

Being a Young Carer



Sir John Cass

Sir John Cass's Foundation & Red Coat CofE
Secondary School and Sixth Form College

www.sjcr.net

Young Carers



What is a Young Carer?

A young carer is a young person under the age of 18 who cares for a family member who has a physical illness, physical disability, learning disability, mental ill health or who struggles with a drug or alcohol problem. This means that the young person takes on tasks and a level of responsibility that are inappropriate for someone of their age.

What are inappropriate levels of responsibility?

- lifting, bathing, changing, dressing, medicines, mobility
- cooking, cleaning, shopping, laundry, dishes, gardening
- looking after brothers, sisters, other family members
- staying in, talking, listening, keeping an eye on someone, translating bills or forms

What impact might this have on my child?

Sometimes parents and the young person do not realise that they are a young carer. Many young people are very protective of the people they care for and are proud of the help they give. Many are extremely mature, responsible and sensitive young people but it can also impact negatively on their education through:

- Poor attendance or punctuality
- Concentration problems
- Under achieving/incomplete work/ homework
- Being unable to attend extra-curricular activities
- Feeling worried or anxious or frustrated

If your child is a young carer and you would like the school to know so that they can support your child, you can speak to:

Head of Year 7 – Mr Shams – 0207 790 6712 Ex 141 shams.uddin-salam@sjer.net

Ms Regan – Deputy Safeguarding lead – 0207 791 4969 nicki.regan@sjer.net

Tower Hamlets Youth Service: Young carers and siblings group

The council's Youth Service is operating the Young Carers and Siblings Group. Young carers aged between 8 and 18 years are welcome to attend.

The project aims to:

- provide young carers the opportunity to take a break from the daily responsibilities of being a carer
- provide young carers the opportunity to mix with other young carers in a social setting and engage in sports, leisure and social activities
- support young carers on any issues concerning them and offer more targeted support via the council's Early Help service
- the group can take part in activities such as art, drama, music, photography, canoeing, biking, climbing, swimming, cinema, bowling, day trips and other activities as decided by the young people who attend.

Through club based and non-club based activities the young carers will be supported by youth engagement officers and workers to develop their self-esteem and self-confidence through group based activities and tailored support.

Club session timetable

Induction sessions every Tuesday between 3.30–5.30pm during August 2018.

Club based session will resume every Tuesday from the 4 September 2018.

Session times: 3.30 to 5.30pm

Venue: Limehouse Youth Hub, Limehouse Causeway, London E14 8BN.

The Young carers project poster is available to download.

For more information please contact:

Abdul Azim or Loxley Japal

Tel: 020 7364 6387

Email: Young.Carers@towerhamlets.gov.uk

Young Carers Project
Short Break Sessions for 8 - 18 Year Olds

Training Workshops
ILP's Fun
Life Skills Day Trips Cooking Games

The Young Carers Project offers a weekly respite session for Young Carers aged 8 - 18 living in the London Borough of Tower Hamlets. A variety of educational, enjoyable and fun activities are on offer on a Tuesday evening from 5.00pm - 7.00pm.

If you would like to find out more or make a referral, please contact young.carers@towerhamlets.gov.uk or call 0207 364 7395/3292