

## 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

Tel: 0844 800 4361

Email: [youngcarers@carers.org](mailto:youngcarers@carers.org)

[www.carers.org/carers-services/find-your-local-service](http://www.carers.org/carers-services/find-your-local-service)

8-18 year olds can also visit  
[www.babble.carers.org](http://www.babble.carers.org)

16-25 year olds can also visit  
[www.matter.carers.org](http://www.matter.carers.org)

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

### Action for M.E.

Tel: 0117 927 9551

Email: [admin@actionforme.org.uk](mailto:admin@actionforme.org.uk)

[www.actionforme.org.uk](http://www.actionforme.org.uk)

[www.facebook.com/actionforme](https://www.facebook.com/actionforme)

[www.twitter.com/actionforme](https://www.twitter.com/actionforme)

### Association of Young People with M.E.

Tel: 0330 221 1223

Email: [helpline@ayme.org.uk](mailto:helpline@ayme.org.uk)

[www.ayme.org.uk](http://www.ayme.org.uk)

[www.facebook.com/AYME.UK](https://www.facebook.com/AYME.UK)

[www.twitter.com/AYME\\_UK](https://www.twitter.com/AYME_UK)

For information about Fibromyalgia:

### Fibromyalgia Association

Tel: 0844 887 2444

Email: [charity@fmauk.org](mailto:charity@fmauk.org)

[www.fmauk.org](http://www.fmauk.org)

[www.facebook.com/ukfibro](https://www.facebook.com/ukfibro)

[www.twitter.com/fmauk](https://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 up to 19 years old who is caring for a family member.

Help, support and advice are available.



## 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](http://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:



You can get support online too at

[www.babble.carers.org](http://www.babble.carers.org) for 8-18 year olds

[www.matter.carers.org](http://www.matter.carers.org) for 16-25 year olds

Both provide a mix of information, one-to-one support, expert chats and a safe place online to meet other young people in similar situations.

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

**Action for M.E.** offers information, advice and support to adults living with M.E./CFS, including an online M.E. Centre, peer support forum, searchable services directory, information and support via telephone, email, booklets and factsheets, a membership magazine and a Welfare Advice and Support Service.

**The Association of Young People with M.E.** offers information, advice and support for children and young people aged 0-26 years with M.E. and their families, including safe, secure, moderated message boards, information and support via telephone, email, factsheets, books and CDs, volunteering opportunities for young people, peer support services and a parents and carers group.

**Fibromyalgia 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

