

## 7 Minute Briefing: Young Carers

### 1. What does 'Young Carer' mean?

A Young Carer is a person under 18, who provides, or intends to provide, care for another person. The concept of 'care' includes practical or emotional support, and 'another person' means anyone within the same family, be they adult or child. A Young carer may be providing support for someone with a disability, a long-term illness or a problem with alcohol or drugs.

### 2. What type of care will a Young Carer provide?

- Practical tasks such as cooking, housework, shopping,
- Physical care such as lifting, physiotherapy
- Personal care such as washing, dressing and helping someone go to the toilet
- Emotional support such as listening, calming someone down and being present
- Household management such as paying bills and managing finances, collecting benefits

### 7. For further information:

Contact **Swindon Carers Together** - 01793 531133  
Option 2 or website [Swindon Carers Together Young Carers](#)

[FOYCS](#) - Friends of Young Carers, Swindon

[Young carers | Swindon Borough Council](#)

[Being a young carer: your rights NHS](#)

[Facts About Young Carers | The Children's Society](#)

[Young carers | Barnardo's](#)

**3. Legislation:** The [Children and Families Act 2014](#) and the [Care Act 2014](#) both strengthened the rights for Young Carers. They aim to assess and support children and young people from taking on excessive or inappropriate care. They also recognised the need to improve young carers' transition into adulthood.

### 6. Why it matters

Caring can leave young people feeling isolated, overwhelmed, and anxious about others finding out. It can affect school attendance, friendships, and their ability to plan for the future.

Many young carers don't see themselves as carers and miss out on support that could ease their responsibilities and improve their wellbeing.



### 4. Our Duty.

Local authorities are required to identify, assess, and provide information to young carers, young adult carers, and their families, ensuring that no young person's life is unduly impacted by their caring role.

Adults' and Children's Services share responsibility for assessing whether the cared-for person is a child with care needs, including during transitions to adult services, and for identifying any safeguarding concerns related to the young carer.

### 5. How Many Young Carers are there?

There are 674 young carers registered with Swindon Carers Together aged between 5 and 17 years.

[Friends of Young Carers, Swindon](#) suggest there are more than 900 Young Carers identified in Swindon.

The 2026 estimation is that 1 in 5 pupils at school will be a young carer. However, the actual number may be significantly higher as the true scale is unclear, as many young carers go unidentified.

National estimates vary widely:

- 2021 ONS Census reported there are around 120,000 young carers aged 5–18 in England.
- 2023 school census identified 39,000 'known' young carers
- 2018 BBC survey suggested there could be as many as 820,000 young carers aged 11–15.