



FORGE
VALLEY

Young Carers Information Booklet 2025/2026



What is a Young Carer?



A 'young carer' is the name for a child or young person (8-25) who looks after, or helps to look after someone in their family who:


- is physically ill
- has a mental health problem
- has a disability
- has a drug or alcohol problem.

This might be a parent, brother, sister, grandparent or other family member

A young carer may be helping in lots of ways:

- Housework, shopping and cooking
- Looking after younger brothers or sisters / taking them to school
- Helping someone get washed or dressed or move around
 - Listening to someone's problems / keeping them company
- Helping someone take their medication
- Going to hospital and doctor's visits with them
 - Paying household bills

Current Number of Potential Young Carers at Forge



‘I wouldn’t say that my caring role impacts on my life, I’d say that it is my life’

KS3
10

KS4
2

KS5
12

1 in 12 children and young people are young carers

How this can show up in school?

Lateness

- Tiredness
- Unkept uniform/hygiene
- Free School Meal
- Missed homework/lack of organisation
- Communicating in a mature way with staff
- Talking about responsibilities or duties at home



How you can help in your role?

- Ask questions - if you have the opportunity to talk further with a child about the concerns you have - please do!
- Young carers might not know how to start the conversation and may feel uneasy about disclosing their family situation due to stigma. Open the conversation in a gentle and supportive way.
- Report any suspicions to safeguarding/CPOMS
- Offer to introduce the student to one of the young carer leads in school for extra support and guidance.

Barriers to education

Secondary Education

Almost 30% of young carers are regularly late for school because of the demands of their caring situation.

In 2022/23, young carers missed on average 23 days of their education, compared to 14 days for other pupils (Carers Trust)

Only 35.6% of persistently absent pupils achieved grades 9-4 in English and Maths, compared to 67.6% of all pupils (DfE).

Higher Education

Young adult carers have high hopes of going to university or college, 78%, looking forward to studying a subject they love, and 69% looking forward to becoming more independent and meeting new people

But...

Young adult carers are 38% less likely than other young adults to obtain a university degree (UCAS, 2024)

Young Carer Leads



Lower School:

Safeguarding Deputy & Young
Carer Lead

Laura Russell - Ext: 2699

Kirsty Grant - Ext: 2676



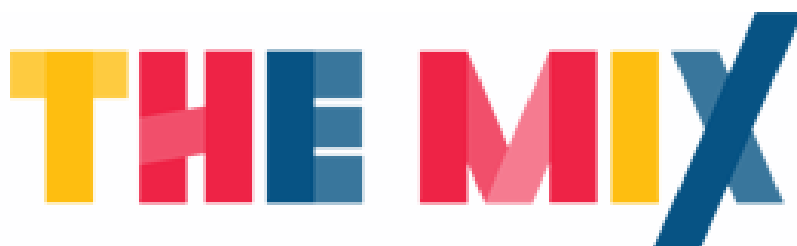
Sixth Form:

Sixth Form Academic and Pastoral
Mentor & Young Carer Lead

Chloe Lyon - Ext 2677



Support Services





Who are young carers and how can we help?

A young carer is a child or young person who provides substantial unpaid care for a relative who has disabilities, long-term physical illnesses, mental health problems and/or drug or alcohol issues.

They may be taking on practical and/or emotional caring responsibilities that an adult would normally take on.

Young carers provide help by doing things like:

- jobs around the house
- shopping
- helping with personal care (bathing, getting dressed)
- giving medication
- providing emotional support
- helping with finances
- looking after themselves or their brothers and sisters.

Sheffield Young Carers can offer you all types of support from:

- one-to-one support
- group support
- trips
- holidays
- support with education, employment, training and transition

Please speak to a member of the safeguarding team if you feel that you may be a young carer and want some support.