



Young Carers Policy

Aneurin Bevan Partnership Area



Edited by Staff of Durand

May 2016

Agreed July 2016

Durand Primary School

Young Carers Policy

Aim of Policy

Durand Primary School is committed to supporting young carers to access and maintain their education. This Young Carers' Policy outlines how we will support any child or young person who helps look after someone at home. The policy aims to ensure young carers at our School are identified, respected, listened to and supported to access the education to which they are entitled and achieve their potential.

Who are Young Carers?

The Welsh Government defines a Young Carer as "children and young people who help look after a member of the family, who is sick, disabled, has mental health problems or is affected by substance misuse".

Most Young Carers look after one of their parents but some young carers help a brother or sister who is disabled or ill. A Young Carer may also care for a grandparent or another family member.

We acknowledge that helping around the house is a normal part of growing up, but we are aware young carers may be required to regularly carry out significant caring tasks and assume a level of responsibility which is often inappropriate for their age.

A child becomes a young carer when the level of care-giving and responsibility to the person in need of care becomes inappropriate for that child and may impact on his or her emotional or physical well-being or educational achievement and life chances.

A Young Carer may undertake some or all of the following:

- Practical tasks - such as cooking, cleaning and shopping
- Physical care – such as lifting, helping to mobilise, physiotherapy
- Personal care – such as dressing, washing, toileting needs
- Emotional support – such as listening, calming, being present
- Look after siblings – such as walking to school, putting to bed, parenting
- Household management – such as paying bills, manage the family budget, collecting benefits
- Administration of medication – such as insulin needles, preparing daily tablets, picking up prescription from pharmacy

The amount and type of care they provide can vary enormously from one carer to another.

Every school will have a number of young carers, many unknown to the school so remain unidentified, and unsupported.

Some carers struggle through the education system without being recognised as a young carer. Early identification is key and a secure environment should be created where young carers can self-identify, this can be achieved by publicising how pupils can access support, offering comfortable methods of communication. Self-identification can also be improved by raising awareness during school assemblies and as part of PSE / SEAL sessions.

Indicators and possible effect on education

Young Carers are not easy to identify and may actively try to conceal their caring role for fear of bullying or outside interference in their family life. The 'warning signs' below could be indicators of another problem, but staff noticing these signs should sensitively ask the child or young person if they are helping to look after someone at home:

- Regular or increased lateness
- Regular or increased absence
- Concentration problems, anxiety or worry in school
- They are tired in class
- Lack of time for homework
- Under-achievement – there may be a sudden drop in attainment
- Late or incomplete homework
- Few or no peer friendships (the child/young person may get on well with adults and present mature for their age)
- Emotional distress
- Victim of bullying
- Behaviour problems (taking out anger or frustration)
- Lack of time for extra-curricular activities
- Secrecy about home life/isolation or embarrasses to take friends home
- Difficulties in engaging parents/parents not attending parents' evening

Support Offered at Our School

There is a designated link member of staff for young carers in our school who will liaise with relevant colleagues and other relevant agencies with the consent of the young carer. The name and contact details of the designated link member of staff will be made available across the school.

The designated link member will lead on support work for young carers and their families and will liaise with the young carer services in the area if required.

- Our school will ensure that young carers have access to the school nurse.
- Our school has access to training material and awareness raising tools provided by the Aneurin Bevan University Health Board Carers Measure Partnership.
- Our school acknowledges that young carers may need extra support to ensure they have equal access to education.
- Our school will treat young carers in a sensitive, child-centered way, upholding confidentiality. If we believe that someone is a young carer we will be sensitive when we approach them about this, as we appreciate they may not want their peers to know.
- Our school will provide young carers with opportunities to speak to someone they trust or feel comfortable with in private, and will not discuss their situation in front of their peers. Young carers may not wish to discuss their family situation unless they feel comfortable and this will be acknowledged and respected.
- Our schools will work with young carers to ensure they can access a package of support that will meet their needs without reducing their self esteem and confidence.
- Our school will promote discussion and learning in all appropriate areas of the curriculum to facilitate a fuller acceptance of and respect for the issues around illness, disability and caring.
- Our school will aim to ensure that young carers are informed of available support services in and outside of school. The school will refer a prospective young carer to the local Young Carer Service with the consent of the young carer and their parent/s.

- Our school will gather and maintain relevant statistics on the number of young carers identified and supported using various mechanisms such as pupil enrolment processes and self-identification.
- Our school will follow child protection procedures regarding any young carer at risk of significant harm due to an inappropriate caring role.
- Our school recognises that flexibility may be needed when responding to the needs of young carers and acts accordingly depending on the situation / support required.

Monitoring and evaluation

The effectiveness of this policy will be reviewed every two years and will be reported to the Governing Body as part of the review process.

Headteacher:

Chair of Governors:

Date:

Key Contacts

To find out more about support available for young carers in your area:

- Torfaen Young Carers 01495 762200
- Newport Young Carers (Barnardos) 01633 251192
- Caerphilly Young Carers (Barnardos) 01633 612712
- Monmouthshire Young Carers (Crossroads) 01495 769996
- Blaenau Gwent Young Carers 08000 323339

Useful websites and reading

- <http://www.youngcarer.com> National site for young carers
- <http://www.nch.org.uk> This website has information on young carers
- http://www.barnardos.org.uk/young_carers.html National charity that works with young carers
- <http://www.youngcarers.net> National site for and about young carers
- www.tacade.com Link to national Young Carers Education Resource Pack
- www.carersuk.org National carers site
- <http://www.wales.nhs.uk/sitesplus/866/page/72344> Aneurin Bevan Partnership Board Young Carers Website
- <http://www.youngcarerstookit.co.uk/index.php/engaging/young-carers-in-school>

Young Carers toolkit aimed at professionals in Health, education and Social Services
Carers Trust (2013) *Supporting Young Carers in School: An Introduction for Primary and Secondary School Staff*. Carers Trust

References

<http://www.ons.gov.uk/ons/guide-method/census/2011/carers-week/index.html>

<http://www.bbc.co.uk/news/mobile/education-11757907>

The Department of Education and Skills (2006) *Absence Codes Guidance for Schools and LEAs*. DFES

http://www.governorswales.org.uk/media/files/documents/2011-09-20/key_points_for_schools_-_English_final.pdf

Acknowledgements

This exemplar policy has been developed by the Young Carers Sub Group of the Carers Measure Programme Board and adapted from the Dundee City Council Education Department and Caerleon Comprehensive School policies.