

The wellbeing of young carers in Suffolk

Part of My Health, Our Future 2019

192

young carers
took part

The survey was completed by young people aged 11-18 across Suffolk who identified as having a caring role for a family member.

The 192 young carers who took part in the survey came from a wide range of educational establishments across Suffolk.



45% male young carers worry about their body shape or size, this is more than the Suffolk male average which is 31%

"When mum has a bad day she sleeps and I watch my little brother and I do what needs to be done."
Female, 11

- 39 Secondary Schools
- 4 Colleges
- 3 Alternative Provision
- 1 Home Educated



Almost 1 in 4 young carers (24%) say their sleep is disturbed at least 3 nights a week.

young carers
self-esteem
average

17.0



10% of young carers said they are unable to talk to parents about their emotional needs because they 'don't want to be a burden.'

young carers
wellbeing
average

45.2

Suffolk
wellbeing
average

44.5

National
wellbeing
average

51.7

"Mum has used wellbeing herself, so I know she gets it."
Female, 12

Suffolk
self-esteem
average

16.7

National
self-esteem
average

21

Compared to the Suffolk wellbeing average, male young carers had lower average wellbeing scores, whereas female young carers had higher.



1-2-1 face to face support was the preferred format of support from Suffolk Family Carers.

53%

young carers reported having at least one additional need. In particular learning difficulties or special educational needs.

"I help cheer my mum up and I try my hardest to help her in every way."
Female, 11

"My dad has bi-polar and I know I don't need to worry as he knows what it is like."
Male, 12

52% of males and 61% of females said they had experienced poor mental health within the last year. This is higher than the Suffolk average.