



BROOK FIELD PRIMARY SCHOOL

Young Carers Policy Statement

INTRODUCTION

Brook Field Primary School is committed to supporting all individuals, including Young Carers, in accessing school life while also fostering their confidence and nurturing their individuality. This policy aims to ensure Young Carers at Brook Field Primary School are identified and offered appropriate support and opportunities.

DEFINITION

A Young Carer is a child or young person who is helping to look after someone –often a parent, grandparent or sibling but it can also be another relative/friend. They may need to support someone with a disability, long-term illness, mental health condition or a substance dependency.

The caring tasks that a Young Carer can deal with ranges from:

- Nursing care -including giving medication, injections, changing dressings and assisting with mobility.
- Personal intimate care - including washing, dressing and feeding.
- Emotional care - being compliant, monitoring the emotional state of the person cared for, listening and being a shoulder to cry on.
- Domestic care - doing a substantial amount of housework, cooking, shopping, cleaning and laundry.
- Childcare - taking responsibility for younger siblings.

Brook Field Primary School acknowledges that there are Young Carers among its pupils, and that being a Young Carer can make accessing school more difficult due to their responsibilities at home. A Young Carer might experience:

- 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
- Being late or absent due to responsibilities at home
- Behavioural problems (taking out their anger or frustration)
- Lack of time for extra-curricular activities
- Feeling that no one understands and that no support is available
- Low self esteem

It also needs to be recognised that there may be some Young Carers at Brook Field that the school is not aware of.

SUPPORT OFFERED

As a holder of the Swindon Carers Young Carer Award, Brook Field Primary is keen to provide support for Young Carers. Through regular check-ins and drop-in activity sessions we aim to provide Young Carers with support to develop their self-esteem and individuality. There are opportunities for Young Carers to talk to individual members of staff if they have any concerns or are worried. We also have a Young Carers section of our website, where information, updates and links to support materials are easily accessible.

Our provision will aim to assure:

- Acknowledgement and respect of the young person's caring role.
- Opportunities to speak to someone in private, and not discussing their situation in front of their peers.
- Appreciation that Young Carers may not wish to discuss their family situation unless they feel comfortable.
- Work with the Young Carers is carried out in a sensitive and child-centred way, upholding confidentiality.
- Young Carers can access all available support services in school.
- All staff have access to information and training to enable them to recognise that a child has a caring responsibility.

Further information can be found at:

[http://www.swindoncarers.org.uk/for-carers/Young Carers/](http://www.swindoncarers.org.uk/for-carers/Young%20Carers/)

Swindon Carers Centre

Swindon Advice and Support Centre

Sanford House

Swindon

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