

## The Queen Elizabeth Academy Information Leaflet

At Academy Transformation Trust, we are proud of our Young Carers and want you to know you are seen and will be supported. We want every student to feel empowered to become confident, competent and capable, so they can thrive.

### Are You a Young Carer?

A young carer is someone under 18 who helps care for a family member or friend who, due to illness, disability, mental health needs or addiction, cannot cope without their support. You might help with practical tasks, personal care, or emotional support.

### What Support Does ATT Offer Young Carers?

At ATT, we are committed to recognising, supporting, and celebrating our young carers. If you think you might be a young carer, or you already know you are, here's how we can help:

#### Types of Support Available at ATT Academies

- **A Named Staff Contact:** Every academy has a Young Carers Champion or a member of staff you can talk to in confidence.
- **Early Identification and Support:** We work to identify young carers early and make sure your voice is heard.
- **A Safe Space:** You can access a safe, welcoming space in school if you need time out or support.
- **Young Carers Support Group:** Join a group where you can meet other young carers, share experiences, and take part in activities.
- **Flexible Support:** We can offer support with homework, deadlines, and supporting you to have great attendance, if your caring role affects your school life.
- **Wellbeing and Mental Health Support:** Access to wellbeing sessions, or someone to talk to about how you're feeling.
- **Help with Transitions:** Support when moving between year groups or schools.
- **Information and Guidance:** We'll help you and your family find out about local services and support.
- **Regular Check-ins:** We'll review your support plan with you to make sure it meets your needs.
- **Celebrating Young Carers:** We recognise and celebrate the resilience, empathy, and maturity young carers bring to our academies.



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### Your Rights as a Young Carer

- To be listened to and involved in decisions about your support.
- To have your caring role recognised and not be asked to do inappropriate or excessive caring.
- To access an assessment of your needs (you don't have to request one – we can help you get started).
- To be protected from harm and supported to achieve your best at school.

### How to Get Support

- Speak to your Young Carers Champion, Head of Year, or any trusted member of staff.
- Ask at the student support hub, SEND hub [change to localised names] or reception for more information.
- You can also talk to your parent or carer and ask them to contact the academy on your behalf.

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### Find Out About Local Support

- Warwickshire Young Carers strive to raise awareness of unpaid carers and encourage recognition of their contribution to society. At the same time, they provide carers with information and support: 01926 963940
- National organisations like Carers Trust, Carers UK, and The Children's Society also offer information and support.

### Useful Links

- [Warwickshire Young Carers Project](#)
- [Carers Trust](#)
- [NHS Young Carers Services](#)
- [The Children's Society](#)
- [Carers UK](#)
- [Young Carers in Schools](#)

