



Young Carers

‘A young carer is someone who looks after another person. Caring for someone might involve things you do every day, like cooking and cleaning. Or you might have to do much more if your family member can't do some things themselves’.

‘A young carer might look after someone because they're sick, or have a disability or mental health issues. Or, if a parent or family member has an alcohol or drug problem, they may be unable to care for themselves or anyone else’.

If you believe your child is a ‘Young Carer’ please contact the school and ask to speak to Mrs Heron or Ms Groom.

Southend Young Carers Service

<https://www.southendcarers.co.uk/services-for-carers/young-carers/>

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