



Scan to find out more about the
Young Carers Project

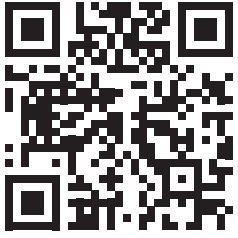
Young Carers Poetry Collection

Helping Mum

I help mum to do the dishes
I help her do the shopping
I help her choose her clothes
And we do this together popping
I love helping my mum,
Because she always makes it fun!

Darcy – Age 9





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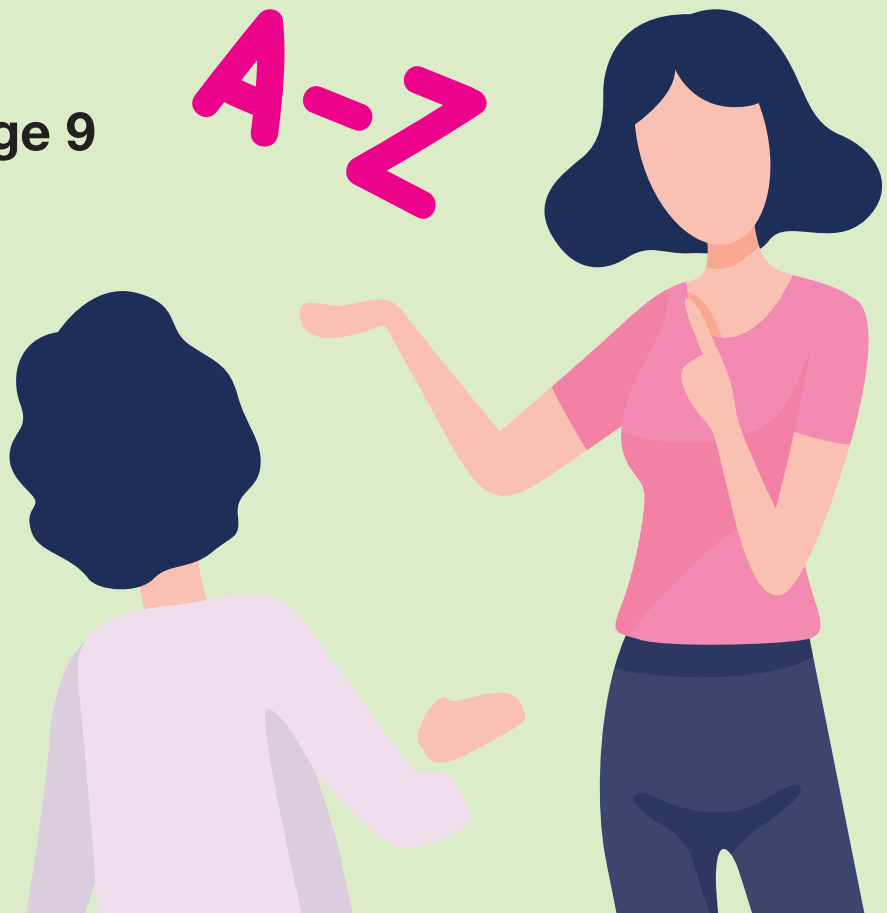
Young Carers Poetry Collection

Helping

I calm Lou-Lou down by talking,
Even when she's doing lots of squawking!
I always help others understand her words,
Because sometimes they can sound absurd.
Being helpful is my favourite thing to do,
I love spending time at home with my crew!

Isabella – Age 9

A-Z





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Young Carers Poetry Collection

Caring For Mum

Being a Young Carer makes me feel tired,
But when I do my jobs I know I feel admired.
I get mum's medicine and help with the shopping,
I love to do this, it makes me feel popping!
I read a recipe book to help me cook.
I help Emma to get the sweets,
Even though I know it's a cheat!



Evie-Mae – Age 8





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Admired, but Tired

When I crush mum's tablets, it turns to mush,
I love giving my dog's fur a big brush.
My favourite thing to do with mum
Is watch lots of movies, which I find fun!
Doing all my jobs makes me feel admired,
Being a Young Carer makes me feel tired!

Millie-Mae – Age 9





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Young Carers Poetry Collection

The V-Bucks Plan

I make him sandwiches
Even though I don't like ham.
I help him in the bath
I cook him his sausages in a pan.
I often get hit on the back of my neck,
I know he doesn't mean it, but what the heck?
It makes me feel angry, scared and sad,
But then mum buys me V-Bucks
and then I am glad!

Noah – Age 8





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Young Carers Poetry Collection



Bath Time

I make him his drink
I turn on his shower
I feed him his tea
I have a super power!
On a rainy day, I feel sad
When I help my brother, I feel very GLAD!
When I see my brother sad
It makes me go mad
But then I feel bad.
Lucas feels joy
When we play with his favourite toy.
We have the best laugh
● When we're having fun in the bath!

Harry – Age 10





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Young Carers Poetry Collection

You and me, me and you.
Young carers helps me cope through!

One for me, one for you.

Uhelp someone, I do too!

Now I help my deaf brother

Good, it feels good to help

Cats and dogs

Any age

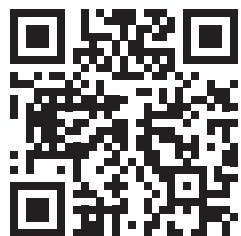
Read right here and don't turn the page

Eternity age

Right here, right now

So lets continue to be brave!





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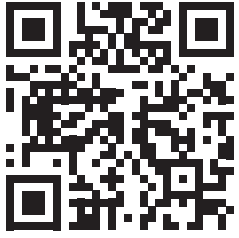
Young Carers Poetry Collection

Soldiers we Are!

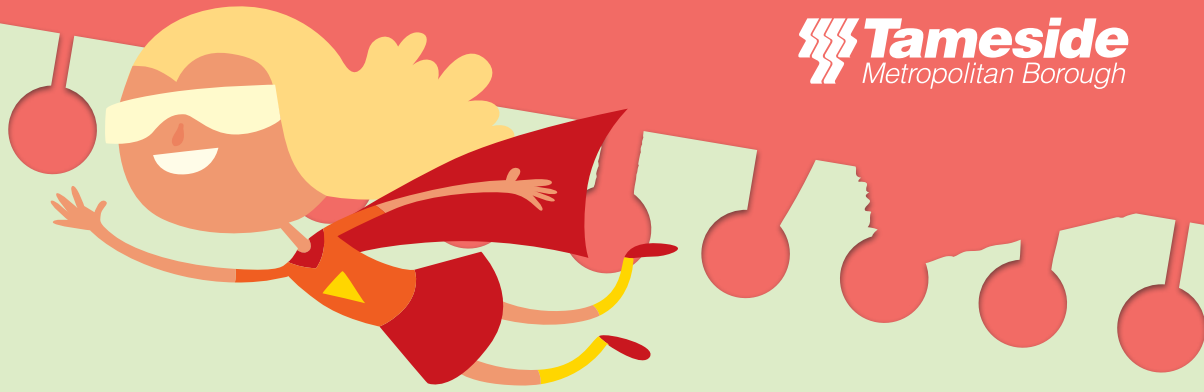
Soldiers, I call us
Not the ones in armour, in uniform or in the ground
But ones who wear invisible masks
As we clean, we cook, we care
We care for many different people,
Children
Parents
And others.
Even those who aren't family
Friends
Even strangers
We show care in many ways
We always worry for those who are both better off,
And are worse off
As we, are soldiers
We are brothers, sisters, aunts, uncles, sons and daughters
Listen to me now
When you berate us, we ignore it.
We put on a smile for the ones who are in pain, who need cleaning up after,
and those who really need us.
People ask us if they could help
But we feel guilt for asking for it.
We have a feeling we're not doing good enough.
But soldiers we are
Thank you for listening to me
Now, you should know us we are young carers.
But soldiers we are.

Abigail – Age 15





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Young Carers Poetry Collection

Poem for being a Young Carer

They are determined to help others, they are always putting other people before, they have seen the suffering some people and stayed next to the vulnerable through hard times.

They don't try to escape from their responsibilities, they know it is right. They are keen to make a difference to this broken world. These people are loyal and bright.

They know it is a privilege to be someone's rock and they have never rolled away when life has been tough.

They get fed up and exhausted, they worry about their love of others.

They have a good chat with their friends and the people really trust.

Unlike any other superheroes they look like any other general person.

But their superpower isn't any other type of super strength.

They are known as special superheroes.

They are young carers and I am proud to be one.

Amy – Age 16





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Young Carers Poetry Collection

My Poem

I wake up each morning and help my mum
She tells me I am a really good son.
I'm proud to be a young carer, it has learnt me a lot.
I can cook and clean and use the washing machine.
I met lots of friends at young carers who can help out the same as me.
At Young Carers, it's time for me.
Sometimes it can be hard as a young carer
But I know I am doing good
Because I put a smile on my mum's face
Like a loving son should.
It makes me sad seeing my mum in pain, I wish I could take it away
I will take her medication to her and finish my jobs for the day.

Ryan – Age 15

