



## Parent Letter – Young Carers & School Census 2024

**Young carers are now included in the school census.** This is a great opportunity to make sure we are doing what we can to identify and support young carers.

### Could your child be a young carer?

We are aiming to **spread awareness amongst ALL parents** to help us identify any young carers that are not yet known to the school or Gloucestershire Young Carers.

### Who are young carers?

Young carers are **children under the age of 18 who provide regular or ongoing care and/or emotional support to a family member** who is physically or mentally ill, disabled or misuses substances.

### What do you mean by 'caring'?

Caring is different for each family and individual – the ways young carers help their family members can include:

- Helping around the home – cooking, cleaning, washing, fetching and carrying, lifting, shopping.
- Providing emotional support –eg. keeping an eye on the person they are caring for, trying to cheer them up, talking/listening and giving reassurance.
- Providing or assisting with personal care eg. getting dressed, washed, or feeding someone.
- Supervising siblings/taking on a parenting role due to a parent's ill-health.

### What may be the impact?

Being a young carer can be a positive experience as young people are often very happy to help their parents/relatives and develop important life skills in the process. But it can be tough – young carers can experience:

- Stress/tiredness/overwhelm
- Anxiety – especially when away from the person they care for
- Not having enough time to see friends/do homework/relax
- Feelings of embarrassment guilt or shame
- Not achieving their potential at school

### It sounds like my child might be a young carer– what can I do?

1. Please make the school aware via [dataoffice@thomaskeble.gloucs.sch.uk](mailto:dataoffice@thomaskeble.gloucs.sch.uk) that your child has a caring role so that they can be added to the school census and be supported if necessary.
2. Make a self-referral to Gloucestershire Young Carers [www.glosyoungcarers.org.uk](http://www.glosyoungcarers.org.uk) or call 01452 733060
3. Ask the school if they can make a referral to Gloucestershire Young Carers.