



A pupil

Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SC042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: 32–36 Loman Street, London SE1 0EH.

The Children's Society is a registered charity number 221124. Registered Office: Edward Rudolf House, Margery Street, London, WC1X OJ





Lots of children look after someone at home who is ill or disabled

They often learn lots of skills because they look after someone.

But sometimes they:

- Feel tired, sad or worried.
- Want a break or some fun.
- Miss school.
- Find school difficult.

If you help look after someone at home, don't miss out.

Talk to:

Write the name of your Young Carers School
Operational lead and how pupils can contact them



