

Surrey Young Carers—a programme of support for Young Carers in Surrey

The school has close contact with Surrey Young Carers, a charity with whom we can register (with parental permission) our identified young carers; we can refer to for advice and guidance; and who offer some fun “time-out” activities and groups for young carers. For further information about Surrey Young Carers, please visit:

[https://](https://www.actionforcarers.org.uk/who-we-help/young-carers-under-18/)

www.actionforcarers.org.uk/who-we-help/young-carers-under-18/



St Thomas of Canterbury Catholic Primary School

Where every child is special

SToC & Chill Club for Young Carers

Claire Daniels

(Home School Link Worker)

&

Annalise Baldock

(Inclusion Team Assistant)



Making **S=P+A+C+E** for learning



Where every child is special

Who is a Young Carer?

A young carer is a child or young person who is helping to look after someone at home. Most are caring for a parent, commonly in a single parent family, but some may be taking responsibility for a sibling, grandparent or other relative. In some instances, a young carer may care for more than one family member. The person they look after may have one of the following:

- ◇ A physical disability (including sensory disability)
- ◇ A learning disability
- ◇ A mental health problem
- ◇ A chronic illness
- ◇ A substance misuse problem
- ◇ A sibling with autism or other challenging behaviours

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 may include:

- ◇ **Nursing care** - getting medication, changing dressings, assisting with mobility etc.
- ◇ **Personal care** - dressing, feeding and helping move around
- ◇ **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; going to shops, putting out the bins
- ◇ **Child care** - taking responsibility for younger siblings in addition to their other caring responsibilities



SToC & Chill Club — a programme of support for Young Carers at St Thomas`

Claire and Annalise are our champions for our Young Carers club and run half-termly activities/events called 'SToC & Chill'.

Each get together will be different but we hope to do plenty of arts & crafts, baking, playing games and other fun activities. We also hope to take our group on a fun trip outside of school for activities like bowling or ice skating (with pizza of course!) once or twice each school year.

If you think your child may be eligible for our SToC & Chill Club and/or Surrey Young Carers, please contact Claire and/or Annalise for further details.

Claire—hslw@st-thomas.surrey.sch.uk

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We look forward to hearing from you!