

## Who is a Young Carer?

A Young Carer is a child under 18 who regularly helps to look after a family member or friend who is disabled, ill has a mental health condition or addiction problem.

Children may engage in:

- Practical tasks (cooking, housework and shopping)
- Physical care (lifting or helping someone use the stairs)
- Personal care (dressing, washing, helping with toilet needs)
- Managing the family budget (collecting benefits and prescriptions)
- Managing medication
- Looking after younger siblings
- Helping someone communicate



## Check list of indicators of a Young Carer.

The following is a list of possible indicators of a Young Carer. Many can be indicative of other issues too, you know they are a Young Carer if the pupil is...

Often late or missing days or weeks of school for no reason?	
Often tired, anxious or withdrawn?	
Having problems socially or with making friends? Conversely, do they get on well with adults and present themselves as mature for their age?	
A victim of bullying? This is sometimes explicitly linked to a family member's disability, health or substance misuse problem.	
Depressed?	
Finding it difficult to concentrate on their work?	
Having difficulty in joining in extracurricular activities or is unable to attend school trips?	
Isolated because of their family situation or because they lack social skills with their peers (and yet are confident with adults)?	
Not handing in homework/coursework on time, or completing it late and to a low standard?	
Anxious or concerned about an ill or disabled Relative?	
Displaying behaviour problems?	
Having physical problems such as back pain (perhaps from heavy lifting)?	
Secretive about home life?	
Showing signs of neglect or poor diet?	
<b>Are parents (or another relative)...</b>	
Sick, have a disability, illness or substance misuse problem? (Remember that not all children who have a family member who is ill or with disabilities is a Young Carer).	
Difficult to engage with?	
Not attending parents' evening?	
Not communicating with school?	

## Useful Contacts

Mrs Waller—Assistant Head,  
Deputy Safeguarding Lead, SLT

Email: [assistanthead@hollandpark.essex.sch.uk](mailto:assistanthead@hollandpark.essex.sch.uk)

Miss Penn—Young Carers Lead,  
Family Liaison Officer,  
Deputy Safeguarding Lead.

Email: [lpenn@hollandpark.essex.sch.uk](mailto:lpenn@hollandpark.essex.sch.uk)

Mrs Hope—Young Carers Lead,  
Learning Mentor, Deputy Safeguarding Lead.

Email: [ahope@hollandpark.essex.sch.uk](mailto:ahope@hollandpark.essex.sch.uk)

Other important information and contacts:

[www.childrensociety.org.uk](http://www.childrensociety.org.uk)

[www.carers.org](http://www.carers.org)

[www.affc.org.uk](http://www.affc.org.uk)

