



MERRYLANDS

PRIMARY SCHOOL AND NURSERY

Cumberland Drive, Basildon, Essex SS15 6QS
Phone: 01268 417893 Email: admin@merrylands-pri.essex.sch.uk
Website: www.merrylandsprimaryschool.co.uk

Dear Parent/Carer,

Identifying and supporting young carers at Merrylands 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 think in every class there could be as many as 2 pupils who are helping to support someone because of one of these factors – 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.

If you think that any of the above applies to your child, and that they might possibly be a young carer please contact Miss Challis (Office Manager) or complete the reply slip below and return it to the School Office. Even if you feel your child or family are doing really well and do not need any support, it is better for us to be aware that they are potential young carers, in case the situation suddenly changes, and they (or you) do need support.

Yours sincerely,

Young Carers' Champion – Miss White



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Young Carers - Reply Slip

Pupil's name:Class:

Parent/Carer Name:

Does the above child have parents/carers or other family members who are ill, disabled, or have a mental health problem or an addiction?

Yes No

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

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

Yes No