



Whitmore
High School
Ysgol Uwchradd
Whitmore



20/09/2021

Dear parent(s)/guardian(s),

Identifying and supporting young carers at *Whitmore High School*

At *Whitmore High School* we are aware that some of our pupils are young carers.

A young carer is someone under 18 who is caring, unpaid, for a family member, or friend, who is mentally or physically unwell, frail, disabled or who misuses substances.

They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

Research suggests there are **at least** 800,000 young carers in the UK but many do not realise they are a young carer. This means there could be 6 young carers in a class of 30.

We know that young carers may need a little extra support to enjoy and do well at school. At *Whitmore High School*, we are committed to ensuring that all pupils who are young carers are identified, and supported effectively.

As the Young Carers' Lead (**Claire Burgess**) I have a 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. If you do not feel comfortable doing this, or have any further questions, please contact me on **BurgessC37@Hwbcymru.net** or 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,
Claire Burgess



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Reply slip

Pupil's name: _____

Class: _____

Does the pupil have parents or other family members who have a long-term illness or disability, or who are affected by poor mental health or substance misuse? Please delete as appropriate:

Yes No

If you wish, you can give further details here: (not required)

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

Yes No

YMCA provide support for young carers in The Vale of Glamorgan, here is a link to what they can offer and their contact details.

<http://www.ymcardiff.wales/about/what-we-do/family-work/young-carers/>

Email: ValeYoungCarers@YMCAcardiff.wales

Carers of all ages are entitled to an assessment of need via the Local Authority, please see the link below:

https://www.valeofglamorgan.gov.uk/en/living/social_care/adult_services/Carers/Young-Carers.aspx

Phone: 0800 0327322 Monday to Friday: 9.00am – 4.30pm

Email: familiesfirstadvice@valeofglamorgan.gov.uk

Please provide a name and telephone number or email address so that we can contact you about support for your child:

Name: _____

Telephone/email address: _____