

## YOUNG CARERS NEWS



R E S P E C T  
R E S I L I E N C E  
C O M M U N I T Y

Supporting young carers in school is crucial to ensuring their wellbeing, academic success, and future opportunities.

What is a young carer?

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. These students often juggle significant responsibilities at home which can lead to stress, fatigue, and missed educational opportunities.

By actively identifying young carers, we can provide tailored support. Early recognition not only validates their experiences but also helps reduce isolation enabling them to thrive both personally and academically. 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. 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.

As young carer champions, we wanted to provide you with an update on what activity has been happening in school to support our young carers and reach out to our QE Community should you feel that your child is also a young carer and would like to discuss this further in confidence.

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Click [here](#) to access the programmes and registration information that MYTIME have in place to support young people of all ages.

### Coming Soon...

- Employability programme and CV writing for our young carers
- Sixth form student mentor to support our lower school young carers
- Further resources on our website- [Young Carers](#)
- New September starters, please contact us on [youngcarerchampion@queenelizabeths.com](mailto:youngcarerchampion@queenelizabeths.com) if you would like to provide us with information about your young carer before they join us
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