

Godstone Primary and Nursery School



Young Carers Policy

REVIEW DATE: January 2022

REVIEWED BY: Headteacher

NEXT REVIEW: January 2024

WRITTEN BY: Laura Skingley

Headteacher:

Nick Usher

Chair of Governors:

Liam McGivern

Introduction

Godstone Primary and Nursery School are committed to supporting young carers to access education. This policy aims to ensure young carers at Godstone Primary and Nursery School are identified and offered appropriate support to access the education to which they are entitled.

The staff member responsible for Young Carers is Laura Skingley.

Definition

A young carer is a child or young person (under 18 years old) who is helping to look after someone. This may be at home, but could also be a person who lives away from the family home. Most are caring for a parent, but some may be taking responsibility for a sibling, grandparent or other relative. It may also be the case that the young carer is looking after a family friend.

In some instances, a young carer may care for more than one person.

The person(s) they look after will have one or more of:

- Physical disability (including sensory disability)
- Learning disability
- Mental health problem
- Chronic illness
- Substance misuse problem

A young carer will take on additional responsibilities to those appropriate to their age and development.

A young carer might be providing the main care or share responsibilities with another family member.

The caring tasks that a young carer has to deal with can range from:

- **Nursing care** - giving medication, injections, changing dressings, assisting with mobility etc.
- **Personal intimate care** - washing, dressing, feeding and helping with toilet requirements.
- **Emotional care** - being compliant, monitoring the emotional state of the person cared for, listening, being a shoulder to cry on, supporting a parent through depression and trying to cheer them up.
- **Domestic care** - doing a substantial amount of housework, cooking, shopping, cleaning, laundry etc.
- **Financial care** - running the household, bill paying, benefit collection etc.
- **Child care** - taking responsibility for younger siblings in addition to their other caring responsibilities.

At Godstone Primary and Nursery School, we believe that all children and young people have the right to an education, regardless of what is happening at home.

When a young person looks after someone in their family who has a serious illness, disability or substance misuse problem, he or she may need a little extra support to help him or her get the most out of school. Our Young Carers Policy states how we will support any pupil who helps to look after someone at home.

Our school:

- Has a member of staff with special responsibility for young carers and lets all new pupils know who they are and what they can do to help.
- Will work with parents and carers sensitively and confidentially and gain permission before making any referrals
- Can put young carers in touch with the local Young Carers Service. We can also put families in touch with other support services.
- Is accessible to parents who have mobility and communication difficulties and involves them in parents' evenings.
- Respects your right to privacy and will only share information about you and your family with people who need to know, in order to help you.
- Will consider alternatives if a young carer is unable to attend out of school activities e.g, sports coaching, concerts and other events due to their caring role.
- Allows young carers to telephone home during breaks and lunchtimes.
- Complies with the Disability Discrimination Act by offering disabled parents support to get their children into school.

Further information and support can be obtained from contacting the SENCo, Laura Skingley:
Via telephone- 01883 742 326, the school office or by email: senco@godstone.surrey.sch.uk

Guidance and documents linked to this policy

- Child Protection and Safeguarding Policy
- PSHE and RSE Policy
- Attendance Policy
- Working Together to Safeguard Children 2018
- Keeping Children Safe in Education 2021 (KCSIE)
- The Equality Act 2010

Policy Principles and Values and aims

- The welfare of the child is paramount
- Supporting an open and supportive relationship with the young carer and parents to support the child's best interest is key
- Understanding the full picture of the child's responsibilities helps support staff to best support them during the school day and enables us to make supportive referrals when needed

Policy Aims

- To demonstrate the school's commitment with regard to supporting Young Carers within our community
- To enable the school to effectively identify Young Carers and to signpost for further support

Supporting Children

Our school will support all children:

We recognise that our school may provide an opportunity for children to experience respite from their caring responsibility, but may also be an anxious experience as they worry about the person they are caring for whilst at school. This can impact on their wellbeing and academic progress.

- We will promote a caring, safe and positive environment within the school
- We will sensitively carry out assessments to understand the nature and level of caring support
- We will encourage self-esteem and self-assertiveness, through the curriculum and through positive relationships within the school community.
- We will ensure children are taught to understand and manage mental health and wellbeing through personal, social, health and economic (PSHE) education and Relationship and Sex Education (RSE) and through all aspects of school life.
- We will respond sympathetically to any impact that their young carer role may have on aspects of school life, such as homework, getting permission forms signed etc.
- We will offer details of young-carers, helplines, counselling or other avenues of external support.
- We will liaise and work in partnership with other support services and agencies involved in supporting our Young Carers.

Additional Resources

- <https://www.actionforcarers.org.uk/>
- Young Carer Identification Questions (detailed below in Appendix 1 – original in Young Carer Policy Folder: staffshare > Admin > Policies > Young Carer Policy)
- Action for Carers Referral Form (detailed below in Appendix 2 – original in Young Carer Policy Folder staffshare > Admin > Policies > Young Carer Policy)

Young Carer Identification Questions

The questions in **blue** are for you to use/adapt in your conversations using your skills, experiences and knowledge of the young person.

The text in **black** below each question is to help you understand more about young carers, not to be read out to them.

A list of just the questions can also be found on P.6 for you to type or write on.

1. I wanted to have a quick chat to ask how you are. I've noticed you've *[see signs listed above etc]*. I just wanted to check if you're OK or if there's anything we can do

Explain again that this is a confidential conversation and you will only share what you talk about if you're worried anyone is at risk of harm or to try and get extra help for them and their family.

2. Sometimes when things are happening at home it can affect how we feel at school/college. So, I wondered if there's anyone in your family who needs extra support because of physical or mental illnesses, or any disabilities, or because of drugs or alcohol?

If the answer is YES – this person could be a young carer or young adult carer. Continue with the rest of the questions

3. Do you do anything to help them or look after them? Or to help anyone else in your family because of their *[illness/disability/drug or alcohol use]*? *[If yes]* What kind of things do you do?

This might be practical things like cooking or cleaning, looking after siblings, self-care, providing emotional support, managing finances, personal care (washing/toileting etc), giving medicines, or providing emergency help or first aid.

4. Is there anyone else at home who helps out? Or anyone who doesn't live at home who helps with looking after your family?

Explore this with them. If this young person is the sole carer, or is taking on a lot of caring, they might be very isolated, struggle with their emotions, or need help or support. They might get some support already from services or family/friends who live nearby though, so it's important to ask what they think and feel they need, perhaps offering or referring for a Young Carers Assessment if they want this *[look for information online about Young Carers Assessments in your area]*.

5. Do you often think about or worry about your family when you're not with them?

[If yes] Does it distract you or make it hard to concentrate?

[If yes] Is this on your mind all the time or just when you're away from home?

[If yes] What kind of things do you worry about?

- They might worry they might fall, not take medication, not eat, harm themselves, drink too much alcohol, take drugs, not care for their siblings properly etc.
- This could make the young person anxious, stressed and/or unable to concentrate at school/college.
- It might also mean they are really tired, can't pay attention, are always be checking their phone, or aren't able to meet deadlines with homework.

6. How does this make you feel?

- Allow time for this question – it might take young people time to open up and understand how they feel if they've not talked about this before. They might also get upset so make sure they don't have to go straight back to lessons if that happens.
- You could use feelings cards, picture cards, ask people to draw or use other interactive activities to help them understand and share their feelings. Adapt these activities to the age and interests of the young person you're talking to.
- They might not realise that they are a young carer or think what they do is 'normal' and that everyone does it. They might also have been caring a really long time and so feel indifferent to it as it's how life has always been.
- They might feel worried that talking about this might get them or their family in trouble.
- They may feel they have no choice but to care and that nothing can help.
- Sometimes young carers can feel very alone - that feel no-one asks how they are or how they feel about caring. The focus is on the person they care for.
- Sometimes people feel very positive about their caring and feel they can manage it really well. But sometimes caring can make people feel lonely, left out, misunderstood or not listened to.
- It is important to recognise and celebrate what an amazing thing young people are doing as carers. If they don't mention any, you might want to ask them if there are any positive feelings, things they're good at as a carer or things they're proud of about what they do. Celebrate the positives with them as well as letting them know they can get support for the things that are hard.



7. Do you get time to yourself to relax, see friends or do any hobbies on your own away from the people you care for? Does looking after someone ever take up too much time and stop you doing things you want to do? What kind of things?

Caring responsibilities can mean young people can't always get time for themselves to attend after-school activities, go out with friends, have friends over or have a hobby, leading to isolation and stress.

8. Does caring have any effects on your own health? *[physical and/or emotional]*

- Caring can sometimes cause health problems like back strain, headaches, difficulty sleeping, eating disorders, self-harming, depression, anxiety, and panic attacks
- The 2017 GP Patient Survey found that 39% of young adult carers reported experience of anxiety or depression compared with 28% of young people without a caring responsibility
- If they say yes, think about advising them to see their GP or offer emotional well-being support when talking through Q10 below.

9. How are things going at school/college?

How does caring affect school/college for you?

- For some young carers, school/college is a break from home and they do really well (although stressful periods like transitions, exams or things getting worse at home can affect this)
- For others though, school/college can be hard. They might not be able to attend all the time or be late because of their caring. Some find it hard to concentrate, they might not be able to complete homework on time, or they may get upset/angry which can get them into trouble
- Education can suffer and, on average, young carers GCSE grades are 9 grades lower than non-carers. Support, understanding and flexibility at school/college can make all the difference though.

10. Do you have anyone you already talk to about your caring? You're not alone and there is support out there if you want any *[more]* support.

- In school / college we can offer young carers
Tell them about all types of support available – e.g. someone to talk to, flexibility about homework, not asking questions when you're late, a weekly group for young carers, funding to help you get a break or manage with essentials etc
- Would any of this be helpful for you? *Agree a support plan with the young person*
- Is there anyone you'd like me to talk to who you've already spoken to about this?
- There is also support outside school/college from...
Talk through local support agencies and what they offer e.g. your local young carers organisation or city council support.
- Would you like any more information about this? *If yes, signpost or make referrals if they want this*

Remember this might have been a hard conversation. Ask them if they need anything now and let them know what will happen next. And remember to check how they are again soon – they might feel worried about what they have shared with you afterwards.



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This Form has 5 pages

Date Recd: ID No:

CC Date: Title:

Young Carers Support Application - For Self-Referrals or Professional Referral

How We Use Your Information - for Parent/Legal Guardian: Our Privacy Policy explains why Action for Carers (Surrey) collects your/your child/ward's personal data, how we use it, who we may share it with, and sets out your rights in relation to your data. You can find our Privacy Policy at www.actionforcarers.org.uk and **we recommend that you read it before you complete this form.**

If you have any questions about this form, or about how we use your personal data, please contact us **Telephone:** 0303 040 1234 or call 01483 302748 and ask for the Data Protection Officer **Email:** DPO@actionforcarers.org.uk

Post: FREEPOST Action for Carers Surrey

This information will be processed by Action for Carers Surrey securely and in line with current data protection legislation. Any personal or sensitive information such as health, ethnicity or sexual orientation, that is shared with us may be recorded and is used for the purposes of providing, advice, information and support to your child/ward in their caring role. As a core part of our service we will send out newsletters, invitations to support groups where appropriate, forums and other carer related events and activities, which we run. We also from time to time seek your views to help inform our service provision and compile anonymised statistical data and case studies for commissioning and research purposes.

Is this application being completed by the Parent/Guardian, or by a Professional or Agency/School?

Parent Guardian ☐ Agency/School/Professional ☐

Note: If Agency or School is making this referral please read and explain the above statements to the Parent/Legal Guardian.

Parent/Legal Guardian must indicate the methods by which we may contact them. Please see Consents section at the end of this form (page 4/5).

Young Carers details

First name:		Last name:
Any preferred name?:		
Date of birth:	Gender: Male <input type="checkbox"/> Female <input type="checkbox"/> Other <input type="checkbox"/> Decline to State <input type="checkbox"/>	Young Carer(16+) contact number if direct consent given(see p 5): Young Carer (16+) email if direct consent given (see p 5):
House Number or Name & Street:		
Town:		County:
Postcode:		Ethnicity (optional):
School/College attended:		Are school/college aware of the referral? Yes <input type="checkbox"/> No <input type="checkbox"/>
Contact name (at school/college):	Email:	Phone:
It is helpful if, at the time of referral, if we have your consent to contact your child's current school/college and share information with them as this will help in supporting you and your child: Consent given: YES <input type="checkbox"/> NO <input type="checkbox"/>		
If the young person has their own disability, illness or behavioural support needs, that you would like us to know about, please state below 1/5		

Are there any specific communication needs or religious or cultural considerations you would like us to know about?

Parent/Guardian details

Name:

Which methods of contact may we use to follow up this application ? Please indicate all that apply.

(Wherever possible please provide a telephone or mobile number as this enables us to call you to make our initial contact and assessment)

Telephone No : (if consent given)

Preferred time to contact:

AM ☐ PM ☐ Anytime ☐

Mobile No :(if consent given)

Email: (if consent given)

Main language spoken at home: (Optional but this helps us in supporting your child/ward)

Armed Forces

Is anyone in the family currently serving in the armed forces or is a veteran? Yes ☐ No ☐

Cared-For person details

	Year of Birth/Age Range (U18/ 18-24/ 25-64/ 65-84/ 85+)	Nature of illness/disability/mental health condition/substance misuse:	Formal diagnosis?
Cared For 1			Yes <input type="checkbox"/> No <input type="checkbox"/>
Cared For 2			Yes <input type="checkbox"/> No <input type="checkbox"/>
Cared for 3			Yes <input type="checkbox"/> No <input type="checkbox"/>

Other Members of the Family/Household:

This is optional but it can help us if we know the make up of the family household:

	Relationship to Young Carer (e.g.Grandmother, Grandfather, Sister, Brother, etc.)
Household Member 1	
Household Member 2	
Household Member 3	
Household Member 4	

Additional Safety Information - for staff visiting a family at home:

Does anyone in the home show dangerous behavior/known to be aggressive or violent?

Yes ☐ No ☐

If YES, please give details:

Anything else? Dogs, remote locality etc.

Family support

Is the young person supported by a Child Protection Plan, Child In Need Plan or Team Around The Family?
If YES, please given details of social worker or lead professional:

Name:	Contact number:
Address:	Email:
Please list any known voluntary or statutory service involvement with the family:	

Please select your views of the caring role/situation

Emotional and physical health:	
Sole young carer providing regular emotional and/or physical care for parent/guardian.	
Provides regular emotional or physical care for siblings or older relatives, such as a grandparent	
With parental guidance provides care for siblings or older relatives, such as a grandparent	
Education and learning:	
At risk of/or not in education, employment or training due to caring role (NEET)	
Not reaching educational potential due to caring role	
Education or learning needs being met by school/college	
Identity:	
Is subject to cyber/bullying and harassment from peers due to caring role	
May experience some bullying relating to their caring role	
May have experienced some bullying in the past due to their caring role	
Family and social relationships:	
No support from family or friends around their caring responsibilities	
Some support from family or friends around their caring responsibilities	
Good support from family or friends around their caring responsibilities	
Self-care skills:	
Is required to provide care for self, cared for and/or sibling beyond their age ability	
On occasion required to provide care for self, cared for and/or sibling beyond their age ability	
Not required to provide care for self, cared for and/or sibling beyond their age ability	

Parent/carer factors:	
End of life illness diagnosed within the family	
Long term physical/mental ill health/disability or substance/alcohol misuse	
Low level physical/mental ill health/disability or substance/alcohol misuse	
Emotional warmth and stability:	
Young person's development is impaired due to inconsistent parenting as a result of disability or illness	
Young person's development is not significantly impaired due to inconsistent parenting as a result of disability or illness	
Consistent parenting and young person's development is not impaired	
Family's social integration:	
Family are excluded from school, peer groups and community activities due to illness or disability	
Family experience some social exclusion issues due to illness or disability	
Family have the ability for social integration within school, peer groups and community activities	
Housing, employment and finance:	
Serious debts and poverty impacting on ability to care for child as a result of ill health and loss of income	
Family is affected by low income or employment that does not meet their basic needs	
Housing and income sufficient to meet basic needs of family	

Nature of Caring Role	Examples	Tick all that apply
Physical	Cleaning, cooking, washing, paying bills, collecting medication, carrying things	<input type="checkbox"/>
Practical	Washing, medications, dressing	<input type="checkbox"/>
Emotional	Listening, comforting	<input type="checkbox"/>
Parenting siblings	Helping siblings to get dressed, making them dinner, helping with homework	<input type="checkbox"/>

GP Surgery:	
Please provide details of the GP surgery that the young Carer is registered with:	
GP Practice/Surgery Name:	
Is the young carer registered as a carer with the GP?	Yes <input type="checkbox"/> No <input type="checkbox"/>

Additional Comments :	Please provide any other relevant information that may help us to support the young carer: 'how would the young carer/ benefit from our support, what do they need?'

CONSENTS

1. Agency or School to complete this section:

3/5

<p>Where possible please ask the parent guardian to complete Section 2. If this is not possible, you must still ensure that you have gained their consent to make the referral to us and explained how Action for Carers Surrey will use their data. Please complete the boxes below:</p>		
Name:		Role/Title
Contact Number:		
Agency/Organisation:		
Town:	County:	Postcode:
Email:		
<p>Consent : I confirm that I have explained the privacy and use of information statements at the top of this form to the parent/legal guardian and that I have gained their consents as stated, and for Action for Carers Surrey to process and store the information contained on this form. Please tick to confirm <input type="checkbox"/></p> <p>Has the parent/guardian consented to Action for Carers Surrey sharing information with the school/college? Please tick to confirm <input type="checkbox"/></p>		
Signature		Date:

Note for School/Agency: If returning form by email this should be from your agency or school email address.

4/5

2. Parent/Legal Guardian to complete this consent section:

For all ongoing communication, please indicate if we may contact you by the following methods:

Parent/Guardian: Email Yes ☐ No ☐ Post Yes ☐ No ☐ Telephone Yes ☐ No ☐ Text Yes ☐ No ☐

We will need either an email or a post consent in order to send you information but it helps us if you can select both. Where possible a phone consent can be particularly helpful as it enables us to call to arrange appointments or assessments and discuss support. We will always need an emergency contact number if you child is attending activities or events. **Emergency Contact Number:** _____

If your child/ward is 16+ please indicate if you are happy for us to contact them direct by:

Email 16+ ☐ Post 16+ ☐ Telephone/Mobile 16+ ☐ Text 16+ ☐.

Sharing Information:

Sometimes we may request that the information about you and your child be shared with other professionals, organisations or agencies to help provide you and your child/ward with support where appropriate either now or in the future. Other than the school/college (where we ask consent to share at the time of referral), we will ask for your verbal consent, at the time, should we feel such a referral or sharing of information is appropriate for your child/ward, for example, a referral to be made to Adult or Children's services for an assessment, or in connection with support.

We will not share information without your consent except where disclosure is necessary for safeguarding or as required by law.

We also raise awareness of carer issues both locally and nationally and invite you to participate in consultations and campaigns to help improve services for carers. Please tick if you would like the information listed below:

- Consultations and Campaigns on Issues related to Carers** ☐
Details of other Surrey wide and National Events/Activities ☐
Action for Carers Surrey Fundraising Activities or Events ☐

Some of our data processing services (including IT, Database and Website support, mailing services and event organisers), are provided by consultants or contractors. Where we chose to use these services we do so in accordance with current legislation and take all reasonable precautions regarding the practices employed by them to protect personal information.

You have a right to know what personal data Action for Carers (Surrey) holds about you, to change your preferences or withdraw your consent at any time.

You also have the right to have your data corrected or deleted. Please address any such issues to us in writing to our DPO at the registered address as detailed below or by phone to 01483 302748 or dpo@actionforcarers.org.uk For further information please see our Privacy Policy at www.actionforcarers.org.uk

I consent to the processing of my information as indicated on this form:

Parent/Legal Guardian Name:

Date:

Signature:

Please return this form to by post to
Action for Carers Surrey, Surrey Young Carers, Astolat, Coniers Way, Burpham, Surrey, GU4 7HL

Or by email to syc@actionforcarers.org.uk

Action for Carers (Surrey) Reg Office: Astolat Coniers Way Burpham Guildford GU4 7HL
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