

One in 12 secondary pupils are young carers.

Young carers regularly help to look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

They have extra things to do at home and might help by:

- Cleaning, cooking, shopping.
- Sorting out medication.
- Looking after brothers or sisters.
- Supporting someone physically, like helping them out of bed.
- Supporting someone emotionally, like listening to someone who is upset.
- Helping someone to communicate.

At The Plume Academy, we are listening to young carers.

Any student that is thought to be a Young Carer is met by the Young Carer lead and Young Carer support staff. There is a weekly Drop in Session and Breakfast Hub and a monthly Forum. At these sessions, students can speak to either the Young Carer operational Lead, Mrs Frost, or Young Carer support member of staff, Mrs Wilks.

If you think you are a young carer, do not miss out. If you need it, you could get support to get good marks, with your health and wellbeing, and more.

Whether you're looking for advice, support or just want to get something off your chest, get in touch. Fill in this form, drop it in the message box on both campuses outside the Student Support Centre and Mrs Frost will arrange to meet you for a quick chat.

Any information you give will be treated sensitively and will not be shared without your knowledge. We will not discuss your caring role in front of your classmates.

Name: _____

LG: _____

