



“Carers Matter”

At the best of times these young people have a tough time: after three months of lockdown, the problem they face as lockdown unwinds doesn't bear thinking about. These young people need all the help they can get. So ...

A new campaign has been launched aimed at Norfolk's young carers. Led by Norfolk Safeguarding Children Partnership and supported by carers organisations Carers Matter Norfolk and Caring Together, Heroes at Home recognises the vital role young carers play in supporting their loved ones at home and highlights the range of support available to help them.

It is estimated that over 11,000 children and young people from as young as 5 years of age in Norfolk are carers, helping to look after or support a family member or friend who is ill, disabled or misuses drugs or alcohol. This figure is likely to be higher as many children and young people may not identify themselves as a carer but may still fulfil a regular caring role for a family member.

For support and advice or a live chat online visit www.youngcarersmatternorfolk.org or call the Carers Matter Norfolk Advice Line on 0800 083 1148. This helpline is still available during the Covid-19 pandemic.