



Friday 20th September 2019

Re: Young Carers

Dear Parent/Carer,

At Colston's Girls' School we are aware that some of our students are young carers. A Young Carer is someone under 18 who is caring for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult such as cooking, cleaning, taking care of other children or adults, administering medication for other people and household management. These activities should not be confused with normal household chores or family life that students undertake in order to improve resilience. Research suggests there are at least 700,000 young carers in the UK but many do not realise they are a young carer.

There are also Young Adult carers who will be over 18 but taking on the responsibilities expected of an adult. Research has shown that there are at least 376,000 young adult carers in the UK.

We know that Young Carers may need a little extra support to enjoy and do well at school. At Colston's Girls' School we are committed to ensuring that all students who are young carers are identified, and supported effectively.

As Colston's Girls' School's Young Carers' Lead, I have responsibility for ensuring all Young Carers are able to enjoy school and make good progress. If you think your child might be a Young Carer, or could be affected by any of the issues we've highlighted, please let me know by filling in the form below and bringing it into school in a sealed envelope addressed to me as soon as possible. If you do not feel comfortable doing this, or have any further questions, please contact me on rachael.jones@colstonsgirls.org or 0117 942 4328 to speak to me directly.

Any information that is given to us will be treated sensitively and no information will be shared without your knowledge.

Yours sincerely,

Rachael Jones
Head of Student Support Services/Young Carer's Operational Lead

Young Carers' Reply Slip

Student's name: _____

Tutor group: _____

Age: _____

Does the students have parents or other family members who have a long-term illness or disability, or who are affected by mental ill-health or substance misuse and do they carry out responsibilities normally expected only of adults?

Yes No

If you wish, you can give further details here or alternatively phone Rachael Jones on the number provided. We understand that this is sensitive information but it will enable us to provide the best support possible.

Would you like more information about the types of support the school provides to young carers?

Yes No

Please provide a name and telephone number or email address so that we can contact you.

Name: _____

Telephone or email address:

Signature:
