



**Carer Support
Wiltshire**

A Network Partner of
**CARERS
TRUST**

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 is 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.

We are commissioned by Wiltshire Council to deliver their young carer service.

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. We support carers of all ages across the county.

www.carersupportwiltshire.co.uk



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.
- On average, young carers miss or cut short **48** school days a year.
- **68%** of young carers are bullied in schools because of the impact of their caring role.

Facts sourced from Carers Trust, Barnardo's, UK Community Foundations, and The Children's Society.



Young Carer Friendly Award

The Young Carer Friendly Award has been developed by Carer Support Wiltshire to recognise good practice for the identification and support of young carers in schools.

Working in partnership with the Wiltshire Healthy Schools programme, you can access the audit online. Wiltshire education providers (primary schools to FE colleges) can access this award at no charge.

Wiltshire schools, who are completing their Wiltshire Healthy Schools accreditation will automatically have access to the Young Carer Award theme. Education providers, who don't currently have access to the Wiltshire Healthy Schools audit can request access to the Young Carers Award by emailing ClareM@carersupportwiltshire.co.uk

You can complete the Young Carers Award independently of the Healthy Schools standards. Settings can choose to just complete the Young Carers Award, although schools involved in the Healthy Schools programme can choose to complete the award before or after they apply for Healthy Schools accreditation – or even at the same time.

[You can access the audit here: Young Carer Friendly Award: Wiltshire Healthy Schools](#)



Downloadable Resources

Download and display our Young Carer materials in your classrooms and staff rooms:

Find posters, handouts, assemblies and more on our [Young Carer website here.](#)

Our young carer website is for young carers, parents, teachers and professionals.

You can find more information about what a young carer is, and there is a handy quiz for young people.

Read stories from other young carers, find out about events and activities and more.



Young Carer Stories

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](#).

Sasha and her brother **Lawrence** look after their Dad who has early onset dementia with neurodegenerative disease. They help their Dad with many things around the house, and have to remind him to eat breakfast, get dressed, and help him as he gets lost around the house. Read more [here](#).

Stacey has cared for her Mum since she was a little girl. Mum has multiple health issues that mean 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](#).



Young Carer Referral Process

If you are a teacher or other professional who has identified a young carer you will need to talk to their parents or guardian about referring them to us at Carer Support Wiltshire.

Once you have parental consent, you can register a young carer with us online on our website, or by calling us on 0800 181 4118 or emailing admin@carersupportwiltshire.co.uk

The link to register online is here: <https://carersupportwiltshire.co.uk/get-started/>

We also encourage you to refer young carers through to Wiltshire Council. You can make the referral to MASH by calling 0300 456 0108 or emailing MASH@wiltshire.gov.uk

Should you have any questions or if you need assistance, please feel free to reach out to our friendly young carer team at 0800 181 4118 or email us at youngcarers@carersupportwiltshire.co.uk

You can find out more by visiting the [young carers section of our website](#).

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](#).

For general information, go to www.carersupportwiltshire.co.uk

Contact:

Should you wish to discuss individual young carer details you can contact the Wiltshire Council in-house team here:

Claire.Stephens@wiltshire.gov.uk

Clare McLaren for information and resources to improve young carer awareness within your school: clarem@carersupportwiltshire.co.uk

For young adult carers aged 16-25, contact

admin@carersupportwiltshire.co.uk

Follow us on social media:

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Young Adult Carer Facebook: **YAC Wiltshire**

Young Adult Carer Twitter **@YACbook**

