

What is a young carer?

A young carer is someone aged 7 or over who helps look after a relative who has a long term/short term condition, such as a **Disability, Illness, Mental Health Condition or a Drug or Alcohol problem.**

Most young carers look after one of their Parents or care for a Brother or Sister.



What kind of support does a Young Carer provide?

Emotional Support

Practical tasks

Household management

Physical care

Looking after siblings

Administrating medicine

Interpretation

Personal care

Why do Young Carers need support?

Personal and physical development:

Self-confidence, self-awareness, being able to manage their feelings and behaviour, making relationships.

Feeling tired, sad or worried.

Being “**listened to**” as an important part of “**home care**” team.

Social opportunities:

Can all be affected by the family situation and their caring role.

Young carers learn practical and caring skills at an early age and can be wrongly seen as ‘**copers**’.

Sometimes they just want a break or have some fun.

Education:

Find school difficult, low attendance or poor punctuality, underachieving or struggling with deadline

What can school do to help?

- **Be flexible**
- **Provide additional help with classwork and homework**
- **Be treated like other students but understand that Young Carers may need extra support**
- **Allow access to school phones to contact home if required**
- **Ensure messages from home are passed on as soon as possible**
- **Provide a listening ear**
- **Drop-in sessions with a designated Young Carer Support Worker**
- **Signposting if a serious issue has been raised that requires external support**

Young Carer Support

Meet the Team

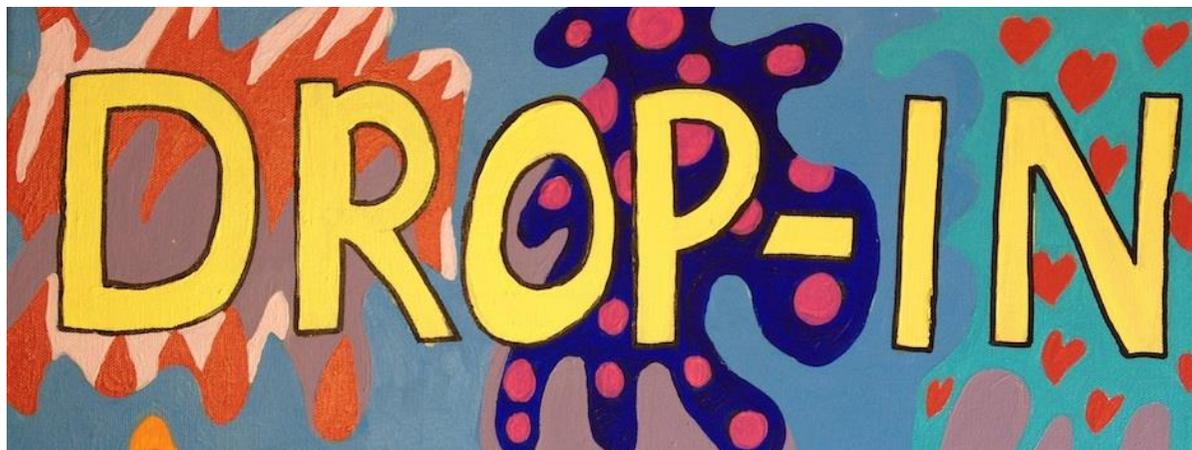


Ms Knox
Pastoral Support
School Operational Lead



Mrs Locke
Assistant Head
Senior Leadership Lead

Come on



Carlisle Young Carers will be in the Academy every Tuesday from 3pm – 4pm in the Main Reception Meeting Room.

All Young Carers welcome to drop-in for a chat

Please see Ms Knox for more information if needed.

