



THE SOURCE

# The Source Academy Safeguarding Newsletter

January 2018

## Who is a Young Carer?

A Young Carer is a child or young person aged 18 years or under (or in some cases 25 and under) who helps to look after a family member who has a disability, mental health condition, illness, or a substance misuse problem.

Gov.uk reports that it is most likely that Young Carers care for mother in a single parent household. Where there is a mental health issue, the extent of the care needed is greater, and the unpredictability of the health issue can also cause further concern for a Young Carer.

Helping may be a normal part of growing up, however, this group of young people regularly carry out significant or substantial caring tasks and assume a level of responsibility which would normally be associated with an adult. These activities could include bathing and dressing a family member and younger siblings, cooking, shopping, cleaning, organising medication, taking younger siblings to school and attending appointments with the family member they care for. They are likely to help with finances and provide emotional support as well as looking after themselves.

Barnado's reports that the 2011 census identified 178,000 Young Carers in England and Wales alone; an 83% increase in the number of Young Carers aged 5 to 7 years and a 55% increase in the number of children caring who are aged 8 to 9 years. When figures from the Northern Ireland and Scottish census are taken into account, the total number of Young Carers in the UK total at least 195,000. The average age of a Young Carer is 12!

Often Young Carers are **hidden**. They may not think of themselves as carers, and may not be recognised as such by other people like friends, teachers, GPs and even other family members. Young Carers can be of any age, gender, and ethnicity or from any cultural background.

## What if one of your learners, apprentices or colleagues is a Young Carer?

According to Sheffield Young Carers Association, whilst a Young Carer is likely to say that they take pleasure in caring, they can often find life tiring, worrying and lonely. Being a carer can affect a young person in many ways – including social isolation, bullying, difficulties with studying and with school attendance and achievement, and have physical and mental ill health themselves.

Young Carers are often afraid to ask for help as they fear letting the family down or being taken into care. They probably do need help, however, and there are organisations that can help them with financial, emotional and practical support. If you identify that your learner, apprentice or colleague is a Young Carer take time to find out how it is affecting them.

You can tell them about the “For Me” mobile app from ChildLine that offers one to one chats with a counsellor as well as providing other help and support.

<https://www.nspcc.org.uk/what-we-do/news-opinion/childline-launches-new-app/>

## For more information:

[http://www.barnardos.org.uk/what\\_we\\_do/our\\_work/young\\_carers.htm](http://www.barnardos.org.uk/what_we_do/our_work/young_carers.htm)

<https://www.sheffieldyoungcarers.org.uk/>

<https://www.actionforchildren.org.uk/what-we-do/children-young-people/supporting-young-carers/>

<https://www.nhs.uk/Conditions/social-care-and-support-guide/Pages/young-carers-rights.aspx>

<https://www.childline.org.uk/info-advice/home-families/family-relationships/young-carers/>

If you have any concerns about a learner, apprentice, client or a colleague please follow the safeguarding reporting procedure found on the I drive / Safeguarding and speak to the Safeguarding Officers:

- **Andy Womble on 0114 263 5638 / 075843981447**
- **Helen Lee on 0114 263 5619 / 078278552504**