



**Barnes Farm
Infant School**

**Building Futures
Inspiring Success**

Henniker Gate, Chelmsford
Essex CM2 6QH

Telephone: 01245 467474
www.barnesfarminfants.co.uk

3rd December 2019

Dear Parents/Carers

Identifying and supporting young carers at Barnes Farm Infant School.

At Barnes Farm Infant School, we are aware that some of our pupils may be young carers. A young carer is someone under 18 who is caring unpaid for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. Research suggests there are at least 700,000 young carers in the UK but many do not realise they are a young carer.

We know that young carers may need a little extra support to enjoy and do well at school. At Barnes Farm Infant School, we are committed to ensuring that all pupils who are young carers are identified and supported effectively.

As Young Carers' Lead, I have responsibility for ensuring all young carers are able to enjoy school and make good progress. If you think your child might be a young carer or could be affected by any of the issues we have highlighted, please contact myself or Mrs Collins (Family Support and Wellbeing Mentor) on the school's number to speak to one of us directly.


Any information that is given to us will be treated sensitively and no information will be shared without your knowledge.

The school receives extra funding for each child/young person eligible for free school meals, which can be put towards extra support and provision for young carers. It is therefore important that children are registered for free school meals, even if they do not want, or need the school meal. For more information on how this money is spent please contact the school directly.

Yours sincerely
Mrs K Robinson

Assistant Headteacher/SENCO

Headteacher: Mrs Z Farmer
Deputy Headteacher: Mrs E Speller

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Young Carers: Who are they? What do they do?



Who are young carers?

A young carer is someone **under 18** who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

How many young carers are there?

- There are about **700,000 young carers in the UK**. (BBC 2010)
- That's about **1 in 12 secondary aged pupils**.
- There are likely to be young carers in every school and college.

*The Census identified over 200,000 young carers, but many weren't helping.



Which one is the young carer?



Young carers are just young people – with caring responsibilities! They look the same as everyone else but they can lead very different lives!

Who do young carers care for?

- Young carers care for someone:
- With an illness or disability.
 - With a mental health condition.
 - Who misuses drugs or alcohol.

Being a young carer can have a big impact on the things that are important to growing up

- It can affect a young person's health, social life and self-confidence.
- Many young carers struggle to juggle their education and caring, which can cause pressure and stress.
- In a survey, 39% said that nobody in their school was aware of their caring role.
- 26% have been bullied at school because of their caring role.
- 1 in 20 miss school because of their caring role.



But young people can learn lots of useful skills by being a young carer.

The average age of a young carer

= 13

There are young carers as young as five.

A survey of 350 young carers found 48% were stressed because of their role.

What might a young carer do?

- Practical tasks, such as cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, such as talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

1 in 3 young carers spend between 11–20 hours each week caring.



Young carers should have:

- The time to be a young person.
- The same opportunities as their friends.
- Good support for the person they help look after.
- Their rights acknowledged so that they can discuss their needs for support.

Information
Carers.org



Carers Trust is a registered charity in England and Wales (1145181) and in Scotland (SD042870). Registered as a company limited by guarantee in England and Wales No. 7697170. Registered office: 32–36 Loman Street, London SE1 0EH. © Carers Trust 2018.

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