

Giving children back their childhood: Barnardo's work with young carers

Lucy's story



Lucy is one of an estimated 175,000 young carers in the UK.

Lucy is 8 years old. Her biggest concern is looking after her disabled mum. Every day Lucy helps to wash and dress her mum as well as ensuring that she takes her medication.

Other children usually have help at home to brush their hair into neat ponytails, or make sure their clothes are washed. Lucy struggled to do these things for herself. Her classmates noticed this, and called her names.

Lucy's teacher referred her to the Barnardo's Willow project where Lucy has met other young carers in similar situations, and this has shown her she isn't 'weird'. Barnardo's worked with Lucy to help her learn how to wash herself and brush her hair. The transformation was remarkable. Lucy's self-esteem has increased enormously and she has developed a real pride in herself.

How the money you raise will help Barnardo's?

For every **£1** you raise for Barnardo's, **94p** goes directly to helping the vulnerable children, young people and their families who we work with*.

£2,500 will pay for 25 young carers, who are caring for a parent with mental ill health to have a variety of fun and different activities at their young carers' group for a whole year.

£5,413 would enable Barnardo's to provide training sessions for representatives of 92 schools to help staff identify and support young carers like Lucy in school.

*If property development and retail shop costs are excluded – which are self financing.