

# Young Carers

## Could this be you?

A leaflet for young people caring for others

Stressed Kind  
Tired Anxious  
Protective Caring  
Responsible



## Interesting fact:

There are over 14,000 Young Carers in Surrey

### Contact Us



info@southfield-park.surrey.sch.uk



01372743104



www.southfield-park.surrey.sch.uk

Young Carer Leads:  
Miss Radcliffe + Miss Ahmed

Roles: ELSA + HSLW

For anymore information please contact the school office, they will direct you to more support.



## Could you be a Young Carer?

Young Carers are those under 18 that provide unpaid support to someone at home who has a long-term disability, mental health difficulties, problems with drugs and alcohol or are siblings of children with SEND needs. They carry out tasks and responsibilities which are additional to those appropriate for their age.

### What things might a Young Carer help with?

- Cooking and feeding
- Housework
- Shopping
- Helping to give medicine (e.g. checking blood sugar levels)
- Collecting prescriptions
- Helping someone out of bed
- Dressing
- Looking after siblings
- Emotional support
- Budgeting and paying bills

Being a Young Carer can be very rewarding. Some positives may include:

- Feeling proud of challenges you overcome
- Building resilience
- Learning how to cook, clean, manage money and other skills
- Having a close relationship with family members

### Our Aim

At Southfield Park we can support Young Carers by providing:

- Identifying Young Carer Leads in school: Miss Radcliffe + Miss Ahmed
- A safe space to talk and be listened to
- 1:1 support when needed
- Young Carers groups or activities
- Flexibility with homework, deadlines or attendance where appropriate
- Support during transitions and changes
- An awareness of Young Carers through lessons, assemblies and staff training.

## Why it's important to tell us

- Being a Young Carer can affect learning, wellbeing and friendships
- You may be missing out on clubs, activities or time with friends
- It helps school understand your situation better
- We can make small changes that make a big difference
- Everything shared is treated with care and confidentiality.

### Support for parents and carers:

- We can offer a listening ear and non-judgmental support
- Signposting to local services
- A whole-family approach to reduce pressure on children where possible.

If you think you may be a Young Carer please complete the slip below and return it to the school office or the ELSA room.

Young Carers

Please return to the school office

Name: \_\_\_\_\_

Class: \_\_\_\_\_