



Young Carers Policy

Introduction

Brampton Village Primary School is committed to supporting Young Carers to access education. This policy aims to ensure Young Carers at Brampton Village Primary School are identified and offered appropriate support to access the education to which they are entitled.

Definition

Young Carers are children and young people under the age of 18 who provide care, assistance or support to another family member who is disabled, physically or mentally ill, or has misuse substances. They carry out, often on a regular basis, significant or substantial caring tasks, taking on a level of responsibility that is inappropriate to their age or development.

What support might a young carer provide?

In general, support given by young carers can be divided into physical support, practical support, and emotional support.

Different types of support a young carer may provide (It is important to note this is not an exhaustive list and this will be different for every Young Carer):

Practical support

- cooking and making family meals,
- food shopping,
- laundry,
- cleaning around the house,
- helping to look after a sibling,
- attending appointments,
- helping with financial issues and managing money,
- reminding someone to take medication,
- helping someone out of bed and get washed and dressed in the morning,
- helping to get a drink or snack for someone who is unable.

Physical support

- helping carry and lift heavy things,
- helping with mobility and moving around,
- support with administering medication,
- supporting with getting washed and dressed.

Emotional Support

- emotional support,
- talking things through,
- listening,

- reassuring the person cared for and reassuring siblings,
- keeping family members safe,
- helping cared for person to feel calm,
- keeping the cared for person company and making sure they are ok.

Possible Effect on Education

Brampton Village Primary School acknowledges that there are Young Carers among its pupils, and that being a Young Carer can have an adverse effect on a young person's education.

Because of their responsibilities at home, a Young Carer might experience:

- being late or absent due to responsibilities at home,
- concentration problems,
- anxiety or worry in school,
- emotional distress,
- tiredness in school,
- lack of time for homework,
- poor attainment,
- physical problems such as back pain from lifting,
- false signs of maturity because of assuming adult roles,
- behavioural problems (taking out their anger or frustration),
- lack of time, opportunity for extra-curricular activities,
- isolation, embarrassed to take friends home,
- bullying
- limited social skills,
- feeling that no one understands and that no support is available,
- low self esteem

It also might be difficult to engage their parents (due to fears about child being taken into care, fears about their condition being misunderstood or their parenting skills being called into question). They may need support to attend parents' evenings in a way that supports their needs.

Support Offered

Brampton Village Primary School acknowledges that Young Carers may need extra support to ensure they have equal access to education. Through this policy, we want to give the message that all Young Carers' education and well-being is important.

A Young Carers Champion has been appointed. The Young Carer Champion at Brampton Village Primary School is Mrs Claire Shears, Family worker.

The Young Carers Champion will meet with all the Young Carers on a regular basis.

The Young Carers Champion will liaise with relevant colleagues and agencies with the consent of the Young Carer and parent, this includes their parents, class teacher and classroom staff, pastoral staff and external agencies (Centre 33, Caring Together, Targeted Support, Emotional health and Well-being Service and Social Care etc).

The Young Carer Champion will update all relevant staff in September when new classes start, when a new Young Carer is identified throughout the school year, as well as if the caring role changes. Teaching staff are encouraged to discuss any concerns they have about their young Carers and the impact this may be having in the classroom.

The Young Carer Champion will share all relevant Young Carer community information with parents and carers including relevant events, community services and support networks.

The Young Carer Champion will attend Pupil Progress meetings when appropriate.

Examples of support that can be offered at Brampton Village Primary School for their Young Carers includes:

- opportunities to speak to someone on a 1-1 in a confidential space
- offer to attend the fortnightly Young Carers Group
- ensure Young Carers can access all available support services in school.
- complete a MACA (Multidimensional Assessment of Caring Activities) Assessment for all Young Carers for their consent.

In addition, Brampton Village Primary School will recognise that flexibility may be needed when responding to the needs of Young Carers, examples of additional support may include:

- access to a telephone during breaks and lunchtime, to telephone home.
- negotiable deadlines for homework (when needed).
- access to complete homework within school if needed.
- arrangements for schoolwork to be sent home (when there is a genuine crisis). Any approved absence for a Young Carer will be time limited.
- access for parents with impaired mobility.
- alternative communication options for parents who are sensory impaired or housebound.

School based policies:

School and relevant staff will follow the schools' relevant policies when working with Young Carers, these may include, Attendance Policy, Safeguarding Policy and Behaviour Policy.

The Young Carer Champion will provide staff access to information and training to enable them to recognise indications that a child has a caring responsibility.

Succession Planning - If the Young Carers Champion leaves post a new lead will be appointed.