

Young Carers

Grand Avenue Primary School recognises that some children help to look after someone at home who needs extra support or care. If your child is, or you think they might be a young carer, please contact Jane Pidduck via the school office. All contact will be treated in the strictest confidence.

Grand Avenue support young carers by providing a drop in lunch time club, individual check-ins and access to homework club if needed.

We can also make a referral to Kingston Young Carers Project.

Who do young carers look after?

A young carer might help to look after their mum, dad, brother, sister, grandparent or someone else who lives at home with them. The person they help to look after might have:

- A sensory impairment
- A long-term illness
- A physical or learning disability
- A drug or alcohol problem
- Mental ill health

What caring duties might a young carer have?

Each young carer and their family are different which means that each young carer's caring role is likely to be different. Some responsibilities might be:

- Helping around the house (for example, washing clothes, cleaning, washing up after dinner).
- Looking after brothers or sisters (for example, helping them to get ready for school, taking them to school or picking them up, keeping an eye on them at home).
- Helping with personal care (for example, washing the person you care for or helping them to get dressed).
- Helping with financial issues (for example, paying the bills, going to the bank).
- Interpreting or translating for the person they care for.
- Helping with medical issues (for example, going with the person they care for to appointments, helping them to take their medicine).
- Keeping someone safe and keeping them company.
- Helping someone communicate

They might not do many of these practical tasks, but might do lots of worrying about someone at home. Sometimes, young carers can also feel like they are missing out on things that their friends are doing because they have to help to look after someone.

Young Carers' Project

kingstoncarers.org.uk

They can provide:

- information and advice, including 1-to-1 support
- opportunities to meet other young carers
- fun activities, outings and breaks away from home
- regular drop ins
- advocacy and whole family support