FIRST 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.

Up to 1 in 5 800,000

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

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

What do young carers do?



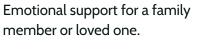
Practical tasks such as cooking, cleaning and shopping.

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









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.



of young carers regularly miss time at school



Young carers have a mental health issue.

Said their caring role makes them feel stressed.

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





An individual support plan



Counselling (talking therapy)

Information and advice



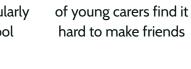
Mentoring and coaching

Skills development and awards









Our Service (2022-2023)

165 New referrals

569 Young carers supported

447

Young carers attended faceto-face respite activities

2,517

Respite places attended by young carers

5.6

Average respite places attended by each young carer

Respite activities included:

Music & Arts

Water sports

Cooking

 \bigcirc



Archery Animal care

Young carers received

mentoring or coaching

produced a support plan

Young carers received

information and advice

Young carers co-

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

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.

COMMUNITY FIRST



How you can help:

146

167

187

Donate

Make a donation via our JustGiving page.



76%

Friends of YAW

Fundraising Events

Attend a YAW fundraising event or host your own event.



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