

# YOUNG CARERS

## Who is a young carer?

Young carers are children and young people under 18 years old who provide regular and on-going care to another person who is physically or mentally ill, disabled or misuses substances.

Many young people don't see themselves as carers and may not realise there is practical and emotional support available in Essex.



## You may be a young carer if you:

- care for a family member, because of illness, disability or old age
- help someone with bathing or dressing, going to the toilet or getting into/out of bed
- need to cook for your family
- look after money or organise the family budget
- help anyone to take medication regularly
- collect prescriptions or benefits on behalf of someone else or go shopping for the family
- look after brothers or sisters, by taking them to school, doing their laundry, or cooking their meals
- take care of housework, such as dusting, hoovering, washing or ironing
- speak on behalf of someone who has difficulty speaking or communicating for themselves
- translate or interpret for someone at home

At Holland Park Primary School, we strive to achieve the best practice for young carers, along with all of our students in the school, in order to provide them with the best chance of success in their future.



In 2019 we were proud to receive the Bronze Award in recognition for the work and support we give to our young carers. We are now in the process of putting together the evidence in order for us to gain our Silver Award

### Young Carers Staff Members

We have three members of staff who are dedicated in supporting our Young Carers, along with a newly appointed Young Carers Governor.



Mrs Penn  
Young Carers Lead



Mrs Hope  
Young Carers Assistant



Mrs Waller  
SLT

### How do we support Young Carers at Holland Park Primary School?

- Through knowing who these students are, all staff can offer practical support as well as an ear to listen when needed
- Through raising awareness among all students and staff via assemblies; PSHE and staff training opportunities
- A Young Carers policy
- A Half-termly Meetings with our young carers to discuss any concerns they may have and how we can promote recognition of the important role they play within their families.
- Outside agencies visit the school to do assemblies and staff training to raise awareness of young cares. It's an opportunity to sign post our young carers and their families for support.

- An annual awareness day for the whole school, promotes the vital role that our young carers are doing and gives the hidden carers the opportunity to ask for support.
- Signposting to the services provided by Essex Youth Services and if required, referring the student to the Youth Service.

Further information about Essex Youth Service can be found at:  
[young.carers@essex.gov.uk](mailto:young.carers@essex.gov.uk)

### Daily Drop In

Each Young Carer is able to access the Nurture Suite at lunch time if they want to sit and chat to a member of staff or just want a quiet space to themselves.

### Half Termly Get Togethers

Our Young Carers are invited along to an informal get together, giving them the opportunity to talk about specific issues and allowing them the chance to speak to others who are coping with the same daily challenges. Most importantly, they are provided with some delicious snacks and drinks from our wonderful ladies in the kitchen!

### Information

In the main hall of the school, there is a notice board of all things relating to young carers. It allows all children to see who they can speak to and where they can go if they have any worries.



There is another notice board in the playground for parents and children to see, along with a Safeguarding Board giving all the relevant information



Young carers can also find out any further support they may need from outside agencies. Everything is well signposted for all the children in the school and not just for the young carers that we know about.

In the staffroom there is another board which we keep up to date with information for all staff to see. This reminds them who the Leads are for the young carers and also information regarding young carers as a whole. In this way, staff can support children in the class, if they believe a child is a young carer that we are not already aware of. And if required, who they can speak to about any concerns they may have.



Our Pastoral Team are on the playground in the morning and afternoon and available to speak to if you have any questions or concerns about young carers. Alternatively, you can contact the school office on 01255 422942 and ask to speak to a member of the pastoral team.

### Helpful Contact Numbers:

Essex Youth Service  
[young.carers@essex.gov.uk](mailto:young.carers@essex.gov.uk)

Young Minds  
0808 802 5544

Child Line

0800 1111

Action for children

[ask.us@actionforchildren.org.uk](mailto:ask.us@actionforchildren.org.uk)

Essex Child and Family Wellbeing Service

01206 372300

Children and Adult Mental Health Services - 0800 953 0222

[SET-CAMHS.referrals@nelft.nhs.uk](mailto:SET-CAMHS.referrals@nelft.nhs.uk)

Barnardo's

[wellbeing.hub@barnardos.org.uk](mailto:wellbeing.hub@barnardos.org.uk)

tel:02085542888

