

Young Carers Support

Who are Young Carers? *Young carers are children and young people (5-18 years) who look after someone in their family who has an illness, a disability, or is affected by mental ill-health or substance misuse. Most are caring for a parent but some may be taking responsibility for a sibling, grandparent, or other relative. Young carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. The tasks undertaken can vary according to the nature of the illness or disability, the level and frequency of need for care and the structure of the family as a whole.*

The person they look after will have one or more:

- Physical disability (including sensory disability)
- Learning disability
- Mental health problem
- Chronic illness
- Substance misuse problem

How the school can help you:

By understanding what it means to be a young carer. For example, you may struggle getting your homework in on time, you can sometimes be late for school or you may be worrying that the person you are caring for is OK.

If you need some help or support with any of these issues, please talk to an adult in your class, Tracey Reilly or Pamela Hill. We understand that sometimes you will want to keep things private, so we will only share information with people that can help you, unless you say we can.

We also work closely Kent Young Carers Bexley Moorings who can also help support you when you need it.

School Council

This is a driving force in the school and its representatives are regularly to be found demanding the ear of governors, senior staff and parents at their meetings. As a result, they make sure pupils' views are always considered in decision making.

Buddy System

New pupils always have a 'buddy' allocated to them to help them settle into our school: this is usually an older pupil or one who knows our school well. Buddies often remain firm friends for their time at our school.