

## What I do..

- Speak to Miss Smith, Miss Shields or any staff if I am worrying about anything
- Look after my family who is poorly
- I should not get upset or angry
- Be proud of being a Young Carer
- Feel better in myself
- Feel confident about what I do

I enjoy going to the Young Carers group, I have lots of friends there and enjoy doing fun activities.

St Mary & St Thomas Pupil



## How to contact the Young Carers Centre :

The Young Carers Centre is located in St Helens town centre opposite the Town Hall in Fishwich House, 18 Cotham Street, WA10 1SJ.

If you want to speak to someone you can contact :

Telephone : 01744 677279

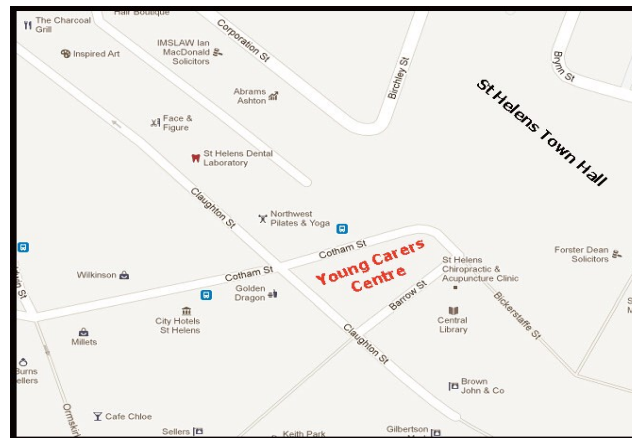
Mobile : 07792 231 132

Email : [info@sthelenscarers.org.uk](mailto:info@sthelenscarers.org.uk)

Website : [www.sthelenscarers.org.uk](http://www.sthelenscarers.org.uk)

Opening Hours Mon - Fri 9:30 - 4pm

Drop In Thursday 5:30 - 7pm  
*(term time only)*



St Mary & St Thomas  
CE Primary School



*Believe Achieve and Shine*

## Young Carers



We would like to thank our group of Young Carers who have used their own personal experiences to put this leaflet together.

St Mary & St Thomas CE Primary School

Barton Close

St Helens

Merseyside

WA10 2HS

Tel: 01744 678010

## What the Young Carers Centre does..

- They have groups that we can go to and have fun and spend time with our friends
- They teach us to understand the importance of our role and give us support
- We can go on days out with them to give us a break from our caring role
- They listen to our worries
- They help school know who Young Carers are
- They come into school and do whole school assemblies so that everyone understands



## What school does..

- We have a Young Carers noticeboard so that we know where to get information from and who is responsible in school
- We have staff that we can talk to who will listen to our worries
- Staff ask us if everything is okay at home
- We have a Young Carer's group every week
- All classrooms have help boxes for any worries or concerns



- Our school website has online information for us and our parents

- We have Young Carer's assemblies so that everyone understands what we may have to do
- We can go to a weekly homework club and any extra curricular activities
- We have peer listeners that we can talk to
- We celebrated Young Carers by having a non uniform day to raise awareness

