



# Upper Beeding Primary School

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Head Teacher: Mr M Andrews

Dear Parent or Guardian,

## Identifying and supporting young carers at Upper Beeding Primary School.

We are committed to ensuring that all students get the support they need to have a positive school experience, are happy in school and can achieve their full potential. We know that for some students, factors outside of school can have a big impact on this, particularly if there is someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction. – we call these students young carers.

Students can be young carers for lots of different reasons:

- ★ They might be providing physical support to a parent with a physical illness such as fibromyalgia or ME, such as cooking, fetching things or helping with things like putting shoes on or doing the shopping
- ★ They might be helping a parent with a disability who needs help with more personal tasks such as getting dressed, bathing or changing dressings
- ★ Or it could be more 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.

Some young carers might be doing lots of caring, others just a small amount but are impacted by the situation at home for example by worrying about the person with the health condition, or needing to do more things for themselves compared to other students.

There is lots of support available for young carers and their families should they ever need it – both inside and outside of school. We can provide extra support here at school. We will be running a half-termly activity afternoon for Young Carers to engage in thera-play based activities, enjoy each other's company and share some treats. Children will also have access to a worry box and time to chat to either Mrs Booth (Young Carers pastoral Support) or myself if they feel they need it. We can also provide parents with advice on benefits, local support groups and more. We will be asking the children to complete a short questionnaire to help to identify possible young carers - if you would rather your child does not take part, please let me know.

If you think that any of the above applies to your child, and that they might possibly be a young carer then please contact me by email or via the school office. ([senco@upperbeedingprimary.co.uk](mailto:senco@upperbeedingprimary.co.uk))

Even if you feel your child or family are doing really well and don't need any support, we find that it's better for us to be aware and have them on our radar as potential young carers, in case the situation suddenly changes and they (or you) do need support.

Yours sincerely,

Sarah Denyer (Young Carers Lead)

