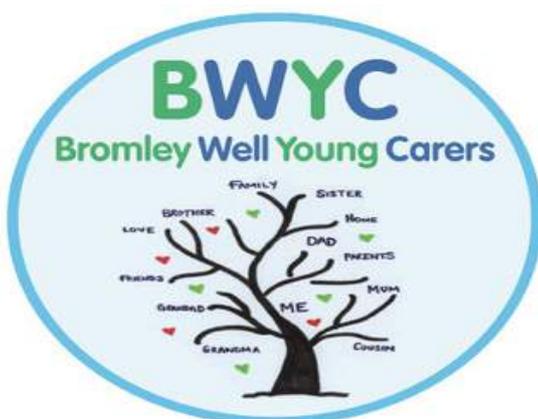
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