Millfield Young Carers Spring 2020



Engage, Enquire, Excel

Young Carers

A Young Carer is a child under 18 who regularly helps to look after a family member who is disabled, ill, has a mental health condition or addiction problem.

Children may engage in:

Practical tasks (cooking, housework and shopping)
Physical care (lifting or helping someone use the stairs)
Personal care (dressing, washing, helping with toilet needs)
Managing the family budget (collecting benefits and prescriptions)
Managing medication
Looking after younger siblings
Helping someone communicate

Millfield Primary School can support Young Carers. If you, or a family member, needs support please contact Principal Teacher and Designated Young Carer Lead, Wendy Lee through the school office to arrange a telephone call or meeting. All contact will be treated in the strictest confidence.





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A big thank you goes out to Littleport Rotary Club who kindly donated money to Millfield Young Carers so we could purchase a number of 'hoodies' to wear when we are out and about as a group. The group wanted something that showed that they proudly belonged to Millfield Young Carers. We were also fortunate to be given enough money to have a trip to the cinema. This will take place at the start of the Summer term and we will be proudly wearing our Millfield Young Carer hoodies. To see the look on the Young Carers' faces when they saw the specially printed school blue hoodies was priceless. This group of children are a credit to their parents and school.



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This Spring term we had fun and relaxation with yoga. We used yoga pretzels to help us develop our flexibility, balance and strength. Some of the positions we tried included the warrior pose, downward dog, tree

Useful websites

For further information on Young Carers the following websites may be useful:

https://carers.org/about-us/about-young-carers

https://www.nhs.uk/conditions/social-care-and-support-guide/support-and-benefits-for-carers/being-a-young-carer-your-rights/

https://www.childline.org.uk/info-advice/home-families/family-relationships/young-carers/

http://www.actionforchildren.org.uk/what-we-do/children-young-people/support-for-young-carers/

https://www.barnardos.org.uk/what-we-do/helping-families/young-carers

https://www.childrenssociety.org.uk/what-we-do/helping-children/young-carers