

Llio

Ten years old looking after a sick parent
That must be a strain
But what are you meant to do
when you see dad in pain?

You're helpless at what to do
or who you can turn to
Know you are not alone
There's help at the end of a phone

All across Wales there are thousands of young people
Young carers just like you
They also are torn
trying to figure out what best to do

There is help on hand
All you have to do is ask

Yeah dad may be annoyed but
It's better than making out everything is fine
when it's not

Ease the pressure that's built
From bottling it up
As it gets too tough
Or carry on the way you are
But something has to give
Surely this has gone too far?