

Useful links

<https://www.caringtogether.org>

<http://norfolkfamilycarers.org/supporting-young-carers/>

<https://www.norfolk.gov.uk/care-support-and-health/get-help-with-looking-after-someone/young-carers>

<https://benjaminfoundation.co.uk/service/boom-young-carers/>

<https://carersmatternorfolk.org.uk/norfolk-groups/connects-and-co-norwich-young-carers-group/>



Mile Cross Primary School is working towards the Carer Friendly Tick Award



Creative Carers



Young Carers Network

A guide for parents/carers of children at
Mile Cross Primary School



Miss Maceachern (SENCO and Inclusion Champion) and Liz Howard Parent Support Advisor.

What is 'Creative Carers'?

'Creative Carers' is a Young Carers network for children at Mile Cross Primary School.

What are Young Carers?

A young carer is someone under 25 who is caring for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.

Why do we need a network?

Young Carers often take on practical or emotional caring responsibilities that other children their age do not have. We want to make sure these children know that there are people to talk to in school who understand and give them some extra quality time to have fun with friends.

Who runs the network?

The group is run by Miss Matthews, Miss Blazer and Mrs. Lach. They are all teaching assistants and trained ELSAs (Emotional Literacy Support Assistants). The network is supported by



Miss Matthews



Miss Blazer



Mrs. Lach

When are meetings held?

Meetings are held each half-term. Children receive an invitation the week before and are reminded by their class teachers on the day.

What happens in meetings?

We might do some crafts activities, play board games, read books, do some simple cookery, play games outside. We encourage the children to come up with their own ideas for meetings.

Children can talk to the group leaders about any worries that they might have.

Do children have to come to meetings?

Children do not have to come to meetings. They can still be part of the network so they have identified people to go to if they have any worries or want someone to talk to.

How can my child join the network?

Please contact Miss Maceachern via the school office or by email: senco@milecrossprimary.norfolk.sch.uk if you would like your child's name to be added to the list, or if you would like to find out more.

The network is very new and we welcome your ideas to grow and improve it so we can better support our Young Carers.



