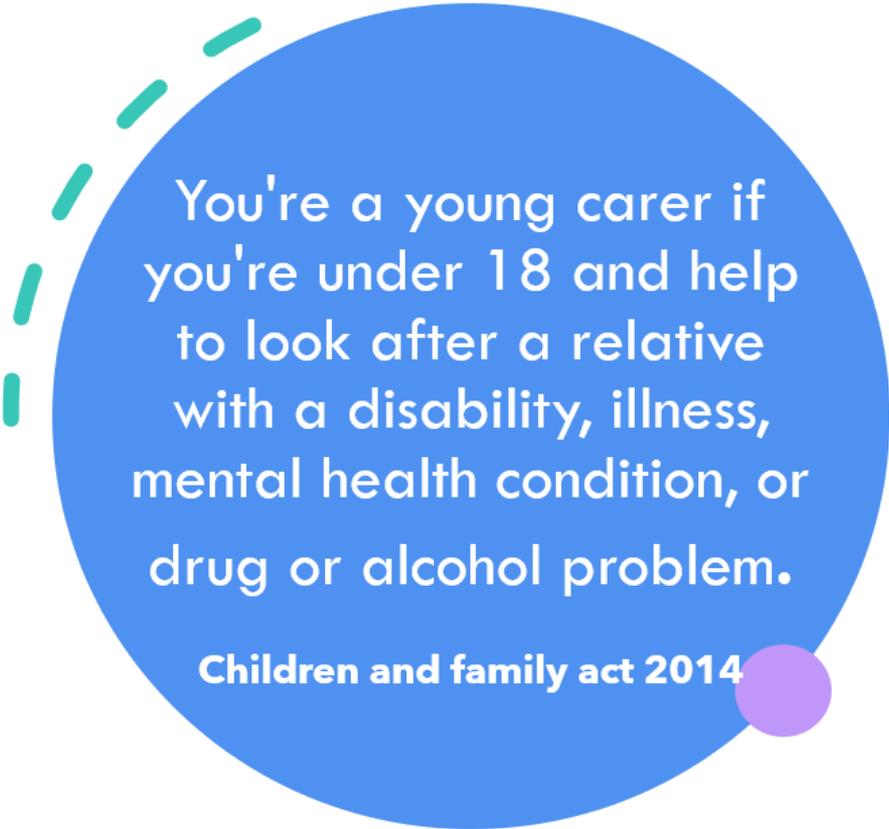


Young Carers – Public Health Summit

**September
2025**



You're a young carer if you're under 18 and help to look after a relative with a disability, illness, mental health condition, or drug or alcohol problem.

Children and family act 2014

How many Young Carers are there?

120,000 young carers, aged between 5 and 17 years, in **England**

8,200 in **Wales**.

42,050 in **Scotland**.

This is widely believed to be **the tip of the iceberg** because of a **small number** of young carers being **identified**.

Some estimates suggest that as many as **one in five** school children are now young carers with this number increasing during the pandemic.



Source: Carers.org, Scottish Carers Census 2021-22

Young Carers in the UK

Over **1/4** aged
11-15
**regularly miss
school.**

1 in 3 said that
their caring
role makes
them **feel
stressed.**

23% said that
their caring
role had
**stopped them
making
friends.**

8 out of 10
young carers
feel lonely
during summer
holidays.

Young carers, both nationally and locally, are still largely **invisible** and failure to identify and support them can negatively affect their **health, educational experience, employability and social inclusion.**

Children and young people living with a parent with poor mental health are the **most at-risk group** of developing mental health problems themselves.

Young Carers in the East Riding

547 young people said they were providing unpaid care

75 young people aged 5-9 were providing unpaid care

Over 20% were providing **over 20 hours**

9 carers aged **5-9** said they provided **over 50 hours** unpaid care a week.

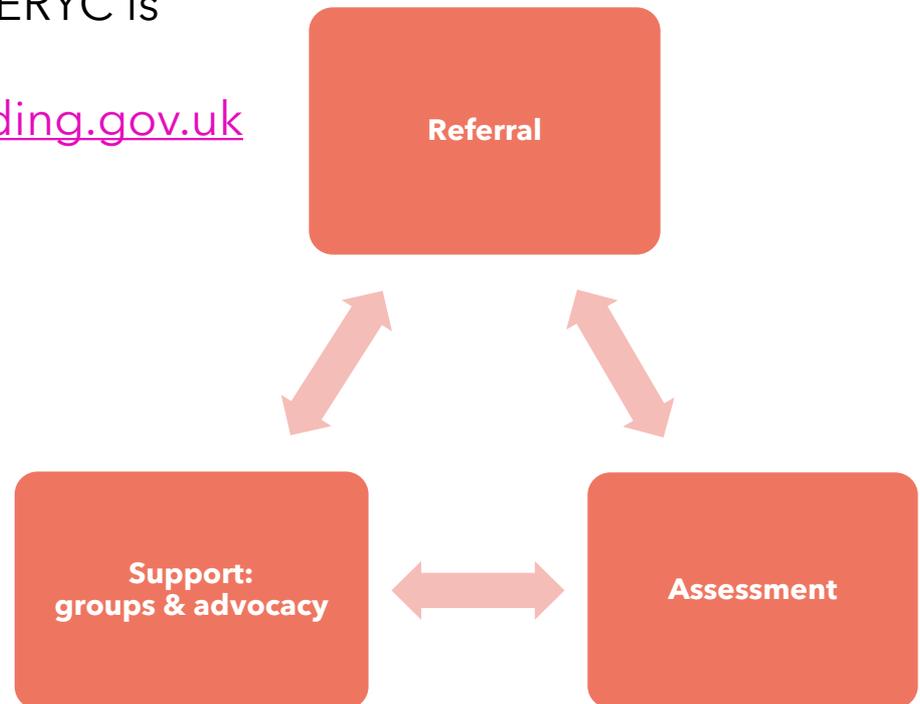
And there will be many, many more that either don't want to identify themselves due to fear and stigma, or who don't identify as a carer - **"it's just something they do."**

Statutory duty and ERYC new model

Young Carers support has been delivered from the Voices That Influence service. However, following a period of substantial development the service is now transferring into the Family Help Service from November 2025.

The new lead for Young Carers in ERYC is

Rachel Betts - rachel.betts@eastriding.gov.uk



What have young carers told us so far?

Awareness

Identify

Access

Education

Why is identification and support important?

- Young carers are at higher risk of stress, anxiety, and depression than their peers due to the emotional burden and responsibility they carry
- Caring responsibilities often lead to school absences, reduced academic performance, and limited social opportunities.
- Young carers are more likely to experience health inequalities due to socioeconomic disadvantage and the physical toll of caregiving
- Some young carers may be at risk of neglect or exploitation, even unintentionally, due to the pressures placed on them.
- Many young carers experience isolation or feel different from their peers, which can impact their emotional health
- Identifying and supporting young carers early can prevent long-term health issues, including chronic stress or burnout.

The voices of East Riding Young Carers

Central to the ongoing discussions around Young Carers and the future offer, is the inclusion of young carers themselves.

Their experiences and insights are invaluable in shaping effective support systems. By engaging young carers, we can ensure that our whole system offer is truly reflective of their needs and aspirations.

Listening to our young carers, and more importantly acting on what they tell us, empowers them with ownership and agency to shape the support and services that interact with them, their support networks and communities.

