



**Carer Support  
Wiltshire**



**Young Carer Awareness Information**  
**Digital Pack for Wiltshire Schools,  
Sixth Forms and Colleges.**

**Freephone 0800 181 4118**

**Admin office 01380 871690**

<https://carersupportwiltshire.co.uk/young-carers/>

# Who are Carer Support Wiltshire?

**Carer Support Wiltshire** supports schools to help unpaid carers from the age of 5 and upwards. Our young carer team is committed to helping young carers be identified as early as possible so they can get the support they need in order to finish education and achieve their potential.

Every day across Wiltshire, young people help to look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.



# Quick Facts – Young Carers

- Recent research shows that as many as **1 in 5** secondary school children could be a young carer.
- Many young people start their caring journey from as young as **5 years old**.
- As many as **27%** of young carers aged **11-15** miss school due to their caring roles.
- **Over one third** of young carers reported having a mental health problem.
- In one survey, **39%** young carers said that nobody in their school was aware of their caring role.
- **68%** of young carers are bullied in schools because of the impact of their caring role.





# Is your school/college Young Carer Aware?

Through the **Count Me In!** campaign, we have joined the Carers Trust to call on compulsory education providers to do more to proactively identify young carers and to ensure that they receive the recognition and support they deserve.

## 4 ways to make your school/college Young Carer Aware:

- Display our Young Carer Awareness materials around your school.
- Have a designated carers lead worker – find information [here](#).
- Use a Young Carer Policy – see best practice example (with thanks to Longleaze Primary School) [here](#).
- Send out Young Carer Identification letter to parents and carers here – [sample letter for parents](#)



# Downloadable Resources

Download and display Carer Support Wiltshire's Young Carer materials in your classrooms and staff rooms:

Young Carer Poster – What's in a Young Carer's School Bag [here](#).

A guide for 16-17 year olds turning 18 [here](#).

Staff Room Poster – Facts about Young Carers [here](#).

YACbook.co.uk poster [here](#).

16-25 poster/flyer [here](#).

Drug and alcohol flyer [here](#).





# Young Carer Stories

**Stacey** has cared for her Mum since she was a little girl. Mum has multiple health issues which means she needs physical and emotional support. Because of the challenges of juggling looking after Mum with her studies Stacey found school difficult. Her mental health began to suffer and she struggled with an eating disorder and anxiety. Read more [here](#).

**Celina** was 12 years old when her Dad sadly passed away. At such a young age, Celina suddenly had to deal with the loss of her Dad and, as the oldest of her 5 siblings, take on the role of second parent. She also became the main carer for her Mum, who has cerebral palsy, fibromyalgia and also suffers with symptoms of agoraphobia, which means she finds it difficult to leave the house. Read more [here](#).

What makes **Kerry's** case unusual is that her brother is older than she is but he is severely autistic. And needs constant help. Like many young carers, Kerry, 19, from Westbury, didn't even know she was a carer until she was 12 – it took a visit from social services to point this out. Read more [here](#).



# Young Carer Referral Maps

## Young Carer Referral Process – 5-16

Schools can refer through the [DART process](#).

❖ Parental consent is required.

Parents and/or Young Carers can self refer for an assessment using the Integrated Front Door on 0300 4560108 or [MASH@wiltshire.gov.uk](mailto:MASH@wiltshire.gov.uk).

## Young Adult Carer Referral Process – 16-25

Self referral or professional referral to [Carer Support Wiltshire](#). [Online](#) or by calling 01380 871690.





# Websites and Contact Us

For more information and advice, find our young carers site at

<https://carersupportwiltshire.co.uk/young-carers/>

We have a page with information dedicated to teachers and professionals [here](#).

You can also have a look at YACbook, a website for young adult carers (16-25) at [www.YACbook.co.uk](http://www.YACbook.co.uk)

For general information, go to [www.carersupportwiltshire.co.uk](http://www.carersupportwiltshire.co.uk)

## Contact:

Should you wish to discuss individual young carer details you can contact the in house team here: [youngcarersteam@wiltshire.gov.uk](mailto:youngcarersteam@wiltshire.gov.uk)

Sharon Twiggs for information and resources to improve young carer awareness within your school: [Sharon@carersupportwiltshire.co.uk](mailto:Sharon@carersupportwiltshire.co.uk)

For young adult carers aged 16-25, contact [admin@carersupportwiltshire.co.uk](mailto:admin@carersupportwiltshire.co.uk)

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