

All Saints' C of E (VC) Primary School

Highlands Drive - Maldon - Essex - CM9 6HY

Headteacher - Mr P.J.Brown B.Ed Hons (NPQH)

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Dear Parents and Carers,

Re: Young Carers

We wanted to remind our families of what support is available for Young Carers. We know that for some children, factors outside of school can have a big impact on them, particularly if there is someone in their family who is ill, disabled, or has a mental health problem or an addiction. We call these children Young Carers.

Some of the reasons children might be considered to be a Young Carer:

- The child might be providing physical support to a parent with a physical illness such helping with cooking, fetching things or assisting with tasks like putting shoes on or doing the shopping;
- They might be helping a parent with a disability who needs assistance with more personal tasks such as getting dressed, bathing or changing wound dressings;
- It could be they provide emotional support – like being there if their autistic sibling is upset, taking responsibility for young siblings whilst parents attend health appointments, or checking that a parent with depression/anxiety is ok.

For children who have siblings with very high needs, the impact this has on them could be the reason they are classed as Young Carers. They might be doing lots of caring, or just a small amount but any amount of responsibility can have an impact on them at home. For example they may be really worried about the person with the health condition or feel resentful or unhappy about needing to do more things for themselves and their family members compared to friends and other children.

Where to get more information:

There is lots of support available for Young Carers and their families should they ever need it – both inside and outside of school. For more information we recommend you visit [Essex Young Carers](#) or contact them directly on 03330322800.

What to do if you think your child is a Young Carer:

If you think that your child might be a young carer then Mrs C White and Mrs J Lavender would be happy to talk to you more and help you to make a referral to the Essex Young Carers service (you are able to self refer if you'd prefer). If you do this yourself, let us know when your referral has been made so we can offer support in school as needed. Even if you feel your child or family are doing really well and don't need any support, being known to the service means that you won't have to start from scratch should the situation change, if things become difficult in the future or if at any point you change your mind.

Please do not hesitate in speaking with one of us if you would like support or would like to know more.

Kind regards

Mrs C White

Mrs C White
Deputy Headteacher

Mrs J Lavender

Mrs J Lavender
Family Liaison and Pastoral Care Officer



"Every Child Shines"

