
Young Carers



St Cuthbert's
Catholic High School

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Young Carers

A young carer is a child or young person who looks after someone in their family who has an illness, a disability or is affected by mental health or substance misuse.

Definition of a Young carer:

- aged between 6-18 years old
- responsibilities they may have in the home can be cooking, cleaning, shopping, looking after siblings, giving medication, helping to wash and dress and listening to their worries.

Support is available from Miss Tierney, our friendly School Lead Officer who's available to offer advice and signpost or liaise with St Helens Young Carers.

[Indicate on the admission form if your child is a young carer so that we can offer support.](#)



“If you do any of these, why not pop down to see Miss Tierney, your friendly School Lead Officer who is available every break time Monday to Friday and during Wednesday and Thursday lunchtime at The Farne and discuss any issues that may be affecting you”

Mrs C Barrett