

West Hatch High School

Young carers

What is a young carer?

A young carer is someone aged 18 and under who cares for a friend or family member who, due to illness, disability, a mental health problem, language barrier or an addiction, cannot cope without their support.

Please watch these very short Videos:

<https://www.youtube.com/watch?v=NhD0vIYSPfo>

<https://www.youtube.com/watch?v=kdvd-R2b6YA>

Some signs that a pupil is a Young Carer:

- Regular lateness
- Low attendance
- Not completing homework
- Tiredness
- Low attention span
- Lack motivation
- Low mood/mental ill-health
- Anxious
- Parent/guardian uses disabled parking space
- Lack of parent/guardian attending parents evening/other school events
- On pupil premium/free school meals
- Change in hygiene/appearance
- Change in behaviour – becoming aggressive or angry, withdrawn or quieter

What do we as staff do if we suspect a pupil is a Young Carer?

Talk to them and make them aware that there is help they can access in school and make them aware that you can refer them to our Young Carer team.

Alternatively, you can refer your concerns to the team and we will make contact with the pupil to make them aware that they may be a young carer and the help we can offer them.

As a member of the West Hatch community we can refer the pupil to our **Young Carer team**:

Justine Leigh, JLeigh@westhatch.net

Sarah Duddridge, SDuddridge@westhatch.net

Marcella Lord, MLord@westhatch.net

Robert Tester, RTester@westhatch.net

Matthew Cleere, MCleere@westhatch.net

Here are some links so that you can find out more about our amazing Young Carers:

The Children's society:

<https://www.childrenssociety.org.uk/what-we-do/our-work/supporting-young-carers>

Carers Trust

<https://carers.org/about-caring/about-young-carers>

Bernardo's

<https://www.barnardos.org.uk/what-we-do/helping-families/young-carers>

Young Carers Essex

<https://youth.essex.gov.uk/young-people/young-carers/>

Action for children

<https://www.actionforchildren.org.uk/blog/young-carers-who-are-they-and-how-are-they-impacted/>