



BREDBURY ST. MARK'S CE
PRIMARY SCHOOL



Dear Parent/Carer,

A young carer is a young person aged 18 and under who looks after someone who couldn't manage without their help. This could mean looking after a parent, brother or sister, grandparent or family friend who has a disability, long term illness, or drug and alcohol related issues.

As many as one in 12 pupils could be a young carer, and unless the school is advised about a pupil's home circumstances, young carers risk first being identified by negative aspects of their behaviour or work. Some young carers worry about bullying and may be tired, worried, find it difficult to concentrate and have limited time for friendships and activities after school. If this is the case, we can help.

Did you know at Bredbury St Marks can provide extra help for young carers? By offering advice, support, time to talk, homework club, young carers club activities.

We can also provide advice on benefits, local support groups and more.

Do you think you have a Young Carer in your household? If so – hand this letter back into the office with the form filled out below or call our Pastoral Team.

If you want to talk to an independent organisation around caring, go to www.signpostforcarers.org.uk for information, advice and support, and have a look at the Young Carers website for more information around Young Carers at <https://carers.org/about-caring/about-young-carers>

For Parent/Carer to fill:

Name of Parent/Carer:

Name of pupil (Young Carer):

Best form of contact (email/phone/mail):



Bredbury St Marks CE Primary School
Redhouse Lane, Bredbury
Stockport, SK6 1BX
Tel: 0161 430 3418

Acting Headteacher: Mrs Emma Harding
headteacher@st-marks.stockport.sch.uk
admin@st-marks.stockport.sch.uk



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A young carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled, has a mental health condition or misuses drugs or alcohol.

What might a young carer do?

- Practical tasks, like cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, including talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.

Being a young carer can have a big impact on the things that are important to growing up

- Young carers are already likely to have significantly lower educational attainment at GCSE level than their peers (The Children's Society, 2013).
- The COVID-19 pandemic risks exacerbating the situation, stopping young carers from reaching their full potential.
- With the added complications of COVID-19, young carers are missing even more school than before and urgent support is needed if they are not to be left behind their peers.
 - Caring can have a dramatic detrimental effect on the education and aspirations of young and young adult carers, so urgent support is essential.



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