The 2001 census identified 175,000 young carers in the UK.

Young carers have requested that notice boards in GP Surgeries display up-to-date information about support and resources for young carers and their families. Many schools display this information but putting it in surgery waiting rooms ensures that the message reaches not just the young carers but also their families and friends.

What are the risks of being an unsupported young carer?

- becoming ill themselves, as no one is around to take on the caring and give them a break
- suffering an injury when lifting or dressing someone
- developing emotional problems of their own
- missing school due to responsibilities at home
- not doing as well as they could at school

(Des Roger Morgan OBE, Children’s Rights Director, 2006 Commission for Social Care Inspection)

Displaying information within your building may reduce the risks to some young carers.

About this pack
Perhaps you could consider nominating one member of staff who could be a resource person for young carers, responsible for keeping and supplying this information and obtaining more leaflets when required.

This pack contains
- a poster to display in your waiting area.
  The ‘local info/support’ box on the poster should be used to display details of your local project/agency offering support to young carers or the nominated person in your organisation. Information to help you locate your nearest project can be found at [www.youngcarer.com](http://www.youngcarer.com). It is recommended that contact be made with your local project before displaying their information.
- a poster for use on a staff notice board
- a ‘quick checklist for supporting and signposting young carers’. It is recommended that this is printed on coloured paper, laminated and kept readily available for use.
- a leaflet for health care professionals. ‘Supporting young carers and their families’

We hope that this pack will be useful. For more information or training for your staff please contact The Children’s Society Include Project at the address below or by e-mailing include-project@childrenssociety.org.uk

Thank you for your help in supporting young carers and their families.