

Young Carers

at

Insert your school name here

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.

Young carers do all kinds of things to help out at home...

We do chores, cook meals, do the washing and cleaning, help a parent or sibling get up, washed and dressed, order, collect and give medicine, do the shopping, make phone calls, translate, deal with professionals, pay bills, and provide a shoulder to cry on.

I also have to try to get to school on time, do my schoolwork, and then my homework, make time for my friends and find some time for myself.

Who's here to help young carers in our school?

Young Carers Lead:

The Pastoral Lead:

School Nurse:

Anyone else:

Come along to our school's Young Carers group

When:

Where:

Time:



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**YOUNG
CARERS**



www.westsussex.gov.uk/youngcarers

You can download this document and other Young Carers resources at <http://schools.westsussex.gov.uk/Page/7645>