



## **Young Carers**

Here at Whiteley we are committed to supporting all of our children, including our Young Carers.

### **Who is a Young Carer?**

A Young Carer is someone aged 18 or under who helps look after a relative who has a condition such as:

- A physical disability
- A learning disability
- A long term illness
- A mental health condition, or misuses substances or alcohol

If you think that your child may be a Young Carer, please contact the designated lead Mrs Elshaw via the school office on 01489 881601.

### **What things does a Young Carer do ?**

A Young Carer takes on additional responsibilities. A Young Carer might be providing the main care or share responsibilities with another family member. The caring task can range greatly from:

- Giving medication or helping with mobility
  - Washing, dressing, feeding
- Listening, supporting a relative through depression, being there to talk to
  - Washing, shopping, cleaning
    - Paying bills
  - Helping look after a sibling

## **How do we support Young Carers at Whiteley Primary School?**

- There is a designated lead teacher responsible for the well-being of Young Carers
  - A notice board for children to find out information about Young Carers
- A notice board for staff to help them identify a Young Carer and give them guidance
  - on how best to support them
- A lunch time Young Carers group once a week for children to come and chat, meet other Young Carers, do their homework etc.
- A letterbox/worry box where children can post their concerns or questions if the designated lead teacher is unavailable.
  - A full time Emotional Literacy Support Assistant (ELSA)
    - Access to the school nursing team
    - A referral system to the charity group KIDS

## **The Young Carers Group**

- Will always respect each other and listen to each other carefully
- Will not laugh at or make fun of other children's reasons for being a Young Carer
  - Will not talk to others about other people's personal/private information
    - Will support each other
    - Will create a welcoming environment

