

Dear parents/carers,

We would like to make you aware of the support available to students who are Young Carers.

A Young Carer is someone under the age of 18 who regularly provides care or support to a family member because of an illness, disability, mental health difficulty or other support need. Young people may take on responsibilities that would usually be carried out by an adult.

Being a Young Carer can be a positive and rewarding experience, and many young people take great pride in supporting their families. However, it can also bring additional responsibilities and pressures that may affect a young person's wellbeing, friendships, education and time to relax.

What might a Young Carer do?

The support they provide can take many different forms, including:

- Practical support
- Cleaning, doing laundry and washing up
- Cooking or preparing meals
- Grocery shopping or collecting prescriptions
- Helping with household administration, bills or budgeting
- Personal and physical support
- Helping a family member move around, use the stairs or get in and out of bed
- Supporting someone with washing, bathing or getting dressed
- Organising or helping with medication or treatments
- Translating, interpreting or helping a family member communicate
- Looking after siblings and other family members
- Caring for younger brothers or sisters
- Helping with school routines, school runs or bedtime
- Supervising a family member who may be vulnerable or need additional support
- Emotional support
- Listening to and comforting a family member
- Helping someone who is distressed or anxious
- Managing the ongoing worry that can come with caring for someone at home

These responsibilities can sometimes mean that young people have less time for their own friendships, hobbies, homework, revision and exam preparation. They may also find it difficult to talk about their responsibilities or may not recognise themselves as a Young Carer.

Support from Imago

A Lewisham-based charity, Imago, provides support specifically for Young Carers. Their services can include home visits, information and advice, telephone support, newsletters, school-holiday activities and monthly Saturday clubs.

These opportunities can help young people meet others who are in similar situations, have time for

themselves and access support that can help them manage their caring responsibilities alongside school and family life.

If you think your child may be a Young Carer, you can make a referral directly to Imago through www.imago.community. Alternatively, you can contact me and I can make the referral on your behalf.

We can also provide additional support in school once we are aware that a student has caring responsibilities. This might include checking in with them, helping them access appropriate support and considering how we can support them with their education and wellbeing.

If you are unsure whether your child would be considered a Young Carer, or if you would simply like to discuss their circumstances, please feel free to get in touch. We are very happy to have an informal conversation and explore what support may be available.

You can contact me at ipaish@deptfordgreen.co.uk.

Thank you for your support in helping us identify and support the Young Carers within our school community.

Kind regards,

Mr Paish
Deputy Headteacher
Deptford Green School