



### Top Tips in your Caring Role.

- **Be Proud.** You're a young carer and you probably do a lot more than other young people your age such as helping with cooking, shopping, housework, looking after siblings and more. Just think of all the skills you are gaining - Resilience, time management, organisational skills etc.
- Find someone to talk to. Speaking to an adult, teacher, anyone, particularly if you regularly think about what's going on at home, can be helpful. If you find it hard to talk to others, try writing down your thoughts in a diary, poem or letter as this can help you make sense of how you feel and what you want to say.
- Make time for yourself. Take some time doing something you enjoy or just to be on your own if necessary.
- Take part in an activity. Have a break from your caring role. An activity doesn't have to cost as you could just go for a walk or there are free events run in libraries and by community groups and charities like Young Carers. There are loads of activities we offer, if you are unsure, you can always come to the Young Carers Centre before an activity, giving you the chance to meet the staff and have a look around and find out whether it is for you or not. Young Carers do loads of stuff; recent examples have included art and craft workshops, escape room challenge, pizza night and a first aid workshop.