

Young Carers at Brampton Village Primary School

What is a Young Carer?

Young carers are **children and young people between the ages of 5 and 18 who have a caring role for a family member**. This is usually parents or siblings and can be due to life limiting illness, long term medical diagnosis, disability, neurodiversity, mental health condition or substance misuse.

Caring is not always about practical tasks alone. Children and young people take on extra caring responsibilities as well as offering significant emotional support which can have an impact on their own emotional development, social and school life.

At Brampton Village Primary School:

We are proud to provide support for our young carers. We believe that by identifying young carers and recognising the challenges they face daily we can offer appropriate support and if appropriate make referral to external services.

In our weekly Young Carers group, we take part in a variety of enjoyable activities both indoors and outdoors, creating a welcoming environment for our Young Carers. This group serves as a vital opportunity for them to share their concerns and talk to someone who understands their experiences. Most importantly, it allows our Young Carers to spend time together, fostering friendships with peers who face similar challenges at home.

Many young carers share all the positive elements of their role. BVPS Young Carers tell us some of the positive's things are:

- being independent,
- making new friends,
- understanding other people's feelings,



- being resilient,
- helping people,
- being close to family members; and
- learning new skills.

If you think your child is a Young Carer and you would like to talk to someone to discuss this support please contact us, or speak to Mrs Claire Shears, our Young Carers Champion on 01480 375063 or cshears@brampton.cambs.sch.uk

You may also wish to look at other local support available:

[Young Carers - Centre 33](#)

[Young Carers | Support For Young Carers and Young Adult Carers](#)