



**Carer Support
Wiltshire**

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Young Carer Awareness Information

Digital Pack for Wiltshire Schools, Sixth Forms and Colleges.

Freephone 0800 181 4118

Admin office 01380 871690

<https://carersupportwiltshire.co.uk/young-carers/>



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Who are Carer Support Wiltshire?

Carer Support Wiltshire supports schools to help unpaid carers from the age of 5 and upwards. Our young carer team is committed to helping young carers be identified as early as possible so they can get the support they need in order to finish education and achieve their potential.

Every day across Wiltshire, young people help to look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.



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Quick Facts – Young Carers

- Recent research shows that as many as **1 in 5** secondary school children could be a young carer.
- Many young people start their caring journey from as young as **5 years old**.
- As many as **27%** of young carers aged **11-15** miss school due to their caring roles.
- **Over one third** of young carers reported having a mental health problem.
- In one survey, **39%** young carers said that nobody in their school was aware of their caring role.
- **68%** of young carers are bullied in schools because of the impact of their caring role.



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Five ways to make your school/college Young Carer Aware:

- Display our [Young Carer Awareness materials around your school.](#)
- Have a designated carers lead worker – find information [here.](#)
- Use a Young Carer Policy – see best practice example (with thanks to Longleaze Primary School) [here.](#)
- Send out Young Carer Identification letter to parents and carers here – [sample letter for parents](#)
- Use pupil premium to support Young Carers, read [Carers Trust guide here.](#)



Practical tips to support Young Carers

Some of the Young Carers who have shared their experiences say these examples can make a big difference for them day to day:

- **Have a carers lead who they know they can talk to.**
- **Have a flexible mobile phone policy/assist them to call home during the day.**
- **Have ways to complete homework during school time.**
- **Have clubs or groups at breakfast, lunchtime or afternoons on a regular basis so they can relax and meet others.**
- **Have access to free after school clubs (Most young carers are likely to be eligible for Pupil premium).**
- **Having access to food at school as often they don't have time for breakfast.**
- **Have access to mental health/counselling support.**



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Downloadable Resources

Download and display Carer Support Wiltshire's Young Carer materials in your classrooms and staff rooms:

- Young Carer Poster – [What's in a Young Carer's School Bag.](#)
- [A guide for 16-17 year olds turning 18.](#)
- Staff Room Poster – [Facts about Young Carers.](#)
- [YACbook.co.uk poster.](#)
- [16-25 poster/flyer here.](#)
- [Drug and alcohol flyer.](#)



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Young Carer Stories

Stacey has cared for her Mum since she was a little girl. Mum has multiple health issues which means she needs physical and emotional support. Because of the challenges of juggling looking after Mum with her studies Stacey found school difficult. Her mental health began to suffer and she struggled with an eating disorder and anxiety. [Read more here.](#)

Celina was 12 years old when her Dad sadly passed away. At such a young age, Celina suddenly had to deal with the loss of her Dad and, as the oldest of her 5 siblings, take on the role of second parent. She also became the main carer for her Mum, who has cerebral palsy, fibromyalgia and also suffers with symptoms of agoraphobia, which means she finds it difficult to leave the house. [Read more here.](#)

[Read more young carer stories on our website.](#)



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Young Carer Referral Maps

Young Carer Referral Process – 5-16

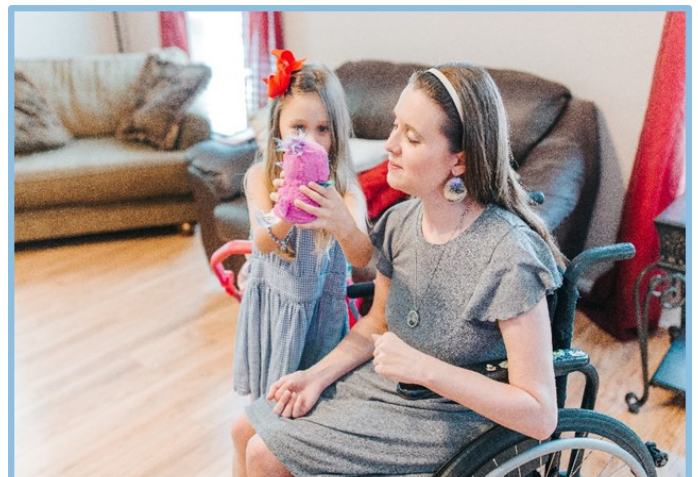
Schools can refer through the [DART process](#).

- Parental consent is required.

Parents and/or Young Carers can self refer for an assessment using the Integrated Front Door on 0300 4560108 or MASH@wiltshire.gov.uk.

Young Adult Carer Referral Process – 16-25

Self referral or professional referral to [Carer Support Wiltshire](#). [Online](#) or by calling 01380 871690.





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Websites and Contact Details

For more information and advice, find our young carers site at <https://carersupportwiltshire.co.uk/young-carers/>

We have a page with information dedicated to teachers and professionals [here](#).

You can also have a look at YACbook, a website for young adult carers (16-25) at www.YACbook.co.uk

For general information, go to www.carersupportwiltshire.co.uk

Should you wish to discuss individual young carer details you can contact the in house team here: youngcarersteam@wiltshire.gov.uk

Sharon Twiggs for information and resources to improve young carer awareness within your school: Sharon@carersupportwiltshire.co.uk

For young adult carers aged 16-25, contact admin@carersupportwiltshire.co.uk

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