

Young Carers at Chepstow School

At Chepstow School, we recognise that some of our learners take on significant responsibilities at home as **Young Carers**. A Young Carer is a child under 18 who regularly helps to look after a family member who is disabled, ill, experiencing mental ill health, or living with an addiction.

Young Carers may be involved in tasks such as:

- **Practical support** – cooking, housework, shopping
- **Physical care** – lifting or helping someone move around
- **Personal care** – assisting with dressing, washing, or toileting
- **Managing household responsibilities** – budgeting, collecting prescriptions
- **Administering medication**
- **Caring for younger siblings**
- **Supporting communication**

When these responsibilities become a necessity rather than a choice, we consider the learner a Young Carer. Research suggests there are over 800,000 Young Carers in the UK, yet many do not realise they fall into this role.

Our Commitment and Award-Winning Support

Chepstow School is proud to have achieved the **Young Carers in Schools Programme Award**, recognising the personalised and adaptive provision we offer to ensure no learner is disadvantaged. Our approach has made a significant impact on the lives of our Young Carers and their families.

Our bespoke support includes:

- **Morning check-in** to ensure our Young Carer has the necessary equipment, knows their timetable, and feels supported and ready to learn
- **Enhanced Transition** programmes to ease key school changes
- **Young Carers Week and Action Day** to raise awareness and educate our school community
- **Staff training** so every teacher understands how to support Young Carers with workload, adaptive learning, and emotional wellbeing
- **Pastoral care, small group workshops, and enrichment opportunities**
- **Strong links with the local Young Carers Service** for additional support beyond school

Chepstow School are passionate about working together to ensure Young Carers feel valued, supported, and able to thrive.

How to Get Support

Our **Lead Teacher, Ms Amy Kite**, oversees provision for Young Carers and ensures they receive the support they need to enjoy school and make excellent progress.

If you believe your child may be a Young Carer, or could be affected by any of these issues, please contact Ms Kite:

 **amykite@chepstowschool.net**

 **01291 635766**

All information shared with us will be treated sensitively and confidentially.

Any websites to add for support:

Young Carers Trust - [Young Carers in Wales - Carers Trust](#)

Support for Young Carers - [Support for young carers | Carers Wales](#)