



Jack's Story



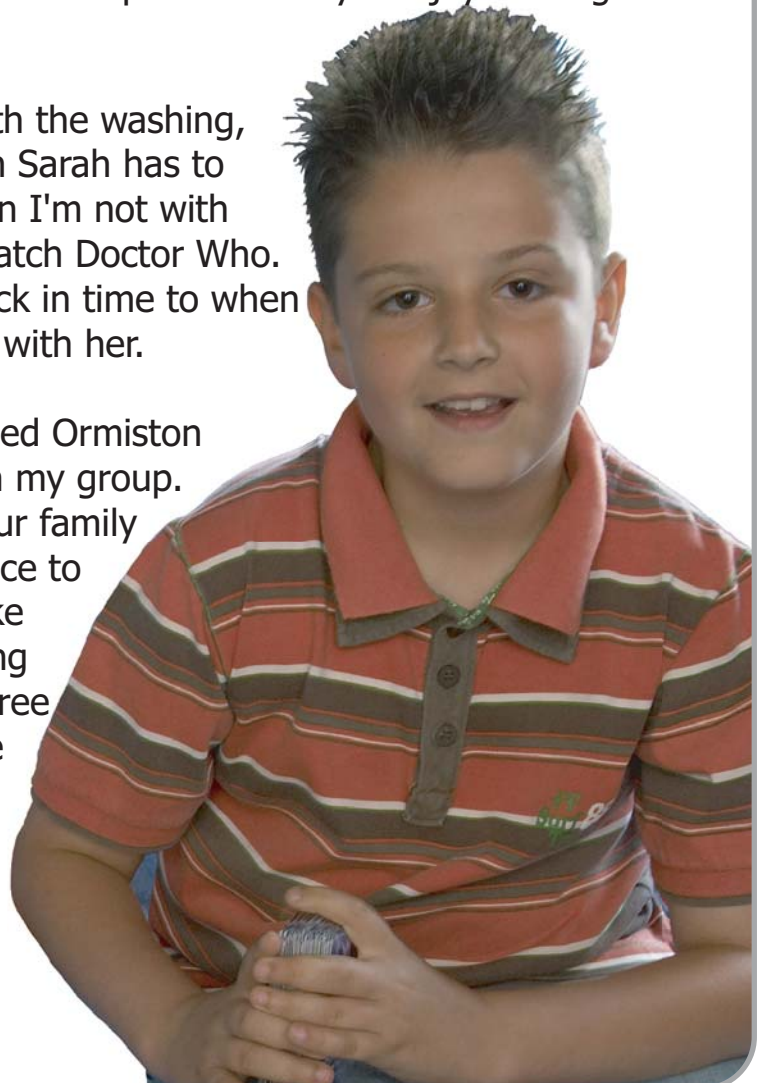
Hi, my name's Jack and I'm 10. I live in Cambridgeshire with my mum and two sisters. My favourite sport is football and I love Manchester United!

I spend a lot of time with my 15 year-old sister Sarah. She was born with cerebral palsy, which means that she has difficulties walking and talking. Sarah uses a wheelchair and has a special bed and bath. She finds it hard to swallow, so she gets her food through a tube.

My mum has a disease which affects her bones, so sometimes it's difficult for her to do things around the house. I have to prepare Sarah's milk before school and I was shown how to use her feeding tube. As I get bigger, I'm learning the best way to lift her so I can help to move her from her wheelchair to other places. Mostly I enjoy making Sarah laugh by making silly noises!

I try to help Mum out around the house, with the washing, cooking and cleaning. There are times when Sarah has to go into hospital and I worry about her. When I'm not with Sarah, I like to play on the computer and watch Doctor Who. If I could go in the Tardis, I would travel back in time to when my Nan was alive, as I loved spending time with her.

I go to a project funded by Comic Relief called Ormiston Fenland Young Carers. There are 12 of us in my group. We all have to help look after someone in our family who needs special care. It's a really fun place to be and we do loads of different activities, like playing football, using the ball pit and making pirate ships out of food. We made a paper tree out of our hand shapes and on each leaf we wrote what the best thing is about being a young carer. We can also talk to the project workers when something's made us sad or worried.





Jack's Story



Some people don't understand what it's like to have a person close to you who needs looking after everyday. You don't always get to join in with the activities your friends are doing. Luckily, all my friends know about Sarah and they like playing with her as much as I do. Some young carers find it hard to explain that their lives are a bit different.

Mum says that when I come home from the project, I'm much happier because I've been able to talk to other people who understand what my life is like. At the project, everyone can be themselves and the project workers are great!

