**Young Carers Action Day 13th March 2024**

*Please add information about your school where the text is highlighted in red.*

*This letter could be sent out to families at the beginning of next week.*

Dear Parents/Guardians,

**This Wednesday is Young Carers Action Day**. **The theme this year is: Fair Futures for Young Carers.**

A young carer is anyone under the age of 19 who cares for, or helps to care for a loved one who:

* Has a long-term health condition.
* A learning or physical disability.
* Poor mental health.

Or whose substance use impacts on them and other members of their family.

It's estimated that there are approximately 4,300 young carers in Portsmouth, and a million young carers in the UK. Young carers often talk about the positives aspects of helping at home, including the close bond that they have with their family and the pride that their family has for each other. The support that they give is incredible.

For some young carers, however, their responsibilities can impact also on their well-being, relationships, learning and development.

**It's important for us to know which of our students are young carers.**

**If you think that your child might be a young carer, please have a chat with them and then contact their Head of Year/ our Young Carers Lead/Champion.**

**If you'd like more information about young carers, please have a look on:**

* Our school website, search 'Young Carers'
* Portsmouth City Councils website for information about **Portsmouth Young Carers Service**. Search 'Young Carers' or type in this link: <https://www.portsmouth.gov.uk/services/health-and-care/adult-social-care/support-for-carers/young-carers/>

**We also offer a range of support for young carers at \*\*\*\* (please delete/add as appropriate):**

* Our **Young Carers Noticeboard** (found in \*\*\*\*) contains a wealth of information about young carers for students and the support that's available in school and from other services locally.
* Our **Young Carers Champion/Lead** is \*\*\*\*. They provide information and support for students, staff, and families. Their email address is: *(add if appropriate)*
* Our **Young Carer Policy** is available on our school website.
* Support for all students from our **Well-being/Pastoral Team**.
* A regular **young carers group**. For more information, please contact your child's head of year/pastoral head of year.
* **Young carers activities** throughout the year.

**Additional activities taking place at \*\*\*\* next week, to celebrate Young Carers Action Day:**

We look forward to hearing from you if you have any further questions or you would like to let us know if there are any young carers in your family.

Best Wishes,

End your letter with your usual signature/ sign off.