



# STUDENT CARERS



## CARE, SUPPORT & YOU

A guide for student carers studying  
at South Eastern Regional College.



# Definition of a Student Carer

A Student Carer is someone who provides or intends to provide substantial care for a family member or friend on a regular basis who is disabled, physically or mentally ill, has a long-term illness or a substance misuse problem.



# Are you juggling caring responsibilities?

Are you a student juggling education, with caring responsibilities?

- Getting to college on time and managing attendance.
- Having time to study, complete coursework or assignments.
- Manage behaviour – being able to concentrate, make friends and feel safe.
- Providing personal or physical care.
- Practical care – Household tasks, shopping, and cleaning.
- Emotional support or looking after siblings
- Managing medication, finances, or appointments.

# What might a student carer do?

- Practical tasks, like cooking, housework, shopping
- Physical tasks, like helping someone out of bed
- Emotional support, like talking to someone when they are distressed
- Personal Care, like helping someone get dressed
- Managing the family budget
- Collecting Prescriptions
- Help to give medicines
- Looking after brothers and sisters
- Accompanying someone to medical appointments

If any of these apply to you, you may be a Young Carer (under 18) or an Adult Carer (18+).

# Some of the challenges

At SERC we recognise the challenges being a Young or Adult Carer can have:

- Puts additional responsibility on you
- Peers not understanding
- Makes you feel tired, withdrawn, stressed
- Limited time for self-care
- Difficult to find time to socialise with your friends
- Makes you feel sad, angry, upset
- Avoid telling others outside the family
- Limited social interaction
- Poor attendance at College

If you chose to tell us about your caring responsibilities, you can access the college internal and external help and support

# How do we support you as a Student Carer at SERC?

You can get a Student Carer Support Plan to help you access help and Support. This is a way for the Student Carers Co-ordinator to understand your caring responsibilities, so a plan can be put together to make college life easier.

The Support Plan is individual to the student needs and can include:

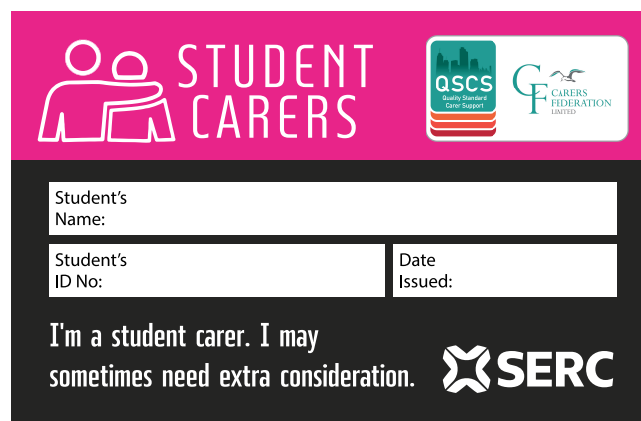
- We can speak with your tutors and explore flexibility regarding assessment deadlines
- We can link you with a range of carer focused organisations who may provide additional financial, emotional or networking support.
- Allowing you to keep your mobile in class, so you are always accessible.
- Sharing the Support Plan with your tutor, to explore creating a college timetable that suits your specific needs, where possible.
- Providing emotional support.
- Creating contingency plans if there are certain times that are more pressured for you.
- Keep in regular contact with you throughout the year.
- Provide opportunities for you to shape the Student Carer Policy.

Make contact by e-mailing: **[studentcarers@serc.ac.uk](mailto:studentcarers@serc.ac.uk)**

# Student Carers Card

One of the key elements of college support is the Student Carer Card. This is issued to Student Carers which they can show to tutors or other support staff.

This helps staff to recognise that the student may require additional support, have to leave early or arrive to class late, set up flexibility around deadlines etc without the student having to explain their caring responsibilities multiple times



The image shows a template for a Student Carers Card. The top section has a pink background with the text "STUDENT CARERS" in white, accompanied by a white icon of two people. To the right are logos for "QSCS Quality Standard Carer Support" and "CF CARERS FEDERATION LIMITED". Below this is a black section with white text and input fields. The first field is for "Student's Name:". Below it are two fields: "Student's ID No:" and "Date Issued:". At the bottom, there is a statement "I'm a student carer. I may sometimes need extra consideration." followed by the "SERC" logo.

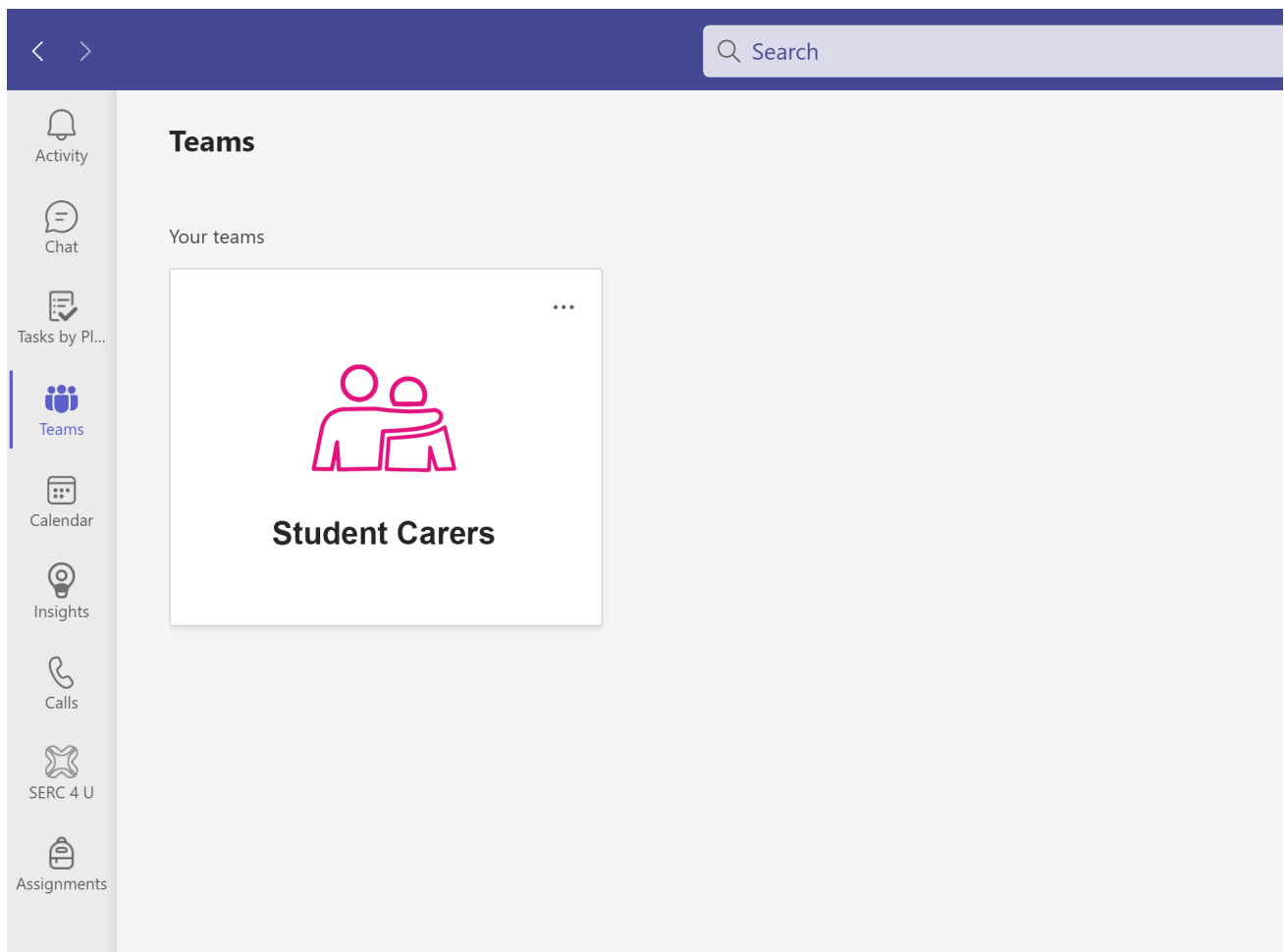
Student's Name:	
Student's ID No:	Date Issued:

I'm a student carer. I may sometimes need extra consideration. **SERC**

# Student Carer dedicated Team Site

Once you are happy to be identified as a Student Carer, you will be added to the Student Carers Team site.

This is a private site for Student Carers to enable you to get access to information to help and support you during your time at SERC. You will find details of arranged college events designed with the Student Carer in mind.





# Quality Standard in Carer Support



South Eastern Regional College (SERC) has achieved the Carers Federation Quality Standard in Carer Support accreditation through the Driving Change Project. We acknowledge that Student Carers cope with the additional responsibilities of caring for a loved one as well as completing their education. We recognise their contribution and have a robust Student Carer support services in place

## How to make contact?

The college carers support team are responsible for supporting students with emotional support, communication with tutors to discuss issues around attendance, deadlines and referring them to internal and external support staff.

If you have newly enrolled at the College or have been here for some time and are experiencing difficulties and not sure who to speak with, then contact the support team who will be happy to listen and help with any enquiries you might have and direct you to the relevant support services.



Contact **Marie Jameson**, Student Carers Coordinator, confidentially at **studentcarers@serc.ac.uk** to arrange a phone call, Microsoft Teams chat, or face to face meeting to identify how we can support you with your studies.

# What external support is available?

SERC has linked up with South Eastern Health and Social Care Trust and Action for Children.



## **South Eastern Health and Social Care Trust**

The Trust is committed to providing support to people who have substantial care needs to minimise the level of caring required by young carers.



## **Action for Children**

Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.

To link up with their services, contact **[studentcarers@serc.ac.uk](mailto:studentcarers@serc.ac.uk)**.





## **SERC Student Carers**

Email: [studentcarers@serc.ac.uk](mailto:studentcarers@serc.ac.uk)

