



Spalding Parish Church of England Day School

22nd February 2021

Dear Parent/Carer,

Young Carers

At Spalding Parish Church of England Day School we are a young carer friendly school and recognise the difficulties our young carers may experience with their attendance, attainment and their general well-being.

Who are young carers?

Young carers are children and young people who look after someone in their family who has an illness, a disability, or is affected by mental ill-health or substance misuse. Young carers often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

A young carer may undertake some or all of the following:

- Practical tasks, such as cooking, housework and shopping.
- Physical care, such as lifting, helping a parent on stairs or with physiotherapy.
- Personal care, such as dressing, washing, helping with toileting needs.
- Managing the family budget, collecting benefits and prescriptions.
- Administering medication.
- Looking after or "parenting" younger siblings.
- Emotional support.
- Interpreting, due to a hearing or speech impairment or because English is not the family's first language

If you think your child is a young carer, please contact Sam Bocock, our Young Carers Lead, for more information by emailing enquiries@spaldingparish.lincs.sch.uk

You can find out more using the websites below:

[COVID-19 New guidance for Young Carers and Adult Carers](#)

[COVID-19 Young Carers easy to read guidance](#)

[Young Carers Card Application](#)

[Carers Trust](#)

[Family Services Directory](#)

[Young Sibs Chat](#)

Yours sincerely,

Sam Bocock, Assistant Head Teacher & SENCo



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