Date of last review:	September 26	**Review period:**	Annually
Date of next review:	September 27	**Owner:**	Director of Trust Safeguarding and Culture

Young Carers Policy

Empowering People – Shaping the future

Introduction

Supporting our students – Guidelines for staff

Sarum Academy is committed to supporting Young Carers to access education. This policy aims to ensure Young Carers at Sarum Academy are identified and offered appropriate support to access the education to which they are entitled.

Definition

Young carers are children and young people under 18 years old who provide regular and ongoing care to a family member who is physically or mentally ill, disabled or misuses substances (ADASS, ADCS and The Children's Society, 2012).

Caring Tasks

Young Carers may have whole or shared responsibility for looking after a sibling, parent, grandparent or other relative. In some instances, a Young Carer may care for more than one family member and/or may have a disability themselves.

A Young Carer will take on additional responsibilities to those appropriate to their age and development.

The caring tasks that a Young Carer may have to deal with could range from:

- Nursing Care – giving medication, injections, changing dressings, assisting with mobility etc.
- Personal intimate care – washing, dressing, feeding and helping with toilet requirements.
- Emotional care – being compliant, monitoring the emotional state of the person cared for, listening, being a shoulder to cry on, supporting a parent through depression and trying to cheer them up.
- Domestic care – doing a substantial amount of housework, cooking, shopping, cleaning and laundry etc.
- Financial care – running the household, bill paying, benefit collection etc.
- Childcare – taking responsibility for younger siblings in addition to their other caring responsibilities.
- Interpretation – for hearing/speech impairment or English as an additional language.

Possible effect on education: Sarum Academy acknowledges that there are Young Carers among its 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
- 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.

Support Offered:

Sarum Academy 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.

A Young Carer Lead will be appointed and they will be the main contact for the Young Carers in school. The Young Carers Lead will meet with the Young Carers on a regular basis and will liaise with the Head of Student Welfare.

Sarum Academy will:

- Provide Young Carers with opportunities to speak to someone in private and will not discuss their situation in front of their peers.
- Appreciate 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 child protection 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 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 caring responsibility.

In addition, Sarum Academy will recognise that flexibility may be needed when responding to the needs of Young Carers. Available provision includes (but is not limited to)

- Access to a telephone during breaks and lunchtime, to telephone home.
- Negotiable deadlines for coursework and homework (when needed).
- Access to homework clubs (and where these are available).
- Arrangements for school work to be sent home (when there is a genuine crisis).
- Access for parents with impaired mobility.
- Alternative communication options for parents who are sensory impaired or housebound.
- Advice to parents if there are difficulties in transporting a Young Carer to school.

Safeguarding and Confidentiality

Young carers may face safeguarding risks due to the nature or extent of their responsibilities. Safeguarding remains paramount, and the academy will:

- Ensure staff understand safeguarding implications for young carers
- Share information appropriately and lawfully
- Work closely with local authorities and external agencies

National and Local Support / Resources

National

About Us - Caring as a Young Carer

Being a young carer: your rights - Social care and support guide - NHS

Young Carers | Mental Health Advice | YoungMinds

Young carers: who are they and why do they need support? | Action For Children

Young carers | Barnardo's

Wiltshire

Support for young carers - Wiltshire Council