



**Sacriston  
Academy**

# **Young Carers Signposting**

**At Sacriston Academy, we recognise that some pupils may be young carers—children and young people under 18 who provide care, assistance, or support to a family member who has a disability, chronic illness, mental health condition, or substance misuse issue.**

**We are committed to identifying, supporting, and safeguarding young carers to ensure they have equal access to education and opportunities to thrive.**

## Aims

- To ensure young carers are identified and supported appropriately.
- To reduce barriers to learning and participation for young carers.
- To promote the wellbeing and academic progress of young carers.
- To work in partnership with families, external agencies, and carers' services.

## Definition of a Young Carer

A young carer may:

- Provide practical care (e.g. cooking, cleaning, shopping).
- Offer emotional support.
- Help with personal care or medication.
- Translate or interpret for a family member.
- Take responsibility for siblings due to a parent's illness or disability.

## Identification and Referral

School will proactively seek pupil voice throughout the year – asking explicitly if students identify as young carers. This is done through well-being conversations, student surveys and the student confidentiality form.

Staff will be trained to recognise signs that a pupil may be a young carer. These may include:

- Regular lateness or absence.
- Tiredness or lack of concentration.
- Underachievement or disengagement.
- Emotional distress or behavioural issues.

Referrals may come from:

- Self-disclosure by the pupil.
- Parents or family members.
- Staff observations.
- External agencies.

## Support Offered

We will:

- Provide School Based Early Help for the child and family where required
- Designate a named staff member (e.g. DSL or Young Carers Lead) as a point of contact.
- Offer flexible arrangements (e.g. homework deadlines, access to pastoral support).
- Offer practical support such as calling home during breaks if worried
- Provide access to counselling or wellbeing services.
- Liaise with external agencies such as Young Carers Services or social care.
- Monitor academic, social and emotion progress termly via pastoral systems

## Working with Families

We will:

- Engage families in a supportive and non-judgmental manner.
- Respect the family's privacy and cultural context.
- Provide information about support services.
- Encourage open communication between school and home.

## Linked Policies

- Safeguarding Policy
- Inclusion and SEND Policy
- Attendance Policy
- Equality and Diversity Policy

## Signposting - National

### **Young Carers | Mental Health Advice | YoungMinds**

<https://www.youngminds.org.uk/young-person/coping-with-life/young-carers/>

### **Carers Trust**

[www.carers.org](http://www.carers.org)

### **Supporting your child as a young carer | NSPCC**

<https://www.nspcc.org.uk/advice-for-families/how-do-i-support-a-young-carer/>

### **NHS**

<https://www.nhs.uk/social-care-and-support/support-and-benefits-for-carers/being-a-young-carer-your-rights/>

## Signposting - Local links

### **Young Carers Alliance**

<https://carers.org/young-carers-alliance/young-carers-alliance>

### **The Bridge Young Carers Service**

0191 383 2580

### **Family Action**

<https://family-action.org.uk/get-support/>

### **Sacriston Academy**

Please contact us in school by emailing [enquiries@sacristonacademy.co.uk](mailto:enquiries@sacristonacademy.co.uk) and your request will be passed to the Safeguarding Team in school.