



ST TERESA'S CATHOLIC PRIMARY SCHOOL

A welcoming family of God, growing and achieving together with Jesus at our side.

YOUNG CARERS

Information and support for families

Dear Parents and Carers,

At St Teresa's, we want every child to feel happy, supported and able to flourish. We are writing to make families aware of young carers, what this means and the support available both in school and through St Helens Young Carers.

What is a young carer?

A young carer is a child or young person who helps to care for, or is affected by the care needs of, someone in their family. The person they care for may have a physical illness or disability, a mental health condition, a learning disability or additional need, difficulties with drugs or alcohol, or a long-term health condition.

A child does not have to provide personal care to be considered a young carer. Caring may include helping around the home, looking after siblings, providing emotional support, helping with medication or everyday tasks, or regularly worrying about and keeping an eye on the person they care for.

Sometimes children and families do not realise a child is a young carer because helping at home has simply become part of everyday family life.

How can being a young carer affect a child?

Every child's experience is different and many young carers are proud of the help they give. However, caring responsibilities can sometimes affect wellbeing, friendships, attendance, concentration, learning or opportunities to take part in activities. Identifying a young carer is about making sure the right support is available.

Support from St Helens Young Carers

St Helens Young Carers Service supports young carers aged 6-18. Support can include a Young Carer Assessment and individual support plan, age-appropriate activities, opportunities to meet other young carers, trips, workshops, educational support, and emotional and practical support.

Young Carers Team	18 Cotham Street, St Helens, WA10 1SJ
Telephone	01744 677279
Email	info@sthelensyoungcarers.org
St Helens Carers Centre	info@sthelenscarers.org.uk

Support in school

Our Young Carer Champion at St Teresa's is Mrs Halliwell.

If you feel your child may be a young carer, or you are unsure and would simply like a confidential conversation, please contact Mrs Halliwell through the school office. You do not need to be certain that your child meets the definition before speaking to us. We can listen, discuss support in school and, where appropriate, help your family access further support.

We recognise that family circumstances are personal. Conversations will be approached with sensitivity, respect and without judgement. We want our young carers to know that they are seen, valued and supported.

Yours sincerely,

Mrs Halliwell

Young Carer Champion

St Teresa's Catholic Primary School