

A young carer is a person under the age of 18 who looks after a family member or loved one with an illness, disability, mental health condition or addiction. They may also help to care for siblings or elderly relatives.



## 800,000

Estimated number of young carers in England aged 5-17 years

## Up to 1 in 5

Young people in England are caring for a family member or loved one at home

## How we help young carers in Wiltshire

Youth Action Wiltshire is the award winning 'youth arm' of registered charity Community First (288117). We work with hundreds of young carers every year in Wiltshire through our dedicated Wiltshire Young Carers Service.

Our offer includes:

- ★ Adventure and respite activities
- ★ Friendship and peer support
- ★ 1:1 and group support
- ★ An individual support plan
- ★ Counselling (talking therapy)
- ★ Information and advice
- ★ Mentoring and coaching
- ★ Skills development and awards

### What do young carers do?



Practical tasks such as cooking, cleaning and shopping.



Physical or personal care e.g. help with bathing or dressing.



Emotional support for a family member or loved one.



Help with medical appointments and medication.



### Impact on young carers

Caring for someone at home can impact the educational achievement, life chances and wellbeing of young carers.

## 27%

of young carers regularly miss time at school

## 23%

of young carers find it hard to make friends

## 1 in 3



Young carers have a mental health issue.



Said their caring role makes them feel stressed.



# Our Service (2022-2023)

**165** New referrals

**569** Young carers supported



**447** Young carers attended face-to-face respite activities

**146** Young carers received mentoring or coaching

**2,517** Respite places attended by young carers

**167** Young carers co-produced a support plan

**5.6** Average respite places attended by each young carer

**187** Young carers received information and advice

Respite activities included:



## Service Outcomes

Our support helped young carers to see improvements in:

**93%** Self-esteem

**93%** Self-confidence

**96%** Happiness

**96%** Mental health/wellbeing

**93%** Home life

**93%** Feelings of inclusion

**76%** School attendance



2023 is a special year for Wiltshire Young Carers Service as it marks the 25th anniversary of our work with young carers.

We are proud to support and champion young carers in Wiltshire, helping them to feel safer in their caring role and offering opportunities for young carers to achieve and thrive!



Young carers statistics for England were sourced from The Children's Society and Action for Children.

## How you can help:

**£** **Donate**  
Make a donation via our **JustGiving** page.



**Friends of YAW**  
Become a **Friend** of Youth Action Wiltshire.



**Fundraising Events**  
Attend a YAW fundraising **event** or host your **own event**.



[www.communityfirst.org.uk/yaw](http://www.communityfirst.org.uk/yaw)

Wiltshire Young Carers Service and Youth Action Wiltshire are services from Community First | Unit C2 Beacon Business Centre, Hopton Park, Devizes, SN10 2EY | Registered Charity No: 288117