



6<sup>th</sup> February 2023

Dear Parent / Carer

## Young Carers

A young carer is a person under the age of 18 who looks after someone who couldn't manage without their help. This could mean looking after a parent, sibling, grandparent or family friend who has a disability, long term illness, mental health or drug and alcohol related issues. According to Southampton County Councils statistics, as many as 1 in 12 pupils could be a young carer.

At Redbridge Community School we would like to support our young carers in a variety of ways. We can offer extra help with homework, give our pupils permission to call home if they are worried about someone they are caring for, invite them to drop in sessions where they can meet other pupils in the same circumstances and provide a support staff member to talk to about any worries. If given consent by the students parent/guardian we can also refer to No Limits which can offer days out, fun activities and a Young Carers card which entitles that child to free swimming at The Quays and discounts for lots of places.

Do you think you have a young carer in your household? If so we would love to hear from you. Our service is solely based on supporting the young carer in school, there is no judgement on your circumstances and home life. The pupil will not be singled out in school but instead encouraged to ask for help from the right people and supported if they have not been able to hand homework in on time because of their caring role at home or not been able to have breakfast for example as they were busy first thing.

If you know someone who you would like to be recognised as a young carer please could you email [youngcarers@redbridgeschool.co.uk](mailto:youngcarers@redbridgeschool.co.uk) stating their name and year group. If you would like us to refer them to No Limits for further support and to get a No Limits discount card please also state this on the email. If you are unable to email you can call 02380 771381 and ask to speak to the Welfare Office.

Kind regards

Mrs Browne and Mrs Spencer  
Welfare Officers and Young Carers Operational Leads

