

How to get a young carer's card

If you are a young carer and think a young carer's card would help you please tell your Headteacher or contact teacher and they will help you fill in this form.

Your name:

Are you: Male Female

Which school do you go to?:

What school year are you in?:

Head of School/Contact Teacher:

Who do you care for?:

What do you need support with?:

.....

..... (this will be printed on your card)

Headteacher signature:

Parent's signature: **Date:**

When you have filled in the form and had it signed by your parent, please email a passport sized photo to your headteacher. They will need to scan the form in and email both the form and photo to:

communications@togetherforchildren.org.uk

Would you like more information on young carers' groups in your area? Yes No

Note to Headteacher

Please scan in completed form and email both the form and photo to:

communications@togetherforchildren.org.uk

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

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?



together for
children
SUNDERLAND





Who is a young carer?

A young carer is a person aged between 4 and 25 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.

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 on time

or need to:

- carry a mobile phone (on silent) so they can keep in contact with the person they care for
- leave early so they can collect young brothers or sisters

For more information please contact:

Sunderland Carers' Centre, Thompson Park, Thompson Road,
Sunderland SR5 1SF

Tel: 0191 549 3768

Email: contactus@sunderlandcarers.co.uk

Find out more by going on these websites:

www.sunderlandcarers.co.uk

Carers Org: <https://carers.org/>

Carers Trust: <https://www.carersuk.org/>

