



# Young Carers

*Click on  
text to  
play  
video*

For someone who  
doesn't know what a  
young carer is, how  
would you describe  
this?



# Did you know these celebrities were also Young Carers?



## JOE WICKS

Fitness coach and social media personality

Young carer for his dad who previously had substance misuse problems



## JO WITLEY

Radio DJ and TV Presenter

Young carer for her sister who has a rare genetic disorder that causes behavioural difficulties

## JACK GREALISH

Professional footballer & England international

Young carer for his sister who has Cerebral Palsy





## VICKY PATTISON

Television & media personality and author

Young carer for her dad who had substance misuse problems. Patron for Nacoa; charity helping those affected by a parents drinking.

## ORTISE WILLIAMS

Singer

Cares for his half-brother who is blind and autistic.  
Young carer for his mum who has Multiple Sclerosis.  
Commonwealth Young Carer ambassador





# AITCH

British Rapper

Young carer for his younger sister who has Down's syndrome.

*And many more.....*

Do you care for someone in your family?

Do you have someone to talk to about your caring role?

Are school aware of your responsibilities?

**YOU ARE NOT ALONE.**

*Support is available...*







## How can Swindon Carers Centre help?

The Young Carers Team provide opportunities, through term-time groups and/or holiday activities, to allow young carers to have a break from their caring responsibilities.



## Feedback from those already accessing Swindon Young Carers support....

“Attending the activity made me feel very happy and excited as I miss being able to go out and have so much fun.”

“It made me feel a part of something and I made a friend”

“I felt happy and free”

Click on  
image  
to play  
video



## Young Carers Superhero video



For more information go to .....

[www.swindoncarers.org.uk](http://www.swindoncarers.org.uk)

**YANA**  
you are not alone

