

We work closely with the Hounslow Young Carers Project, who can also provide support outside school. You can find more information on their web site at <http://www.hounslow.gov.uk/youngcarers>

For more information about Young Carers, try some of these web sites:

The NHS offers advice and support - <http://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/who-can-help-young-carers.aspx>

Barnardo's offers help and support for Young Carers [http://www.barnardos.org.uk/what\\_we\\_do/our\\_work/young\\_carers.htm](http://www.barnardos.org.uk/what_we_do/our_work/young_carers.htm)

Young Carers In Schools helps schools to support Young Carers <https://carers.org/young-carers-schools>

**If you would like to become more involved in helping us to support our Young Carers, please get in touch.**

# Young Carers



## Identifying & supporting Young Carers at Alexandra

*September 2020*

# Who is a Young Carer ?

A **young carer** is a child or **young** person who has a caring role and/or is affected emotionally by a family member. It is not always easy helping or caring for someone, especially if you are a young person. Coping with Corona Virus and the effects, has made this even more difficult and has resulted in more Young Carers.

This family member may be a parent, sibling or grandparent living in the family home.

The person they look after may be:

- Very ill
- Disabled
- Elderly

Or have:

- Learning disabilities
- Mental health issues
- Alcohol or drug addiction or other serious health concerns.

We are committed to identifying and supporting these children, and know young carers may need a little extra support to enjoy and do well at school. We run a Young Carers group in school which enables them to talk to other children in a similar position, complete homework, learn cooking skills and much more!

If you think your child might be a Young Carer, or could be affected by any of the issues we've highlighted, please let us know by filling in this form and returning it to the school office FAO: Mr Norton, Head teacher / safeguarding lead teacher, or Jo Bird who helps our children run a Young Carers group in school. Any information that is given to us will be treated sensitively and no information will be shared without your knowledge.

**For more information, or further support, please complete and return this form to the school office:**

Child's name: \_\_\_\_\_

Class: \_\_\_\_\_

Does your child have parents or live with other family members who have a long-term illness/disability, or who are affected by mental ill-health or substance misuse?

Yes No

If you wish you can give further details here (optional)

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Would you like more information about the types of support that school provides to young carers?

Yes No

Please provide a name and telephone number or email address so that we can contact you.

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**If you would like to find out more, or have any questions please contact Jo Bird at school on  
0208 570 6826**