



Autumn 2021

Dear Parent(s)/Guardian(s)

Identifying and supporting young carers at Cantonian High School

At Cantonian High School we are aware that some of our pupils are young carers.

A young carer is someone under 18 who is caring, unpaid, for a family member, or friend, who is mentally or physically unwell, frail, disabled or who misuses substances. They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

Research suggests there are **at least** 800,000 young carers in the UK but many do not realise they are a young carer. This means there could be 6 young carers in a class of 30.

We know that young carers may need a little extra support to enjoy and do well at school. At Cantonian High School, we are committed to ensuring that all pupils who are young carers are identified, and supported effectively.

As the Young Carers' Lead (with the support of Miss Cox) I have responsibility for ensuring all young carers are able to enjoy school and make good progress. If you think your child might be a young carer, or could be affected by any of the issues we've highlighted, please let me know by filling in the form below and bringing it into school in a sealed envelope addressed to me. If you do not feel comfortable doing this, or have any further questions, please contact me on **sec@cantonian.cardiff.sch.uk** or speak to me directly by calling **07851 256677**.

Additionally you can contact Miss Cox on **jco@cantonian.cardiff.sch.uk**

Any information that is given to us will be treated sensitively and no information will be shared without your knowledge.

Yours sincerely

S E Charlton

MRS S CHARLTON
HLTA, Young Carers Lead



Reply slip

Pupil's name: _____ Class: _____

Does the pupil have parents or other family members who have a long-term illness or disability, or who are affected by poor mental health or substance misuse? Please circle as appropriate:

Yes No

If you wish, you can give further details here: (not required)

Would you like more information about the types of support the school provides to young carers? Please circle as appropriate:

Yes No

- **School-based Online Support System**
- **Drop-in availability**
- **Young Carer Day Trips and Festivals (when COVID-19 restrictions ease)**

The YMCA provides support for young carers in Cardiff - here is a link to the website which shows what they can offer and their contact details:

<http://www.ymcacardiff.wales/about/what-we-do/family-work/young-carers/>

Email: CardiffYoungCarers@YMCAcardiff.wales

Carers of all ages are entitled to an assessment of need via the Local Authority - here is a link to the website which shows what they can offer and their contact details:

[Young carers \(cardiff.gov.uk\)](http://www.cardiff.gov.uk/young-carers)

To make a Young Carers referral, contact the Cardiff Family Gateway on 03000 133 133

Email: contactFAS@cardiff.gov.uk

Please provide a name and telephone number or email address so that we can contact you about support for your child:

Name: _____

Telephone/email address: _____