



Are you a Young Carer?



Nonsuch Young Carer's group meet on a monthly basis in Room 207. Check student calendar for dates.

Any questions? Ask Mrs Holmes. Office is opposite 207.

Young Carers at Nonsuch can carry a card to allow them to stay in at breaks to complete homework. See Mrs Holmes to access this card.

Member of staff responsible for Young Carers at Nonsuch:

Mrs N Holmes Director of School Improvement (Designated Safeguarding Lead)

Contact email: Safeguarding@nonsuchschool.org

Are You A Young Carer?

Young Carers are children or young people under 18, who care for a family member who may be ill or disabled. They carry out significant caring role, looking after a family member with a long-term illness, disability or substance misuse issue.

The caring role Young Carer does may include one or more of the following:

Emotional support – sitting and listening to the person you care for

Household jobs – extra domestic chores such as cleaning, cooking, washing up, shopping and ironing

Medical care – helping with medicine and injections

Personal care – helping with washing, dressing, feeding or taking them to the toilet

Physical care – helping the person to move around the house or go out.

Caring responsibilities can sometimes affect Young Carers in many areas and many ways.

For example:

Education/Work

Bullied for having a caring role, missing school to help at home, having difficulty concentrating at school or completing homework.

Social

Missing out on social or leisure activities such as going out with friends. This may be because of lack of money or time, difficulty getting to and from activities, or having to be there for the person they care for. This could make a Young Carer feel lonely and feel like they do not have anyone to talk to.

Emotional

Spending a lot of time worrying about the person they care for, resulting in feeling stressed and worrying how they will be able to manage their daily routine as well as their caring responsibilities.

If you think you may be a Young Carer or your child is, please get in touch with Sutton Young Carers Team (Sutton residents) by filling out our online self-referral form. [SELF REFERRAL FORM | suttoncarers \(suttoncarerscentre.org\)](#)

Links to services provided by Local Authorities:

Carer's Trust: [Homepage - Carers Trust](#)

Sutton: [YOUNG CARERS SERVICES | suttoncarers \(suttoncarerscentre.org\)](#)

Kingston: <https://www.suttoncarerscentre.org/young-carers-services>

Merton: [Refer a young carer | Carers Support Merton \(csmerton.org\)](#)

Croydon: [Young Carers: Carers' Information Service \(carerssupportcentrecroydon.org.uk\)](#)

Hounslow: [Support for carers | Support for carers | London Borough of Hounslow](#)

Surrey: [Young carers \(under 18\) | Action for Carers](#)