



The Benjamin Foundation



Young Carers at John Grant School

What is a Young Carer?

- A carer is anyone, including children and adults, who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. (Source NHS England)
- The care they give is unpaid.
- Young carers are children and young people under the age of 18
- Young adult carers are young people aged 16–25

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Who can you go to for support?



Jo Mixer

Specialist Parent Advisor / DSL



Jess Flowerdew

Social Emotional & Mental Health
Practitioner



Belinda Brookes

Headteacher /DSL

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Support available out of school



Great Yarmouth & Gorleston
Young Carers

