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## **YOUNG CARERS POLICY**

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<b>Accepted by the Management Committee:</b> <b>Review Date:</b>	<b>October 2025</b> <b>September 2026</b>
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Young Carer Lead - Kathy Johns

Designated Safeguarding Lead – Charlotte Baulch

## **Definition:**

Young Carers are children and young people under 18 years old who provide regular and on-going care to another person who is physically or mentally ill, disabled or misuse substances. Schools need to play a role ensuring they refer identified young carers for an assessment where appropriate.

### **1. Principles**

- 1.1 At Poplar Adolescent Unit we aim to identify Young Carers as quickly as possible
- 1.2 We aim to identify any support they have received and contact them to ensure the link is continued whilst they are with us.
- 1.3 We aim to identify any students who are Young Carers but have not been recognised before and sign-post them to support for their discharge

### **2. Healthy Schools Benchmarking Descriptors:**

- 2.1 Whole school policies in place for young carers.
- 2.2 Training and Awareness for Governors and Senior Leadership Team.
- 2.3 Training for staff lead on Young Carers and participation in the support network group run by Essex Young Carers.
- 2.4 Agree a network of school staff to support the school lead for young carers.
- 2.5 Young carers' issues embedded into wider curriculum and school plans.
- 2.6 There is evidence of identified local external agencies and of established links.

### **3. Actions**

- 3.1 The Education Unit has a member of staff with special responsibility for young carers, this is Kathy Johns.
- 3.2 The Education Unit will work to achieve a Young Carers in Schools Award and have achieved the bronze level in 2024.
- 3.3 The Education Unit has a close relationship with Essex Young Carers service and the local charity 'Supporting carers and families together' (SCAFT) and Action for Family Carers (AFC) and via a referral system to

these agencies they can target support or signpost to further agencies to support.

- 3.4 The Education Unit has referral forms in the department should a student want to self-refer to SCAFT.
- 3.5 Essex Young Carers have a website that can provide advice and has a referral link embedded so students can do this privately if they wish via [Young Carers \(essex.gov.uk\)](http://YoungCarers.essex.gov.uk)
- 3.6 The Education Unit respects young carers' rights to privacy and will only share information about them and their family with people who need to know in order to help them, in line with the department safeguarding procedures.
- 3.7 The Education Unit actively supports young carers on an individual basis.
- 3.8 The Education Unit assists in sign-posting students who are reaching the upper age limit to agencies who can support them as young adult carers.
- 3.9 The Education Unit highlights KOOOTH the on-line support for all students including young carers' mental health needs.

## Signposting

- Essex Young Carers [Young Carers \(essex.gov.uk\)](http://YoungCarers.essex.gov.uk)
- SCAFT – 01268 741811 [www.scaft.org](http://www.scaft.org) email: [info@scaft.org.uk](mailto:info@scaft.org.uk) Contact: Nicola Bennett
- Action for Family Carers AFFC – 03007 708090 [www.affc.org.uk](http://www.affc.org.uk)
- [care@affc.org.uk](mailto:care@affc.org.uk)
- Carers First – 18+ 0300 303 1555 [www.carersfirst.org.uk](http://www.carersfirst.org.uk)  
[info@carersfirst.org.uk](mailto:info@carersfirst.org.uk)
- Youth Service – [youngcarers@essex.gov.uk](mailto:youngcarers@essex.gov.uk) 0345 743 0430 (also support Young Adult Carers aged 16-24)
- POWER project: need to be known to the Police, not under EWHMS or social care. Discharge planning possible. 03330 138926  
[Jethro.bogdanov@essex.gov.uk](mailto:Jethro.bogdanov@essex.gov.uk) and [Fredrick.vanheerden@essex.gov.uk](mailto:Fredrick.vanheerden@essex.gov.uk)
- Emma Dovener, National Co-ordinator, Young Carers in Schools 07725 639 278  
01962 711 511 [emma.dovener@childrenssociety.org.uk](mailto:emma.dovener@childrenssociety.org.uk)
- The Essex Local Offer website holds information on Social Care and Family Support [www.essexlocaloffer.org.uk](http://www.essexlocaloffer.org.uk)
- Healthy School provision can signpost to a school nurse who can advise and refer.
- School achieves The Young Carers in School Gold Award (Carers Trust).