



Langtree Young Carers Statement

Did you know that the 2011 National Census identified 178,000 young carers in England and Wales alone?

We are aware that some students may well have caring roles at home. We believe that all young people should have equal access to education as every young person has the right to "put learning first", regardless of what is happening at home.

Young carers generally care for and support members of their family who are resident in their home due to any of the following circumstances:

- **A physical disability or terminal or long term illness** (e.g. MS, arthritis, cancer epilepsy).
- **A mental health illness** - depression, bipolar, borderline Personality Disorder or Agoraphobia.
- **Learning Disability.** This includes Asperger's, Autism and ADHD.
- **An interpreting role.** e.g. A young carer may need to support the individual with a learning disability to manage finances or to read, write and correspond.
- **Substance misuse** – drugs or alcohol.
- **Domestic Abuse.** A young carer may have to manage the aftermath of an incident, or may look after siblings.
- **Families where an individual may be going in and out of a household – Military** or when a person is going in and out of **hospital** or **prison**.

When a young person helps to look after someone in their family by providing physical care, assistance, emotional support or monitoring situations that alters their own behaviour to adapt to the day, they may need a little extra support to allow them get the most out of school. We aim to understand the issues faced by young carers and to support any students who help to look after or support somebody at home.

Ways in which we can meet the needs of Young Carers at Langtree School:

We appreciate that there are many impacts on students who provide care or support and we do our best to meet the needs of our Young Carers in school in areas such as:

- Having designated members of staffs who have special responsibility for young carers and can provide students with confidential support and advice in school. By working closely with Reading, Be Free YC and Oxford County Council Young Carer Services we are able to refer and support students and their families.
- Running assemblies on young carers so all pupils understand the issues, carer's rights and support available.
- Somewhere to talk in confidence
- Understanding and emotional support
- Somewhere quiet to complete homework
- Flexibility on deadlines and workloads (when required)
- Access to a phone (especially at lunch time) if necessary
- Help with bullying
- Support in areas such as attendance
- Support with stress and mental well being

- Support with future aspirations
- Support during transition
- Friendship sessions
- Self-esteem sessions
- Healthy eating sessions
- Restorative justice (when required)
- Bounce Back (Bounce Back 4 Kids (BB4K) is a support programme developed by PACT that uses therapeutic techniques to support children who have been victims or witnesses of domestic abuse. The programme works with the children and their parents or carers to come to terms with experiencing family breakdowns).

As part of the registration process we invite all parents to give us information regarding family circumstances which might impact on their child. Unless the school is advised about a pupil's home circumstances, young carers risk first being identified by negative aspects of their behaviour or work. Some young carers worry about bullying or interference in their family life and may seek to conceal their role from their peers and teachers.

Some of the warning signs that might indicate that a pupil has unrecognised responsibilities are:

- Regular lateness or absence, possibly increasing
- Tiredness in school
- Erratic response to homework – incomplete, late or not done
- Lack of concentration, anxiety or worry
- Behavioural problems possibly resulting from anger or frustration
- Under achievement, for potential capability
- Few or no peer friendships
- Victims of bullying
- Emotional
- Lack of interest or aspirations for future
- Parent evenings –possible non-attendance

Our Young Carers that have been identified and registered by Langtree have received support in some the following ways (this can change each year depending on the funding available to each of the localities):

- Access to the Young Carers group at the Didcot Hub or Reading – support group
- Young Carers Oxfordshire Discount Card
- Referrals to Be Free YC
- Days out over weekends and holidays e.g. cinema, canoeing, etc. through Be Free YC.
- Family holiday breaks
- Compass Project through Oxford University (year 10 & 11)
- 1:1 support (6 week intervention)
- 1:1 mentoring (6 week intervention)
- Online access to Babble
- Referrals to other services that are identified
- Youth groups
- Reading offer help at home when needed (short term intervention)
- Newsletters
- Home visits if required
- Referrals to other support agencies for specific family needs
- Any other children in the family are immediately identified and registered
- Doctor surgeries have been made aware of Young Carers
- All referrals are up until the age of 25 years old

For further information please refer to our school website under the Parents and Support tabs.

We encourage parents/guardians to let us know if their child is a Young Carer by emailing atemple@langtreeschool.com or via phone on 01491 680514 Ext 226.