

What is a 'Young Carer'?

- aged 5–18
- helps to look after someone who is unwell (it's just something you do as part of your day or week)
- You might help to look after mum or dad, brother or sister, but it could be a grandma, grandad, aunt or other family member



What might a young carer be doing?



Young Carer may have to

- help with cooking or cleaning
- help someone have a bath or go to the toilet
- help someone take medicine
- help someone move around the house.
- make sure someone is okay and they are not sad
- help with doing the shopping.



What can school do to help?

- It is also important that adults in school know that you may have jobs to do at home



- We can let you have some THRIVE time



- We can let other people know and they can find nice things for you to do



What's next?



- Let someone know that you may be a young carer (this could be your trusted adult or a note in a worry box)
- The young carer's champion is Mr Gotheridge.
- Someone will have a chat to you about what you do and home and if there is anything that we can do to help



Are you a
secret
Super-Hero?



If you think
this is you
speak to your
Trusted Adult
or Mr
Gotheridge.



Dallimore Primary
and Nursery
School

Might
you be a
Young
Carer?

[A secret
Super-Hero]

