

# Lions support young carers

FARNHAM Lions has sponsored a training workshop for a group of young carers based in Farnham.

The carers enjoyed the workshop held in the Conservative Club in Ivy Lane and were treated to a barbecue lunch afterwards.

Young carers are children or young people under the age of 18 who look after a family member such as a parent, brother, sister or other relative or they might care for a family friend.

The person may live in the same house as the young carer or somewhere else and often they provide physical care, emotional support, carry out domestic tasks like cooking and cleaning or provide child care.

They may also do things like pay the household bills or translate for relatives who don't speak English.

Often they provide regular and ongoing care and emotional support to a family member who is physically or mentally ill, disabled or misuses substances.

Half of all young carers provide up to 10 hours of care a week, while many others are caring for more than 50

hours a week.

It's not surprising that young carers often struggle to fit in other activities like school work, playing sport or meeting up with friends.

Trudy Waite, Surrey Young Carers' officer for South West Surrey, ran the training workshop and explained that within Farnham there are more than 250 young children acting as carers in the family environment, some of whom are as young as five years old.

She added a personal vote of thanks to Farnham Lions for their support of her work and from the young children in the town who had a 'most enjoyable' workshop.

Farnham Lions first became involved with Surrey Young Carers following the death of Dave Pook, a former club president.

It was soon decided that establishing an annual bursary of support to young carers was an ideal way to recognise Dave's work in the Farnham community.

For more information visit the websites [www.farnhamlions.org.uk](http://www.farnhamlions.org.uk) or [www.surrey-youngcarers.org.uk](http://www.surrey-youngcarers.org.uk).



Barbara Wright, then-welfare chair of Farnham Lions; Simon Moran-Smith, president Farnham Lions; Trudi Waite, Surrey Young Carers' South West Surrey co-ordinator; and Graham Day from Farnham Lions' welfare committee, who attended the workshop.