



St Ambrose Barlow RC High School
A Specialist Technology and Applied Learning College
A National School of Creativity



Message box

One in 12 secondary pupils are young carers.

Young carers regularly help to look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol.

They have extra things to do at home and might help by:

- ✓ Cleaning, cooking, shopping.
- ✓ Sorting out medication.
- ✓ Looking after brothers or sisters.
- ✓ Supporting someone physically, like helping them out of bed.
- ✓ Supporting someone emotionally, like listening to someone who is upset.
- ✓ Helping someone to communicate.

At St Ambrose Barlow we're listening to young carers

If you think you are a young carer, don't miss out.

If you need it, you could get support to get good marks, with your health and wellbeing, and more.

Whether you're looking for advice, support or just want to get something off your chest, get in touch.

Fill in this form, drop it in the message box at student services and Ms Wright will arrange to meet you for a quick chat.

Any information you give will be treated sensitively and will not be shared without your knowledge. We will not discuss your caring role in front of your classmates.

Name:	Form:	Date:
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