

Friday 8th September 2023

Dear Connaught Parents and Carers,

I hope you enjoyed a restful Summer break. I would like to take this opportunity to welcome everyone back to school and remind you of our Young Carers group that we run weekly. I invite anyone who is not already part of it, but feels they might benefit, to apply.

What is a Young Carer?

A young carer is a young person aged 5 – 16 who looks after someone who couldn't manage without their help. This could mean looking after a parent, brother or sister, grandparent or family friend who has a disability, long term illness, or drug and alcohol related issues. This includes caring for a sibling with ASD or ADHD. One in twelve children and teenagers are looking after someone - but many are too embarrassed or afraid to come forward to ask for help, or, having been a carer for so long, they haven't recognised what they do. Half of all young carers provide up to 10 hours of care a week, while many others are caring for more than 50 hours a week. It's not surprising that young carers often struggle to fit in other activities like school work, playing sport or meeting up with friends. Unless the school is advised about a pupil's home circumstances, young carers risk first being identified by negative aspects of their behaviour or work. Some young carers worry about bullying and may be tired, worried, find it difficult to concentrate and have limited time for friendships and activities after school. If this is the case, we can help.

Is your child a young carer?

Young carers look after family members or friends, living in the same house or elsewhere. They may be providing a variety of help, ranging from practical assistance with cooking or cleaning to personal care such as helping with washing, dressing and lifting, and emotional and supervisory support - amongst other things.

How can Connaught help?

Did you know Connaught can provide extra help for young carers? By offering; extra support with homework, flexibility around calling home, advice about how to get your child into school where transport may be an issue, a teacher to talk to and alternatives to after school activities. Connaught can also provide advice on local support groups and more. In addition, we also have

Headteacher: Miss S McGann

Deputy Headteacher: Mrs K Saunders

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a Young Carers support group where the children can meet other children in the same situation as them. In a fun and relaxed environment, they can chat, play games and undertake activities that help them release some of the strains of everyday life.

How can Surrey Young Carers help?

- Giving your child information, advice and guidance - in person, online, and in print
- Giving your child someone to talk to
- Talking to others on behalf of your child, to support your child as a carer
- Providing activities for 'downtime', fun, and a chance for your child to talk to others and make new friends
- Supporting your child with problems at school or college, or in making plans for the future

How to get in touch

Telephone 01483 568269

Email syc@actionforcarers.org.uk

Website <https://www.surrey-youngcarers.org.uk/> - to access the SYC referral form.
@syc_YoungCarers

For more information please visit our school website PSHE curriculum page, where you will find a link to Young Carers and a Power Point which I will be sharing with the children, in a forthcoming assembly, about Young Carers.

If you think your child is a Young Carer, please contact either your class teacher or me.

Kind regards

Mrs Carroll



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