

## Young Carers



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***We all know the difference it can make when someone just listens and really hears what you are saying. You don't always need a solution, a life can be changed by helping someone to find the support that they may really need.***

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### **What is a young carer?**

A young carer is under 18 and provides unpaid help and support for someone with a long term physical disability, mental health condition or problems with drugs and alcohol.

### **Is your child a young carer?**

Young carers look after family members or friends, living in the same house or elsewhere. They may be providing a variety of help, ranging from practical assistance with cooking or cleaning to personal care such as helping with washing, dressing and lifting.

They also provide emotional support. This may include supporting a brother or sister when they are angry, listening to their worries and keeping them company. It could also be supporting one of their parents who may be suffering with mental health, coping with their anxiety and mood swings or unusual behaviour.

Young carers may also have extra responsibilities like washing, Hoovering or helping fill out forms. They may also need to take on other roles such as making sure daily tasks are completed.

Here at St Giles' we recognise that young carers have individual needs and may need extra support.

We are flexible in our approach and offer individual and group sessions to our young carers. During these sessions we;

1. Think about the support and understanding a young carer may need.
2. Listen and hear what young carers are saying.
3. Respond to the needs of our young carers



Emotion Wheels

If you think your child may be a young carer, please contact us at [jpirt@stgiles.surrey.sch.uk](mailto:jpirt@stgiles.surrey.sch.uk) or call the school office on 01372 272017