

## Supporting Young Carers in Enfield!

### Who are Young Carers?

Young Carers are children and young people aged under 18 who care for a family member who is physically or mentally ill, frail, elderly, disabled, or misuses alcohol or substances. Across the UK, as many as 1 in 5 children and young people are Young Carers. Many Young Carers find it difficult to juggle their studies with the demands at home and can typically suffer from social isolation and low self-esteem. It is crucial that we identify them to give them the support they need. If a child has non or irregular attendance at school, they may be a Young Carer and need more support to attend school.

### How can schools support Young Carers?

- An awareness-raising assembly led by our staff
- Staff training in school or via Zoom led by staff at our centre to help identify Young Carers (you may also find this useful: [www.youngcarersinschools.com/covid-19](http://www.youngcarersinschools.com/covid-19))
- Identify a named lead staff member for Young Carers and communicate this to students
- Signpost Young Carers to Enfield Carers Centre or the Local Authority
- Consider and support Young Carers' mental health
- Clear communication, taking the individual into consideration
- 1-2-1 support or a Young Carers Homework Club could enable Young Carers to reach their potential and avoid falling behind as there may not be anyone at home who can support them and they may face a lack of time or quiet space to complete their work
- Set flexible deadlines to alleviate anxieties about schoolwork
- Be clear on whether schoolwork completed at home will be graded so that Young Carers can prioritise their workload in the little time they have
- Discuss future study and career options with Young Carers so they remain optimistic about what they can achieve

### How can EyPIC support Young Carers?

We support children and young people aged 5–18 who have a caring role and live, or attend school, in Enfield. We offer support, advice, and information to Young Carers and their families. The referral process involves completing one form, then they can access support from our service for **FREE!** Some of the services we offer include:

- Mentoring
- Tuition
- Homework Club
- Support workers can attend educational or pastoral support meetings at school
- Family support, including access to financial advice and food
- Support workers can apply for grants to fund tutors, revision books, etc
- A laptop lending library to enable Young Carers to access educational resources
- Regular social activities and trips to enable social interactions with other Young Carers, fitness sessions, and help with their mental health

**Referral form:** [www.enfieldcarers.org/refer-a-carer-to-ecc](http://www.enfieldcarers.org/refer-a-carer-to-ecc)

**Contact us:** [youngcarers@enfieldcarers.org](mailto:youngcarers@enfieldcarers.org) / 020 8366 3677