

Who are young carers?

Young carers are young people (aged 5-17 years) who help look after a relative (mum, dad, brother, sister or other relative) who has:

- ♦ A physical or learning disability
- ♦ Mental health problems
- ♦ Drug/alcohol abuse problems

Who are siblings?

Siblings are young people (5-17 years) who have a brother or sister with one or more of the conditions listed above.

Although siblings may not provide care, you can be affected by the needs of their brother or sister.

Caring can be:

- ♦ Worrying about someone
- ♦ Calling an ambulance when they are not well
- ♦ Extra housework
- ♦ Helping look after younger brothers and sisters

Young people may have a range of feelings about being a carer or sibling. Here are some of them:



How Can BYCAS help?

- ♦ Monthly newsletter
- ♦ Angels Club, Fun Club, BYCAS Crew or Crazy Club every 2 weeks
 - ♦ Exciting monthly outings
 - ♦ School tuition with tutor
- ♦ A chance to meet and talk to other young carers & siblings
 - ♦ Information and Support
 - ♦ Support in School



I would like to know more about BYCAS!

Name:.....

Name of mum/dad:

Address:.....

.....Postcode.....

Phone number:

Date of birth:

1. I am a young carer Yes No

for: (please circle)

Mum Dad Brother Sister Other

2. I am a sibling Yes No

What condition does the person you are caring for or your sibling have?

.....

Where did you see this leaflet?

School [] Library [] GP []

Other [].....

WRITE to us:

BYCAS

Barnet Carers Centre
3rd Floor Global House
303 Ballards Lane
North Finchley
London, N12 8NP

Chat to us

020 8343 9698

Text us:

07950 326 620

Mail us:

bycas@barnetcarers.org

Web:

www.barnetcarers.org

Supported by London Borough of Barnet,
Comic Relief, BBC Children in Need
John Lyon's Charity & Help a London Child



Registered charity no: 1057539



BYCAS

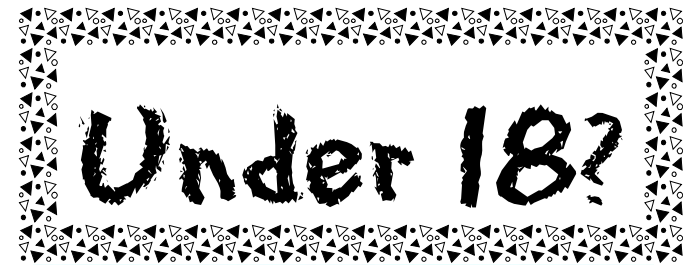
Barnet Carers Centre

3rd Floor Global House

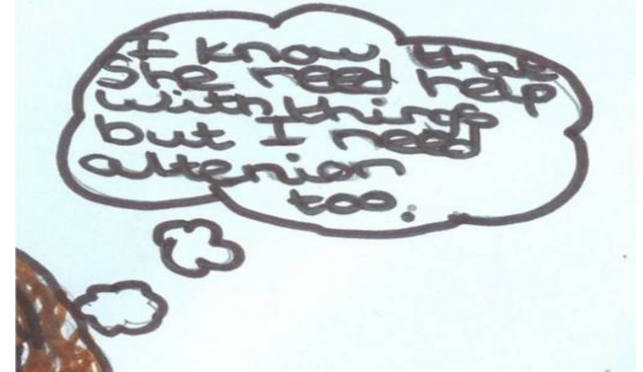
303 Ballards Lane

North Finchley

London, N12 8NP



Under 18?



Do you help look after
someone who has a
disability or illness?
Or have a brother or sister
with special needs?

YES!

Then Pick Up This leaflet!



BARNET YOUNG CARERS AND SIBLINGS