

Young Carers Policy

Approved by:	G. Plane-Da'Silva	Date: June 2026
Last reviewed on:	June 2026	
Next review due by:	June 2027	

Intent Statement:

“A young carer is someone aged under 18 who cares for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support. Older young carers are also known as young adult carers and they may have different support needs to younger carers.” Carers Trust, 2025

At Litcham School, we recognise that our young carers might need some extra support, so we have developed a policy and agreement which enables us to put this support in place and for our young carers to flourish.

Aims:

- To improve the progress and raise the standard of achievement for young carers
- To address any underlying inequalities between young carers and other students
- To ensure that young carers feel as included and supported within their school community as possible
- To provide opportunities for young carers take as full a part as possible in all school activities
- To ensure that young carers are involved in discussions and decisions affecting young carer provision
- To ensure that young carers have access to appropriate careers guidance and opportunities
- The school recognises that flexibility may be needed when responding to the needs of young carers.
- The policy will be reviewed on an annual basis

Our School:

- Has a member of staff with special responsibility for young carers, and informs all new students who the member of staff is and what they can do to help. We have two designated Young Carers Champions in school: Mrs S Barrett (Student Manager and DSL) and Mrs G Plane-Da'Silva (Assistant Headteacher and DSL).
- Will provide training and information to staff members on how to identify young carers and signpost them to the relevant support. This will be delivered on staff training days.
- Will proactively identify young carers and raise awareness of the issues they face as well as the support that is available (for example during form/tutor time, assemblies, PSHE sessions)
- Will provide a safe and confidential space for peer support groups, overseen by a member of staff, allowing young carers in the school to provide emotional support to each other regarding their caring role.

- Makes referrals to the Young Carers Project where appropriate and with the family and young person's permission.
- Welcomes visits from the Benjamin Project to work with pupils referred for support so they can meet in a safe setting for 1:1 support sessions.
- Will provide information on our support for young carers on our website for current and prospective pupils and parents.
- Will allow young carers access to their means to contact home during breaks and lunchtimes.
- Is physically accessible and has accessible information available to parents who have mobility or communication difficulties.
- Will not make assumptions about family members with disabilities, mental and physical health conditions or substance misuse issues, or label young people and their families.
- Respects the young person's right to privacy and only shares information on them and their family with people who need to know. Their home situation and caring role will not be discussed in front of their peers.
- Treats young carers in a sensitive and child-centred way, upholding confidentiality*. The young person's caring role is acknowledged and respected. *Except in the instance of a safeguarding concern.
- Includes young carers in any existing transition package so that relevant support is highlighted to the young person.

Further Support:

There are some national and local charities and organisations which support young carers and their families outside of school as well, and you might find the following links helpful:

Carers Trust: <https://carers.org/>

Carers Matter Norfolk: <https://carersmatternorfolk.org.uk/>

Caring Together Charity: <https://www.caringtogether.org/>

The Benjamin Foundation: <https://benjaminfoundation.co.uk/>

Norfolk Young Carers Service: www.youngcarersmatternorfolk.org

What we expect from Young Carers	What Young Carers can expect from us
To take part as fully as possible in lessons and opportunities offered in school.	Ensure that Young Carers is a topic covered in tutor time activities at least yearly, and that it forms part of assemblies/ PSHE lessons Deliver staff training on the topic as regularly as is necessary to keep staff informed about procedures. Make staff aware, with permission from the Young carer and their family, when circumstances are likely to interfere with lessons and/or homework. Inform Careers Advisor about any Young Carers and offer them 1:1 careers advice about realistic future opportunities.
Tell us in advance of deadlines if there are issues completing homework.	Allow agreed-upon extensions for homework tasks where possible. Support students to complete homework during the school day (YC group at lunch time; provide a space where YCs can come to do homework during any break or lunch time). Avoid issuing negative points on Go4Schools if extension given for homework for this reason.
Make us aware of any changes to your caring role.	We will facilitate you being able to contact home from reception or another appropriate space if worried during the school day. If necessary, meet with Young Carer (and parents/guardians) to discuss further support.
Let us know if you need more support.	We have 2 staff named as Young Carer Leads who can provide support in the form of weekly meetings for advice/awareness, and who can be approached in person if you have a problem relating to your caring role (Mrs Barrett and Mrs Plane-Da'Silva). There will be group created which will be used to communicate information about meetings, trips, etc. and which can be used by any Young Carers or potential Young Carers to contact designated staff or ask questions relating to being a Young Carer We can provide contact details and information about local Young Carers groups via students and staff contacts.



Our Whole School Strategy:

*Taken from 'Supporting Young Carers: A resource for schools';
Carers Trust, The Children's Society, www.youngcarers.info*

