



# YOUNG CARERS

## WHO CAN YOU GO TO?

If you want to discuss anything to do with Young Carers please see:-

Mrs Gilbert-Pastoral Assistant Year7

Sue Foster – Family Support Worker

Mrs Firth – Assistant Headteacher and Young Carer Support

What might a young carer do?

- Practical tasks, such as cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, such as talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

You can  
contact us in  
a number of  
ways

By email:-  
[e.gilbert@wyvern.hants.sch.uk](mailto:e.gilbert@wyvern.hants.sch.uk)

Speak to your  
child's tutor and  
ask them to make  
contact with Mrs  
Gilbert

OR

SPEAK TO ANY  
MEMBER OF STAFF  
AND ASK THEM FOR  
SUPPORT.