Young Carers

A Young Carer is a child under 18 who regularly helps to look after a family member or friend who is disabled, has special needs, is ill, needs help communicating with others, has a mental health condition or addiction problem.

Children may engage in:

- Practical tasks including cooking, housework and shopping
- Physical care, lifting or helping someone use the stairs
- Personal care helping someone to dress, wash, helping them with toilet needs
- Managing the family budget, collecting benefits and prescriptions
- Help anyone to take medication regularly
- Looking after younger siblings
- Speak on behalf of someone who has difficulty speaking or communicating with others
- Translate or interpret for parents/carers

The Willows Primary School can support young carers.

If you, or a family member, needs support please contact:

Mrs J. Smith – Family Support Mentor
Jacqui.smith@willows.essex.sch.uk
Tel: 01268 470880 Ext 408

All contact will be treated in the strictest confidence.

Mrs L. Wilson
Deputy Head
Senior Young Carers Lead

Mrs J. Smith
Family Support Mentor
Young Carers Operational Lead