



School.....

School can be really fun and exciting, making friends and learning new things, but it can also be a struggle sometimes. If you are living in a household with someone who has a long term illness or disability it can be even tougher as you may find it difficult to concentrate on your work, you may feel tired or stressed. The Carers Card may be able to make things a little bit easier for you.....



Find out more.....

Leaflets are in your school so you can ask a teacher for advice on where to find them and how to get your card. You can also get advice and support from the Sunderland Carers Centre by ringing (0191) 5673232 if you have any questions!

What Is The Young Carers Card?

The Carers Card is for young people who are having problems at school because they are caring for someone at home. Young Carers can carry the card with them at school to tell teachers when they are having problems. It could help you with things like having to hand your homework in late or not being able to stay behind after school without any warning. There are many different reasons for needing a carers card and it can be made to suit what you need!

