

Young Carers' Top Ten Tips For Schools

- 1.** Recognise that our responsibilities as carers can affect our education and school work.
- 2.** Ensure teachers are offered training on young carers' issues.
- 3.** Find out about us, our home situation, and what we need - but please share information sensitively.
- 4.** Don't automatically punish us if we are late - there may be a good reason related to our caring role.
- 5.** Bullying can be a big issue for us - having peer mentors helps.
- 6.** Be flexible - give us more time and help to do homework or coursework.
- 7.** Include information about young carers in PSHE lessons or hold an awareness-raising assembly.
- 8.** Let us phone parents if we need to find out if they are OK.
- 9.** Make sure there is a notice board where we can locate advice and support.
- 10.** Ensure school has a named Young Carers Lead who we can talk to and who will keep in touch with Gloucestershire Young Carers.

Source: Young Carers Festival & Gloucestershire Young Carers



Supporting the YOUNG in young carer

Call **01452 733060**

today for advice or to make a referral

 GloucestershireYoungCarers  @Glosyoungcarers

glosyoungcarers.org.uk

Who is a Young Carer?

Young carers are children and young people under the age of 18 who provide regular or ongoing care and/or emotional support to a family member. They may be involved in the care of an adult or child in their family affected by one or more of the following:

- a physical disability or sensory impairment
- a long term illness
- problematic substance misuse
- mental ill health
- a learning disability

How to make a referral?

If you think a child in your school may be a young carer call the office to have a discussion in principle, you do not need to give any confidential details of the child at this stage.

mail@glosyoungcarers.org.uk or **01452 733060**.

What can we offer schools?

- Advice and guidance around Young Carers
- Support to gain GHLL Young Carers Accreditation
- Awareness raising assemblies & workshops for staff

Gloucestershire



Our services include:

- Children identified as young carers will receive a home visit from one of our locality workers to assess their needs within a whole family context
- Those aged 11+ will access our Caring Counts programme
- Activity groups and trips for young carers who need a break
- Specialist support for young carers who look after someone who misuses alcohol or drugs or who has mental ill health