



Our Approach to supporting Young Carers

Introduction

Fulbourn Primary School is committed to supporting Young Carers to access education. This policy aims to ensure Young Carers at Fulbourn 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 unwell, or has a substance or alcohol misuse problem. They carry out, often on a regular basis, significant or substantial caring tasks, taking on a level or 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 and practical support, and emotional support.

- Physical and practical support could range from 'reminding mum to take a tablet once a day' to 'helping Dad get out of bed and get washed and dressed in the morning.'
- Emotional support could range from 'keeping my brother company and talking things through with him to make sure he is feeling ok' to 'preventing further suicide attempts from mum.'

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

Physical support

- Helping carry and lift heavy things
- Helping with mobility and moving around
- Managing and administering medication
- Supporting with getting washed and dressed

Emotional support

- Talking things through
- Listening
- Reassuring the person cared for and reassuring siblings
- Worrying
- 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

Fulbourn Primary School acknowledges that there are Young Carers among our 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 for extra-curricular activities
- Isolation, embarrassed to take friends home
- Limited social skills
- Bullying
- 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 be unable to attend parents' evenings. Our aim is to create a culture where young carers and their families feel **safe to disclose** their caring role.

Support Offered

Fulbourn 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 Young Carers' education is important.

The Young Carers Champion is Kerry Middleditch, Pastoral Lead.

Fulbourn Primary School will

- Appoint a Young Carers Champion to coordinate the support for Young Carers and be a point of contact for young carers and their parents. Where appropriate the Young Carers Champion will liaise with external services to provide support to the Young Carer and their family.
- Provide Young Carers with opportunities to speak to someone in private, appreciating that Young Carers will not discuss their family situation unless they feel comfortable. The young person's caring role will be acknowledged and respected.
- Treat Young Carers in a sensitive and child-centred way, upholding confidentiality.
- Ensure Young Carers can access all available support services in school.
- Follow safeguarding procedures regarding any Young Carer at risk of significant harm due to inappropriate levels of caring.
- Promote discussion and learning in all areas of the curriculum to facilitate fuller understanding, acceptance of and respect for, the issues surrounding illness, disability and caring.
- Provide staff access to information and training to enable them to recognise indications that a child has a caring responsibility.
- The school ensures young carers and their families know how to access support by displaying information about available support in school and on our website.
- Identify young carers on its internal management system so that attainment and attendance of young carers is understood.
- Offer support to the pupil and their family during the transition process, sharing agreed information with their new school/college/ university lead for young carers.

Available provision includes (but is not limited to):

- Access to homework clubs (where these are available).
- Support to attend enrichment clubs
- Access for parents with impaired mobility.
- Alternative communication options for parents who are sensory impaired or housebound.
- Signposting and referral to appropriate support services.