



**“Let your light shine before others”**

Matthew 5 v 16

## **YOUNG CARERS**

At Selwood Academy, we believe that all children and young people have the right to an education regardless of their home circumstances. We acknowledge that there are likely to be young carers among our pupils and that being a young carer can have an adverse effect on a young person's education. We have adopted our young carers policy so that we will be able to relieve some of the worries that young carers may have about home and their school work.

Who are Young Carers?

Young carers are children and young people whose lives are affected by looking after someone at home. They are carrying out tasks and responsibilities in addition to those appropriate for their age. The person they look after may have one or more of the following:

- **Physical disability.**
- **Mental health issues.**
- **Learning difficulties.**
- **Alcohol- or drug-related problems.**
- **Long-term illness.**

The person they care for may be a parent, sibling, or grandparent, and the care they give may be physical and/or emotional. Young carers' responsibilities may include:

- **Personal care (e.g. bathing, dressing, feeding).**
- **Giving or prompting medication/injections.**
- **Shopping.**
- **Housework.**
- **Emotional support.**
- **Looking after younger siblings.**
- **Budgeting and paying bills.**

If you feel that your child may be a young carer, please feel free to get in touch with one of our Young Carer leads listed below, to discuss support that we can put into place.

**Mr A Ellett – SLT Lead for Young Carers** – Located in the Base

**Ms R Hill – Staff Lead for Young Carers** – Located in G5

**Mrs J Parker – Inclusion Team Lead for Young Carers** – Located in B Block Office

## **WHAT WE OFFER TO OUR YOUNG CARERS:**

Dedicated young carers groups and activities, including Wednesday club get together, in G5 during Act of Worship time.

Homework club twice a week during lunchtime in the computer room, on Tuesdays and Thursdays.

Pastoral support from the B Block office staff.

Mental health support and regular check ins.

Young carers noticeboard outside G5, with all the latest news.

Quiet spaces to study when things may seem overwhelming.

Access to sensitive phone calls through a member of staff.

Extra support during transitions between schools or when planning next steps.

**You can also find our Young Carers policy on the school website.**

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## Useful information for local young carer support:

- **The Pod – Zone Young Carers Group:** A Frome-based charity providing a youth club for young carers aged 8–16 (with options to stay until 18) to meet peers and relax.
  - **Meetings:** Wednesdays, fortnightly during term time, 5:30pm – 7:30pm at Sunnyside Community Room, Frome, BA11 1LH.
  - **Contact:** 07842 110574 or [info@thepodcharity.org.uk](mailto:info@thepodcharity.org.uk).
- **Somerset Young Carers Project (Mendip):** Offers support, advice, and regular respite breaks, with a group that meets in nearby Pilton.
  - **Contact:** 07495 548050 or through Somerset Council.
- **Frome Medical Practice - Carers Support:** Offers support for all unpaid carers, including a dedicated Carers Champion to help find local services.
- **YMCA Brunel Group (Mendip):** Runs youth clubs and young carer sessions in the Mendip area for ages 10–19.

### Somerset Council Support

- **Somerset Council Young Carers Service:** Provides support for children under 18 with caring responsibilities. They can help with assessments and accessing support.
  - **Referrals:** Can be made through the Customer Contact Children's Team at 0300 123 2224.
- **Somerset Carers Service:** Offers advice and support for all unpaid carers, including young carers.
- **How to Access Support**
- Referrals for support can be made by young carers themselves, parents, or professionals (such as school staff) via an **Early Help Assessment** to the Somerset Council Customer Contact Children's Team.