

Dear Parents/Carers,

### **Identifying and supporting Young Carers at Cottenham Primary School**

We are committed to ensuring that all pupils get the support they need to have a positive school experience, are happy in school and can achieve their full potential. We know that for some pupils, factors outside of school can have a big impact on this, particularly if there is someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction. Research indicates that, on average, there could be two pupils in every class who are helping to support someone because of one of these factors and these children are referred to as **Young Carers**.

Pupils can be young carers for lots of different reasons:

- They might be providing physical support to a parent with a physical illness such as fibromyalgia or ME, such as cooking, fetching things or helping with things like putting shoes on or doing the shopping.
- They might be helping a parent with a disability who needs help with more personal tasks such as getting dressed, bathing or changing dressings.
- Or it could be more emotional support – like being there if their autistic sibling is upset, taking responsibility for young siblings whilst parents attend health appointments, or checking that a parent with depression/anxiety is ok. There is lots of support available for young carers and their families should they ever need it – both inside and outside of school, including Centre 33 in Cambridgeshire.

If you think that any of the above applies to your child and that they might possibly be a young carer then please complete this simple MS Form.

[Young Carer Response Form for Cottenham Primary School – Fill in form](#)

Alternatively you may prefer to email directly

to [rmoore@cottenham.cambs.sch.uk](mailto:rmoore@cottenham.cambs.sch.uk) or [slaston@cottenham.cambs.sch.uk](mailto:slaston@cottenham.cambs.sch.uk)

Even if you feel your child or family do not require any support at the current time, we find that it is better for us to be aware and have them under our radar as potential young carers, in case the situation suddenly changes, and they (or you) do need support.

It just means that you and your child do not have to start from scratch with letting us know what is going on if things have become difficult.

Please do not hesitate to contact us if you would like any further information about the support offered at Cottenham Primary School for young carers.

Mr Richard Moore

Mrs Suzanne Laston

Young Carer Champions