

Where can I get support?

Kent Young Carers:

Kent Young Carers is the countywide service for Young Carers across Kent. KYC will enable Young Carers aged 5-18 to receive some respite from their caring responsibilities, socialise with their peers and receive tailored support. They also provide social groups for Young Carers called Chill Clubs.

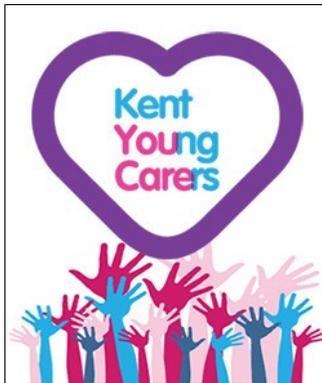
Phone 0300 111 1110

Email info@kentyoungcarers.org.uk

Twitter: @KentYoungCarers

Facebook: Kent Young Carers

Please visit the website www.kentyoungcarers.org.uk for newsletters and other information.



Who can I talk to at school if I think my child might be a Young Carer?

We have an established team of support for Young Carers at St Peter's:

Karen Godsell—Deputy Headteacher, Inclusion Leader and Strategic Lead for Young Carers

Denise Pearson—Family Liaison Officer (FLO), Pupil Mentor and Operational Lead for Young Carers

Both can be contacted directly on 01227 464392 or through the School Office.

Alternatively, please speak to your child's class teacher.

Useful Links:

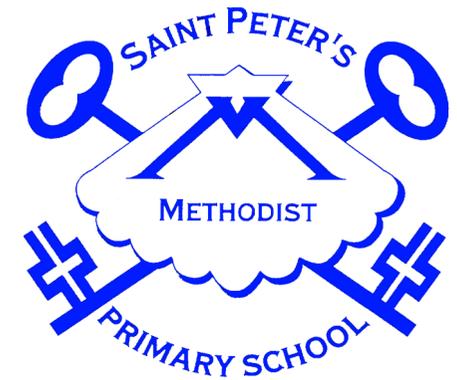
<http://www.carers-supportcdt.org.uk/>
Carers' Support (Canterbury, Dover and Thanet)

<http://www.youngcarer.com/>
The Children's Society Include Programme

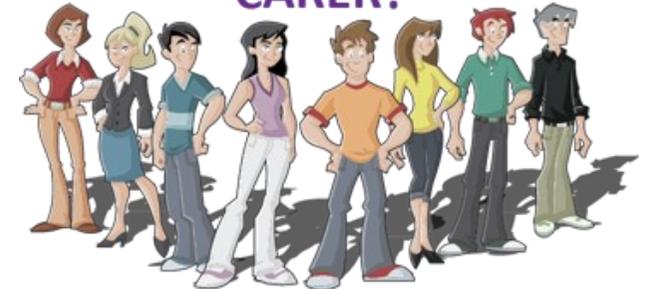
http://www.barnardos.org.uk/what_we_do/our_work/young_carers.htm
Barnardo's Young Carers Programme

Myth Busting #2
The average age of a Young Carer is just 12. years old but Kent Young Carers work with children as young as 5.

Young Carers



ARE YOU A YOUNG CARER?



What is a Young Carer?

A **Young Carer** is someone aged 18 or under who helps look after a relative who has a condition, such as a disability, illness, mental health condition, or a drug or alcohol problem.

Most **Young Carers** look after one of their parents or care for a brother or sister.

Young Carers have something extra to do at home and might help by:

- Cleaning, cooking, shopping
- Sorting out medication
- Looking after brothers or sisters
- Supporting someone physically, like helping them out of bed or getting them dressed
- Supporting someone emotionally, like listening to someone who is upset
- Helping someone to communicate.

Some people start caring at a very young age and don't really realise that they are carers. Other young carers become carers overnight.

Myth Busting

#1 There are 10,000 Young Carers in Kent and according to BBC research, there may be 30,000 more hidden Young Carers. The 2011 census identified 178,000 Young Carers in England and Wales alone with an 83% increase in the number of Young Carers aged 5 to 7 years and a 55% increase in children who are aged 8 to 9. When figures from Scotland and Northern Ireland are taken into account the total number of known Young Carers in the UK is 195,000

Lots of children and young people want to help out and feel proud that they are lending a hand. At the same time the impact of these caring responsibilities may cause difficulties at home, at school or elsewhere.

- They may feel tired, sad or worried
- They may need a break
- They may miss school
- They may find school difficult

Sometimes it can be difficult to recognise someone as a young carer.

Does this sound like your family or a family that you know?

What can help Young Carers?

- Acknowledging that they are in a caring role
- Supporting the person who is cared for so that children and young people do not have to do so much
- Having regular breaks from caring and ensuring that they have the same opportunities as other children and young people of their age
- Meeting other young carers and knowing they are not alone
- Having someone to speak to who Understands

How do we support Young Carers at St Peter's?

Our 5 Steps:

- 1. UNDERSTAND** -We have assigned specific members of staff with responsibility for understanding and addressing Young Carers needs
- 2. INFORM** -We take steps to raise awareness to both staff and parents/carers by sharing knowledge about disability, illness and Young Carers throughout the school
- 3. IDENTIFY** -We have procedures in place to identify Young Carers, through parent letters, self-identification, teacher checklists, attendance monitoring and rigorous pupil progress and impact monitoring systems
- 4. LISTEN** -We ensure that all pupils are listened to, consulted with and given time to talk. This is through fostering strong teacher/pupil relationships, time with our Pupil Mentor and parent/pupil conferencing sessions. We actively seek the views of our pupils and their families in order to shape and improve support.
- 5. SUPPORT** -We ensure that appropriate support is in place within the school though our Pupil Mentor, wellbeing and involvement assessments, pupil progress and assessment cycle, provision mapping and pupil/parent conferencing sessions. We work effectively with outside agencies to ensure that the correct support is in place for the family. We use school resources, including Pupil Premium funding where appropriate to minimise any barriers to educations and learning experienced by our Young Carers.