

The card allows me to relax at school as now that I carry my mobile phone I am not stressed about being able to be contacted by my family.



Do you help **look after** someone in your family who is **ill** or has a **disability**?



Does this cause you problems at school?

Want some help?



Who is a young carer?

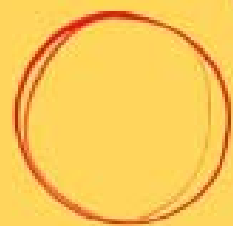
A young carer is a person aged between 4 and 18 who helps to look after someone in the family at home because they are disabled, have been ill for a long time, have a mental health problem or a problem with alcohol or drugs.

They may care alone or as part of a family.

What do young carers do?

A young carer may spend time doing things like cooking, cleaning and shopping. They may also give medicines and tablets to the person they look after or help them to wash or get dressed. Some may help their brothers or sisters to get dressed and take them to school. Some young carers may not do any of these things but they may worry about the person with the illness or disability.

Because of doing these things young carers can sometimes feel tired and not always be able to concentrate on their school work or homework, or they can be worried or feel stressed.



If you are a young carer and think a young carer's ID card would help you please tell your Head of Year or Lead Teacher and they will help you fill in this form

Your name..... Male/Female

Which school do you go to?.....

School Year..... Tutor.....

Head of Year/Contact Teacher.....

Who do you care for?.....

What support do you need?.....

.....

.....

.....

Head of Year signature..... Date

Parent's signature..... Date

Your signature..... Date

Headteachers signature..... Date

Would you like further information on Young carers in your area? Yes/No

When you have filled in the form and had it signed by your parent, please hand to your Head of Year to be signed along with a passport sized photo which is to be placed on your card.

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Note to Head of Year

Please return completed form and photo to (name of lead teacher) who will forward to:
Winchester & District Young Carers, 68 St Georges Street, Winchester, SO23 8AH. Tel: 01962 848039

Ben Hogbin (Manager)
office@wycp.org.uk

Alison Cross (Schools & Support Co-ordinator)
schools@wycp.org.uk

Winchester Young Carers signature Date

Once the young carer's ID card has been produced it will be returned to the school for distribution.

For more information
please contact:

Winchester Young Carers

The Winchester Centre
WINCHESTER
Tel: 01962 848039
Email: office@wycp.org.uk



Find out more by visiting
these websites:

www.youngcarers.net
www.wycp.org.uk



What is the young carer's card?

The young carer's card is for young carers who are having problems at school because they are looking after someone at home.

Young carers can carry the card with them at school and they can show the card to teachers when they are having problems.

The card is for young carers who are unable to or find it difficult to:

- arrive at school on time
- stay after school without earlier warning
- finish homework/coursework on time

or need to:

- carry a mobile phone (on silent) so they can keep in contact with the person they care for
- have flexibility over late arrivals or leaving early
- have extra time and support to complete homework

What will the card look like?

The card will be the size of a credit card and will have your name on the front. On the back will be what you need allowances to be made for. The card will be signed by your Head of Year.

Here are some examples of what your card may say:



How long can I use the card for?

Cards last until the end of the school year, so you will need to apply for a new one each September. If, during the school year, things change for you and you need different allowances to be made, you can apply for a new card at any time.

How do I get a Young Carer's Card?

There is information about how to get a card at the back of this leaflet.

How can Winchester Young Carers help young carers?

Winchester Young Carers helps many young carers in the Winchester District by providing:

In school

- **Designated school lead** - someone to talk to in school
- **ID cards** - ensuring appropriate allowances are made
- **Drop-in sessions** - meet others in similar situations during lunchtime or after school
- **Peer mentors** - opportunity to gain support from older carers in school
- **1:1 support** - to talk through any issues
- **Self Exploration Groups** - safe, confidential group offering opportunity to share experiences

Outside school

- **Activities and outings** to give young carers time out from the caring responsibilities
- **Befriending** - 1:1 time out with trained volunteers; opportunity to talk about worries
- **Information** about other agencies who can provide support to young people
- **Weekly clubs** during term time and **activities** during the school holidays