



Young Carers

At Cogan Primary School we are aware that some of our pupils are young carers. A Young Carer is a child under 18 who regularly helps to look after a family member or friend who is disabled, ill, has mental ill health or addiction problem.

Children may engage in:

- Practical tasks (cooking, housework and shopping)
- Physical care (lifting or helping someone use the stairs)
- Personal care (dressing, washing, helping with toilet needs)
- Managing the family budget (collecting benefits and prescriptions)
- Managing medication
- Looking after younger siblings
- Helping someone communicate

The latest Census data for Wales states there are 22,520 unpaid carers aged 5 -24 years old caring for family members in Wales. However, many do not realise they are an unpaid carer which means the figures may not be a true reflection on the number of young and young adult carers providing support to family members on a daily basis.

We know that young carers may need a little extra support to enjoy and do well at school. At Cogan Primary School we are committed to ensuring that all pupils who are young carers are identified, and supported effectively.

We can offer additional pastoral support, small group workshops and access to opportunities outside school. We link up with the local Young Carers Service to offer our pupils more support both within school and outside of school.

At Cogan Primary School we have a lead professional, Lauren Gillingham, who has responsibility for ensuring all young carers are able to enjoy school and make good progress. If you think your child might be a young carer, or could be affected by any of the issues we've highlighted, please let us know by speaking to your Miss Gillingham or Mrs Sibert please contact school on 02920708497.

Any information that is given to us will be treated sensitively and no information will be shared without your knowledge.

If you would like to refer your child for young carers support, you can do so by following these steps:

Cardiff referral process

Young Carer Identified, conversation with the young person around caring responsibilities, consent for referral obtained if a referral is required.

Contact Family Advice and Support 03000 133133

Complete referral over the phone for young carers service

Young Carers assessment for the whole family completed if requested

Support offered if required / meet criteria for the young carers service

Cyngor a Chymorth i Deuluoedd Caerdydd

Cardiff **Family Advice and Support**



YDVideo

Contact Vale of Glamorgan Families First Advice Line 0800 0327322

Complete referral over the phone for young carers service

Assessment completed face to face by the Families First Team (where possible)

Support offered if required / meet criteria for the young carers service

