



**BARNES WALLIS
ACADEMY**

Broadening Horizons



Barnes Wallis Academy Young Carers

At Barnes Wallis Academy our Young Carers group has been running for the last three years and during this time we have enjoyed lots of exciting activities both in and outside school.

We receive training from the Lincolnshire LIVES, which gives us basic first aid skills and much more.

Being awarded the Young Carers Friendly Award by Lincolnshire Healthy Schools has been a great achievement for us.

Our Young Carers have the benefit of being able to have someone to talk to when they need to, and feel safe and secure within our school.

Our Academy has a great awareness of Young Carers, we meet every week and use this time to train, discuss and support each other.

Our students are not judged, they are understood and respected for their additional responsibilities.

Who is a Young Carer?

A young carer is someone aged 18 or under who helps look after a relative who has a condition such as:

- A physical disability
- A learning disability
- A long term illness
- A mental health condition, or misuses substances or alcohol

The majority of young carers look after one or both of their parents, brother or sister. A young carer might also care for a grandparent or someone else from their extended family. They do jobs in and around the home, such as cooking, cleaning, or helping someone to get dressed and move around.

Young carers may need to help a relative deal with their feelings by talking to them, listening and trying to understand their problems.

The difference between young carers and other young people who help in the home is that young carers are often responsible for someone else in their family in a way that most other young people aren't.

What does a Young Carer do?

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, helping with mobility, changing dressings
- **Personal Care** – washing, dressing, feeding, helping with toilet requirements
- **Emotional Care** – listening, being a shoulder to cry on, supporting a relative through depression, being there to talk to, monitoring state of emotions
- **Domestic Care**- washing, ironing, shopping, cleaning and cooking.
- **Financial Care** – paying bills sorting out benefits.
- **Child Care** - looking after younger siblings in addition to their caring responsibilities.

Useful Links

www.carers.org

www.youngcarers.net

<https://babble.carers.org>

An online space where those aged under 18 who are caring for a family member or friend can chat, share experiences and access information or advice.