

## Young Carers at Pilton



A Young Carer is someone under the age of 18 who helps look after someone with a disability, illness, mental ill health or misuses drugs or alcohol. If you're a young carer, you will most likely help look after a family member, friend or loved one. The role of a Young Carer varies greatly and often includes some or all of the following:

- Sibling Care: looking after brothers and sisters.
- Communication: helping someone communicate with others
- Practical tasks: this can be helping with cooking, cleaning and other tasks such as shopping.
- Physical care: you may help someone move around or get out of bed.
- Helping someone take their medication: you may also help someone collect their prescriptions.
- Emotional support: helping or talking to someone who may be feeling distressed or down.
- Personal care: this can be helping someone get dressed or washed.

Having caring responsibilities can impact young people in different ways. For example, they are more likely to experience emotional disorders like anxiety and depression and have increased absence from their education. They often experience social isolation and feel they are missing out on their childhood. Young Carers also learn many very useful skills as a result of their role as a carer, but at Pilton Community College we want to make sure they get the support they deserve, so we work closely with Devon Young Carers to achieve this.

Devon Young Carers is a registered charity that provides support for Young Carers all over Devon. They work to make sure that young carers are supported through available services, which can include specialist advice, access to respite opportunities, trips, activities and 1:1 support. You can access more information about Devon Young Carers [here](#):

At Pilton Community College we have two designated members of staff to champion our Young Carers: [Mr Tim Lark](#) (Young Carers Lead) and [Mrs Jessica Rowe](#) (Young Carers Champion), alongside all of our amazing pastoral teams and tutors. If you think that you may be a Young Carer, or your son/daughter may be a Young Carer then please do get in touch with school and we will work hard to support you and your child.

Other useful links:

[Kooth](#) - online counselling service supported by the NHS.

[Young Devon](#) - a charity that supports all young people across Devon.

Counselling can be accessed via [Carers UK](#) - a charity that works to support carers across the UK