



Abbey Primary School Young Carers Policy

Policy Lead: Mrs Stirling-Williams

Designated Lead for Young Carers: Miss M Harman

Deputy Lead for Young Carers (Year 6): Miss C Keirnan

Deputy Young Carer Support (Years 3-5): Miss K Kavanagh

Designated Safeguarding Leads (DSLs): Miss A Watt and Miss A Royle

Policy Date: 9th July 2026

Review Date: 9th July 2027

1. Introduction

At Abbey Primary School, we believe that all children have a fundamental right to an education, regardless of their home circumstances. Some pupils take on responsibilities at home by caring for a family member who is disabled, unwell, experiencing mental health difficulties, or affected by substance misuse. These pupils are known as young carers. We are committed to ensuring that every pupil at Abbey, including those with caring responsibilities, receives the support they need to achieve their full potential. We understand that a caring role can affect a child's attendance, wellbeing, academic progress and participation in school life.

This policy sets out how we identify young carers, raise awareness among staff and families, and provide the support needed to help them thrive.

We are proud to work in partnership with the Young Carers Service at Sutton Carers' Centre, who help us deliver tailored, compassionate support to the young carers in our school community.

2. Definition of a Young Carer

A young carer is a child or young person under the age of 18 who provides, or intends to provide, care for another individual. This is usually a parent, sibling or close relative who has a physical disability, long-term illness, mental health difficulty, or issues with alcohol or substance misuse.

Young carers may take on a range of responsibilities that are normally associated with adults. These may include:

- Practical tasks such as cooking, housework or shopping
- Physical care, including lifting, helping someone dress or mobility assistance
- Personal care such as bathing or feeding
- Managing household finances or medication

- Providing emotional support or supervision
- Looking after siblings due to a parent's condition

These responsibilities can affect a young carer's physical health, emotional wellbeing, social development and academic progress.

3. Our Commitment

Abbey Primary School is committed to:

- Recognising and identifying young carers as early as possible
- Raising awareness of young carers across the school community
- Ensuring that young carers are not disadvantaged due to their caring responsibilities
- Working closely with families and external agencies to provide effective support
- Promoting a culture of understanding, inclusion and respect
- Supporting young carers' emotional wellbeing, attendance and academic achievement
- Ensuring young carers have equal access to opportunities, activities and enrichment experiences
- Listening to the voices of young carers and responding to their individual needs

We recognise the valuable contribution that young carers make to their families and communities. Abbey Primary School is committed to ensuring that no pupil's education, wellbeing, attendance, achievement or opportunities are negatively affected by their caring responsibilities.

4. Identification and Support

At Abbey Primary School, we understand that many young carers may not recognise themselves as young carers or may be reluctant to share information about their home circumstances. We are committed to creating a safe, supportive and inclusive environment where pupils feel confident to seek help when needed.

We identify young carers through:

- Staff training and awareness
- Pupil voice and self-identification
- Parent and carer engagement
- Referrals from external agencies
- Attendance, wellbeing and behaviour monitoring
- Safeguarding and pastoral support systems
- Arbor records and school identification processes
- Partnership working with Sutton Carers' Centre Young Carers Service

Support may include:

- Regular check-ins with a trusted member of staff
- Weekly Young Carers support sessions
- Friday wellbeing check-ins led by the Young Carers Team
- Emotional wellbeing and pastoral support
- Access to ELSA support where appropriate
- Flexible deadlines and additional academic support where needed
- Support with attendance and punctuality

- Assistance with school uniform, equipment, trips and extracurricular activities where appropriate
- Opportunities to attend Young Carers events and activities
- PSHE lessons and assemblies that raise awareness of young carers and reduce stigma
- Information, advice and signposting for families
- Individual support plans where required
- Referrals to Sutton Young Carers' Centre, with appropriate consent

Abbey Primary School is committed to ensuring that young carers are recognised, valued and supported so that they can achieve their full potential both in school and at home.

5. Working in Partnership

We work in partnership with families, external professionals and the Young Carers Service at Sutton Carers' Centre to:

- Share information appropriately and sensitively
 - Plan tailored support for individual pupils
 - Monitor and review the impact of support provided
-

6. Sutton Carers' Centre Contact Information

Sutton Carers Centre – Young Carers Service

Benhill House
12-14 Benhill Avenue
Sutton
SM1 4DA

Telephone: 020 8296 5611

Website: www.suttoncarerscentre.org

Email: youngcarers@suttoncarerscentre.org

7. Staff Responsibilities

- The Designated Lead for Young Carers is: **Miss M Harman**
 - The Deputy Lead for Young Carers (Year 6) is: **Miss C Keirnan**
 - The Deputy Young Carer Support Lead (Years 3-5) is: **Miss K Kavanagh**
 - The Designated Safeguarding Leads (DSLs) are: **Miss A Watt and Miss A Royle**
 - All staff are responsible for being aware of this policy and the potential indicators of a young carer and for sharing concerns with the Young Carers Lead or DSL team.
-

8. Confidentiality and Safeguarding

We respect the confidentiality of all pupils. Information about a young carer's circumstances will be handled sensitively and shared only when it is in the best interests of the pupil and in line with safeguarding and data protection policies.

Any safeguarding concerns identified through young carer support will be reported immediately to the Designated Safeguarding Leads, Miss A Watt or Miss A Royle, in accordance with the school's safeguarding procedures.

9. Monitoring and Review

This policy will be reviewed annually and updated as needed based on feedback from young carers, families, staff and partner services.

Policy Lead: Mrs Stirling-Williams

Policy Review Date: 9th July 2026

Next Review Due: 9th July 2027

Approved by: Mrs Stirling-Williams

Policy Date: 9th July 2026

Review Date: 9th July 2027