

What is a young carer?

Young carers of people with M.E., CFS, post-viral fatigue syndrome or fibromyalgia might look after their:

- mum
- dad
- brother or sister
- other relative living in the same house.



"It is great to go to a young carers group where I know everyone understands."

"I help around the house when mum isn't able to get out of bed."

"Talking to other carers the same age as me helps me feel better."

"I do the cooking quite a few times a week, and look after my little brother too."

Contact details

If you are a young carer who is looking after someone with M.E., you can find out where to get help and support by contacting:

Carers Trust

Unit 101
164-180 Union Street
London
SE1 0LH

Tel: 0300 772 9600
Email: info@carers.org
Web: www.carers.org

For information about M.E., CFS or PVFS:

Action for M.E.

42 Temple Street
Keynsham
BS31 1EH

Tel: 0117 927 9551
Email: questions@actionforme.org.uk
www.actionforme.org.uk
www.facebook.com/actionforme
www.twitter.com/actionforme

For information about Fibromyalgia:

Fibromyalgia Action UK

Studio 3007
Mile End Mill
12 Seedhill Road
Paisley
PA1 1JS

Tel: 0844 887 2444
Email: charity@fmauk.org
www.fmauk.org
www.facebook.com/ukfibro
www.twitter.com/fmauk



Are you a young carer for someone with

**M.E.?
CFS?
Post-Viral Fatigue Syndrome?
Fibromyalgia?**

Or do you know somebody who is?

A young carer is a child or young person under 18 years old who provides unpaid care to a family member.

Help, support and advice are available.



Fibromyalgia Action UK
Fighting for Freedom from Fibromyalgia

What are M.E./CFS and Fibromyalgia?

M.E. (Myalgic Encephalopathy/Encephalomyelitis) affects around 250,000 men, women and children in the UK. Within the NHS, M.E. is commonly called Chronic Fatigue Syndrome (CFS or CFS/M.E.). Sometimes it is diagnosed as Post-Viral Fatigue Syndrome (PVFS).

M.E. is a long-term (chronic) fluctuating illness that causes symptoms affecting many body systems, more commonly the nervous and immune systems.

People with M.E. experience persistent fatigue and/or pain, and additional symptoms including 'flu-like symptoms, recurrent sore throat, sleep disturbances, problems with concentration, thinking and memory (often known as 'brain fog'), problems with the nervous system (such as poor temperature control and dizziness on standing or sitting up), digestive difficulties and increased sensitivity to bright lights and noise.

Fibromyalgia is a long-term condition that causes pain all over the body, fatigue, cognitive issues and other symptoms. It is not the same as M.E./CFS, but the two conditions are very similar.



Where young carers can get help and support

There are services in your area for young people who care for a family member.

Visit www.carers.org/carers-services/find-your-local-service to find where it is and who to speak to about it.

They will ask you a few questions about your caring role to see how they can help you. Services vary from area to area but the sort of thing on offer might include:



If you are a young carer you can also visit Carers Trust to find information on organisations that can support you.

tinyurl.com/young-carers-help

For more information about M.E./CFS or Fibromyalgia

Action for M.E. offers information, advice and support to people affected by M.E./CFS in the UK. This includes, but is not limited to, three peer support forums, searchable services directory, information support and welfare advice service and a membership magazine.

Our Children and Young People's service specialises in supporting young people with M.E., their parents and young carers.

Fibromyalgia Action UK offers information, advice and support for people living with Fibromyalgia, including publications and other information resources, peer support forums, a national support helpline and a welfare benefits helpline and a UK network of support groups operated by people with fibromyalgia

