

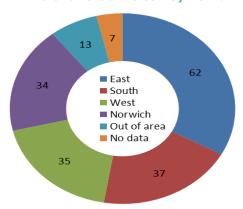
## **Norfolk Young Carers Forum Healthy Carers Survey Report**



2018

**LOTTERY FUNDED** 

Which areas were the Young Carers who answered the survey from?



of young carers worry "all the time" about the person they care for.



How many hours 80 sleep do you get on average? 60 40 20 10+ Less 4 to 6 6 to 8 8 to 10 than 4 hours hours hours hours of young carers had to either get up in the night, wake up earlier or go to bed later or a combination of these.



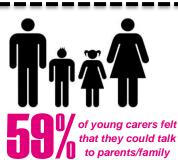
of young carers didn't know they could either register as a carer at their GP or get a free flu jab

haven't seen a dentist in the last year

of young carers carry out physically demanding tasks.

of young carers are not getting their five portions of fruit or vegetables each day.

The average



The average score is

**GRAPHICS** from www.free pix.com

Thanks to all the young carers who took part in this survey and thanks to our partner organisations for your invaluable support with this project!

