



1<sup>st</sup> February 2019

Dear Parents/Carers,

We are currently developing our provision for young carers within school. We are aware that some of our pupils are taking on caring duties at home for family members that may not be typical for a child of their age. It is important to us that we are able to support any children who are acting as young carers as, understandably, this additional responsibility can impact on them in a number of ways.

We consider a Young Carer as any child (under 18 years old) who regularly looks after a family member who has an illness, disability, mental illness or addiction. This person may be a sibling, a parent or a member of their extended family.

The types of caring tasks undertaken by a young carer vary greatly but they may involve some of the following:

- Practical tasks (cooking, housework and shopping).
- Physical care, such as, lifting or helping someone use the stairs or physiotherapy.
- Personal care such as dressing, washing and helping with toileting needs.
- Managing the family budgets or collecting benefits and prescriptions.
- Managing and administering medication.
- Looking after or 'parenting' siblings that may have medical needs.
- Helping someone communicate whether that is due to a hearing impairment or because English is not the family's first language.
- Providing emotional support for other family members.

The care being provided by a child may be for a short, intermittent or an extended period of time. As a school there is a wide range of support that we can offer young carers. This may include:

- Having time and support to do homework within the school day.
- Having access to a specific adult to talk to when this is needed.
- Having extra-curricular young carers clubs where pupils can go for respite and to meet pupils who may be in a similar situation.

If you feel that your child is taking on a caring role at home, please let us know by contacting the office and arranging a meeting with Becky Vousden, our young carers lead, or emailing her at [r.vousden@millrythe-jun.hants.sch.uk](mailto:r.vousden@millrythe-jun.hants.sch.uk). I would like to reassure you that any information that is shared with us will be kept confidential and that we are requesting this information so that we can better support our children.

Kind Regards,

Becky Vousden