

11 March 2022

Dear Parent/Guardian,

We are writing to introduce ourselves and to make you aware that we are working in partnership with Christchurch Junior School to support their young carers.

A young carer is a child just like any other. The only difference is that a young carer is responsible for the care of at least one relative. They may care for a parent, sibling, grandparent or other relative. They may provide physical, emotional, personal or practical care. The relative in question may be living with a mental health condition, disability, illness or substance misuse disorder. At MYTIME Young Carers Charity, we work to support all young carers, regardless of the nature of their caring role.

We understand that caring responsibilities can have far-reaching impact on a child's life, and we know that no two young carers' needs are the same. That's why we offer a range of programmes, each designed to address a different area of need and to provide a different kind of support. Our various services include:

- **Our Level Up Programme.** Our Level Up Programme exists to raise awareness of young carers within their school communities, to help schools identify and more effectively support young carers and, ultimately, to ensure that young carers have everything they need to be happy and successful in their education.
- **Our Zoom Youth Group.** During the first national lockdown in March 2020, we launched an online youth group, designed to provide young carers with opportunities for respite and social connection at home. The programme proved such a huge success that it has now become a permanent fixture of our provision and we welcome all young carers aged 5-18 to come along and join us.
- **Our Employability Programme.** This programme is designed to support young adult carers of ages 16-25. Some young carers may find it difficult to find their way into further education or employment if their caring responsibilities take up much of their time. At MYTIME, we work with young adult carers to help them identify and access a job or further education courses which both interests them and fits around their caring role.
- **Our Memory-Making and R&R Retreat Programmes.** Through these programmes we provide fun and enriching activity days and weekend retreats for young carers.

If you believe that your son/daughter is a young carer, please complete the attached form with them and return to the school. To find out more about what we do and how we support young carers why not follow us on social media: <https://www.facebook.com/MYTimeYoungCarers/>

Yours Sincerely,

MYTIME Young Carers Team



YOUNG CARERS

A YOUNG CARER:

- Is age 18 or younger
- Helps to care for someone at home

YOUNG CARERS MAY BE REGULARLY HELPING A FAMILY MEMBER – ADULT OR CHILD - WHO HAS ANY OF THE FOLLOWING:

- A long-term illness, such as epilepsy or diabetes
- A physical disability, such as mobility issues or blindness
- A mental health condition, such as depression or bipolar disorder
- A substance use disorder, for example a drug or alcohol addiction

A YOUNG CARER MAY HAVE TO DO ANY OF THE FOLLOWING JOBS:

- Help someone move from place to place
- Help someone wash or go to the toilet
- Help someone get dressed
- Cook Meals
- Do the housework
- Get the food shopping
- Collect benefits and prescriptions
- Give someone their medication or pills
- Go with someone to the doctor or hospital
- Take responsibility for a brother or sister
- Translate or interpret for someone
- Manage their family's budget
- Cheer someone up or help them when they are feeling down

If you feel your son/daughter is a young carer please complete the form below and return it to your school office:

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I would like to make the school aware that..... is a young carer.

Parent/Guardian email address:

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Parent/ Guardian contact telephone number:

.....

I am give permission for the school to share this form with MYTIME Young Carers Charity

Yes		No	
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Signed by parent/guardian:

Date: