



## **Young Carers**

A young person under 18 years of age who helps to look after a family member who is disabled, physically or mentally ill or has a substance misuse problem. Caring can involve physical or emotional care, or being responsible for someone's safety and wellbeing. The level of responsibility assumed by a young carer is often inappropriate to their age and beyond the level of simply helping out at home as part of the process of growing up.

Young Carers might experience:

- Being late or absent because of responsibilities at home
- Concentration problems, anxiety or worry in school
- Emotional distress
- Tiredness in school
- Lack of time for homework
- Poor attainment
- Becoming angry or frustrated
- Isolation-feeling no-one understands
- Bullying
- Low self-esteem

Therefore, it is extremely important that we support our Young Carers in any way that they may need.

## **What we do at Victoria Primary School**

At Victoria Primary School are aiming to become a Young Carers accredited school. There are 13 points on the Young Carers charter that need to be met and only when this has been done are

schools awarded accredited status. We show a great understanding of Young Carers and have sufficient provisions in school to look after their needs, as these may differ from their peers.

## **Young Carers' Leads**

Mrs Davies and Mrs Hall are our Young Carers' leads and directly support our group of Young Carers. There is also time set aside in case a Young Carer needs to talk in confidence. If you think you or anyone you know is a Young Carer at Victoria School please speak to Mrs Davies, or Mrs Hall, who can help.