

# YOUNG CARERS SCHOOL CHAMPIONS

***A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled, has a mental health condition or misuses drugs or alcohol.***



You can also contact us by emailing:  
[youngcarers@theburtonacademy.org.uk](mailto:youngcarers@theburtonacademy.org.uk)



Hello, my name is Anita and I am a safeguarding lead here at the Burton Academy.

We understand that when you are a young carer you might worry about your studies, be worried about someone at home or need someone to talk to.

My office is next door to the reception and you can drop in anytime. Together we can have a chat, look at any help and support that would make things a little easier and explore activities that you might wish to join in with via Torbay Young Carers.

Look forward to seeing you.



Hi, my name is Colleen and I am the school Receptionist/Administrator. I have worked with Young Carers for many years, running evening clubs and helping out at school holiday activities, maybe you have seen me at some of these.

I know how hard it is being a young carer and how sometimes you don't get any time for yourselves to enjoy hobbies etc. or just spend time with friends.

Anytime you are struggling, would like advice or just want a chat, come and find me in the front office.