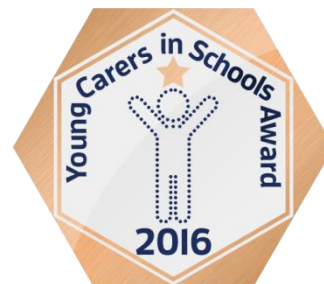


Young Carers

A **young carer** is someone aged 18 or under who helps look after a relative who has a condition, such as a disability, illness, mental health condition, or a drug or alcohol problem.

Most **young carers** look after one of their parents or care for a brother or sister.



What activities might their caring role involve?

The tasks and level of caring undertaken by young carers can vary according to the nature of the illness or disability, the level and frequency of need for care, and the structure of the family as a whole.

Young carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult. These can include:

- | Practical tasks – cooking, housework and shopping.
- | Physical care – lifting or helping someone use the stairs.
- | Personal care – dressing, washing, helping with toileting needs.
- | Emotional support – listening, calming, being present.
- | Managing the family budget, collecting benefits and prescriptions.
- | Medication management.
- | Looking after younger siblings.
- | Helping someone communicate.



What has Fishergate School done to support Young Carers?

- Trained staff to identify pupils who may be carers
- Run a dedicated club to support potential young carers
- Signposted to young carers where support is available to them in school
- Linked with the York Carers Trust, and raised funds for this charity which supports some of our pupils
- Helped our pupils understand the challenges and rewards faced by young carers, through assemblies, circle time sessions

We are proud to have been awarded the Young Carers Bronze Award by the Carers Trust in 2016.

The designated school lead for young carers is Dani Rees, deputy headteacher.