

14th February 2025

Dear Parents and Carers,

### Supporting Young Carers at Queen Elizabeth's School

We hope this letter finds you well. We are writing to introduce ourselves as the **Young Carer Champions** at Queen Elizabeth's School. Our role is to ensure that students who are young carers receive the support they need to thrive both at school and at home.

A young carer is a child or young person under the age of 18 who provides regular care or support to a family member, friend, or someone in their household who has a long-term illness, disability, mental health condition, or addiction. We understand that being a young carer can be both rewarding and challenging, and we want to ensure that our school community is a supportive and understanding environment for those students.

As part of our commitment to supporting young carers, we are reaching out to families to identify if their child may be a young carer. If your child is taking on a caring role at home, we would love to hear from you so that we can offer the appropriate support. This may include providing access to resources, offering a safe space to talk, or connecting with MyTime, an external organisation that specialises in supporting young carers.

If you believe your child is a young carer, or if you would like to discuss this further, please don't hesitate to get in touch. You can contact us directly at [youngcarerchampion@queenelizabeths.com](mailto:youngcarerchampion@queenelizabeths.com) We would be happy to speak with you and explore how we can best support your child and your family.

We are also reaching out to students in school with a questionnaire for them to complete which has been shared by their tutors. Please encourage them to do this at home if they haven't already done so: [Young Carers Questionnaire](#) You will also see below what we are actively promoting in school to support these conversations.

We understand that this may be a sensitive subject, and please know that any information you share will be treated with care and confidentiality. Our goal is to ensure that all young carers have the support and resources they need to succeed in their education and wellbeing.

Thank you for your attention, and we look forward to working together to support your child.

Kind regards,

Mrs A Sherwood and Mrs K Wareham

**Young Carer Champions**

[asherwood@queenelizabeths.com](mailto:asherwood@queenelizabeths.com) [kwareham@queenelizabeths.com](mailto:kwareham@queenelizabeths.com)



## Are you a Young Carer?

### What is a young carer?

A young person who provides regular care/support to someone in their household who has a long term illness, disability, mental health condition or addiction.



**Being a young carer can feel: tiring, lonely, brilliant...**

## We can help! Support we can offer:

**Access to phones during break and lunch times to contact home**

**Homework and coursework extensions**

**Homework club**

**Lunchtime groups**

If you think that this is you, then please speak to:

Mrs Sherwood- can be found in C block!

Mrs Wareham- can be found in A block!

**You can also email: [youngcarerchampion@queenelizabeths.com](mailto:youngcarerchampion@queenelizabeths.com)**

