

Jake's Story



Hi, I'm Jake. I'm 12 years old and I live with my dad near the sea. It's just the two of us now, ever since my mum passed away a few years ago. My dad has something called multiple sclerosis (MS), which means his body doesn't always do what he wants it to.

Some days he can walk a bit with his stick, but other days he has to stay in bed because he's too tired or in pain.

I've been helping look after him for a while now. I didn't really notice at first - it just felt like helping out. But now I know I'm a young carer.

In the mornings, I help Dad get dressed and make us both breakfast. I also remind him to take his medicine. After school, I do the shopping if we need anything, and I help tidy up the house. Sometimes I even help him get into his wheelchair if we're going out.

It can be hard. I worry about him when I'm at school, especially if he's having a bad day. Sometimes I feel a bit different from my friends because they don't have to think about things like this. But I also feel proud. Dad says I'm his superhero, and that makes me smile.

When I get time to myself, I love playing football in the park and building things with Lego. I also like writing stories - sometimes I write about a boy who saves the world with his dad by his side.

Being a young carer isn't always easy, but it's made me brave and kind. I've learned how to be strong, even when things are tough. And I know that even though I'm young, I can make a big difference.

Thank you for reading my story.