

# YOUNG CARERS PROJECT

Caring for those who provide care



## WORKING IN PARTNERSHIP WITH SCHOOLS ACROSS WALTHAM FOREST

SUPPORTED BY  
**MAYOR OF LONDON**



Thousands of young people under 18 in the UK care for someone else. The Young Carers Project in Waltham Forest is working closely with schools to help identify young carers and offer the support they need.

We also aim to build capacity in schools so that Young Carers can continue to receive support with their education and other needs which may surface as a result of their caring responsibilities at home.

The project will assign a dedicated project officer to come into the school and run a scheme with Young Carers and a nominated schools officer.

## WHO ARE YOUNG CARERS?

Young Carers are children and young people under 18 who are helping to care for a parent or a sibling who may be unwell, have disability or additional needs.

Some tasks a Young Carer may do to help the person who they are caring for;

- Help them to take their medication
- Walk brother / sister to school
- Help with preparing / cooking meals
- Help with chores at home
- Shopping for the family
- Provide emotional support
- Help with cleaning the home
- Translate at appointments

## THIS SCHEME WILL:

- Raise awareness about Young Carers
- Identify "hidden" Young Carers
- Support Young Carers in school
- Refer to Early Help for Whole Family Support
- Celebrate the contribution of Young Carers
- Give the school the opportunity to apply for external recognition – Carers Trust

## WHAT WE CAN OFFER

- Support in school to make sure Young Carers are doing well
- Assign a dedicated family practitioner to provide whole family support
- Help parents to access additional support such as benefits, employment, parenting courses, housing etc.
- Access to young carers club – somewhere to meet other Young Carers and gain additional support
- Trips during school holidays – e.g. Legoland, Thorpe Park, Chessington, Nandos and Residential breaks

If you think you may be Young Carer or know someone that might be, come and talk to the Young Carer's worker or the staff member who has handed this leaflet to you.



For more information on this scheme or the opportunities available for Young Carers, please contact the Young Carers Project.

Tel:  
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