

12 January 2024

Dear Parent,

As a Trust we are keen to support young people who are taking on the responsibility of being a Young Carer. In order to do this, the first part is knowing who they are.

### Who are young carers and what activities might their caring role involve?

A young carer is a person under 18 who looks after someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction. The tasks and level of caring undertaken by young carers can vary according to the nature of the illness or disability, the level and frequency of need for care, and the structure of the family as a whole.


Young carers often take on practical and/or emotional caring responsibilities that would normally be **expected of an adult**. These can include:

- Shopping, cooking, cleaning.
- Managing medicines or money.
- Providing personal care.
- Helping get people out the house.
- Keeping an eye on someone.
- Providing emotional support.

If you think your child is a Young Carer and would like us to be aware of this, please complete the form linked here: [Woodkirk Young Carers Form](#) by Wednesday 17 January. Please be assured that this information will be treated with the strictest of confidence and shared only with the necessary people.

Once we have gathered this information across the schools and Trust we will outline the additional support we will offer these young people.

Yours sincerely



D Currie  
Vice Principal