

# WE SUPPORT **YOUNG CARERS**

## What is a Young Carer?

A young carer is someone aged under 18 who helps look after a relative who has a **disability, illness, mental health condition, or a drug or alcohol problem.** Most young carers look after one of their parents or care for a brother or sister.

A young person might not consider themselves to be a Young Carer, particularly for a sibling however,

if this caring role impacts other areas of life such as schooling and socialising then support is available.



You're Not in This Alone.



### IS THIS YOU?

"My Mum is sick. I have to stay home from school some days to help her."

"I have to make sure Dad takes his medication each morning and night-time."

"I need to make sure my younger brother and sister get ready for school"

### REST, RECHARGE AND CONNECT

FOR YOUNG CARERS

WHEN: 1.30PM EVERY THURSDAY  
WHERE: FLOURISHING SPACE

📍 Regis Road,  
Tettenhall,  
Wolverhampton.  
WV6 8XG

☎ 01902 558333  
🌐 [www.stregisacademy.org](http://www.stregisacademy.org)



'Life in all its fullness'



# SUPPORTING YOUNG CARERS

## The St Regis Way



# MEET OUR TEAM

St Regis Academy



**MRS S.DOUGLAS**

Designated Safeguarding Lead

**MISS T.BIRD**

Safeguarding Manager



**MRS K.THOMPSON**

Teaching Assistant and Young Carer Coordinator



# ST REGIS PROMISE TO YOUNG CARERS



**Y**ou are important to our school community

**O**ur school is ready to listen

**U**nderstanding what you need is important to us

**N**ot one of our students is in this alone

**G**iving you opportunities to self-identify as carers

**C**reating a safe space to relax and unwind

**A**dding opportunities for trips

**R**ealising that caring roles deserve to be acknowledged

**E**xchanging ideas and opportunities with local schools

**R**aising awareness with staff and all pupils

**S**ignposting to services and working with Wolverhampton Carer Support Team

# STEPS TO A BETTER FUTURE

## WHAT WE PROVIDE

We provide a safe space to talk with fellow carers including staff members with caring roles. A member of our team will provide opportunities to check in with Young Carers to see what help they might need. This could be help with extended learning or an opportunity to complete this at school, help with meal plans and cooking tips, or a chance to share their worries.

## REFERRALS TO

Initial chats may lead to a referral to Wolverhampton Council Carer Support Team. This is a dedicated team who offer support, counselling and social opportunities outside of school.

## SOCIAL OPPORTUNITIES

We provide a lunchtime session for Young Carers in our Flourishing Space to rest and recharge. It is completely voluntary and activities like arts and crafts or games are available if needed. We also have an interactive screen for computer games and access to charge phones or make calls to home. We plan to organise some trips outside of school for Young Carers to experience.

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