



Nottingham
Carers
Association

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www.nottinghamshirecarers.co.uk

Identifying & Supporting Young Carers in Education During Lockdown and Returning to School

Tip 1: Well-being

Caring is really hard work especially during lockdown. Young Carers may need someone to talk to regularly who they trust and understand their caring roles. Have their tutor or someone they know call them each week to see how they are coping and not to just talk about school work. Also having a dedicated email address that students can use can be really useful too.

Tip 2: Well-being

Many Young Carers may not have the equipment at home or be able to access the internet. They may also have to share laptops etc... with other siblings who are also learning from home. It can be difficult for Young Carers to focus on study whilst also caring for a family member. Check with them regularly to offer help with any equipment or extra support they may need.

Tip 3: Workload

The amount of work being sent out could become overwhelming for a Young Carer and they may be too embarrassed or worried to ask for help. During lockdown especially means many Young Carers will have to prioritise family needs over school work. Always clearly tell the Young Carer what work you need them to do along with continuing to offer extra support and understanding.

Tip 4: Returning to School

Some Young Carers have found learning from home easier with balancing their caring roles. Many families are at high risk and so it's natural that Young Carers are anxious about returning to the school environment. Information about going back can help Young Carers and their families prepare. For example, photos and videos of what the rooms look like can be of real benefit.



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Tip 5: Transport

Young Carers may be anxious about travelling to school on public transport or School buses. Let them know if you can offer any other transport options to get them to school safely or any PPE you might have available.

Tip 6: Hidden & New Young Carers

Lots of Young Carers aren't known to their schools. During the pandemic many more young people have become young carers. Along with regular phone calls, sending well-being surveys out to students and their families can help identify students who are caring and it can help identify those who are struggling.



For Advice & Assessments, please email
hub@carerstrustem.org or call **0115 824 8824**

For more information, visit:
www.carerstrustem.org

For further help and advice, contact our School Liaison Worker, Matthew.
Please email **matthew.bird@nottinghamshirecarers.co.uk**
or call **01773 833833** to get in touch