

Dear Parent or Guardian

A young carer is a young person who cares, unpaid, for a friend or family member who has any type of illness either physical or mental, disability or addiction and cannot manage without the young carer's support.

Is this your child? Might they benefit from discreet understanding and support in school?

RCT Carers Support service provides support for young carers (<18), young adult carers(18 - 25), adult carers (>25) and parent carers (parents with a child with a disability or additional need - this doesn't need a formal diagnosis)

Ysgol Llanhari is working closely with RCT Young Carers Service. We recognise that young carers are amazing young people. They may have less time because of their caring role, less opportunity to socialise, may worry and need to keep in contact with the person they care for to enable them to be able to concentrate on their school work. They may need someone to talk to, or to talk to staff on their behalf if they are having any difficulties.

Ysgol Llanhari's Well-being Coordinator is also the school Carers Champion. This role is to ensure that young people in Ysgol Llanhari that are caring are identified, recognised and supported properly in the school. In this way teachers are able to understand and be considerate of the fact that a young person might be facing challenges at home as well as in school.

In Ysgol Llanhari we have:

- Posters and leaflets displayed around the school giving information on the support available to young carers internally and in RCT.
- If the carer pupil wants us to make the staff aware of their caring role within the school this can help staff to allow and offer flexibility with attendance and homework submissions.
- All staff within the school will have had some guidance and training on how to recognise young carers and the role that a young carer might have to take on at home.

- We hold events and raise awareness about what is a young carer is and support that is available.
- The Carers Champion at the school is able to liaise with parents and refer in to the RCT young carers service in order to seek support for the young person outside of school hours, if that is helpful.
- Young carers will be encouraged to 'get together' in school on the first Tuesday of each month in order to discuss any concerns or issues they are having in school or just to have a chat with someone that they know may be experiencing the same sort of issues as themselves.

All the list above may not be enough for young people to come forward and make themselves known and get the support they are entitled to. They may not recognise themselves as a young carer, feel they are somehow being disloyal to the person they care for, or be embarrassed or feel they are the only carer in school. They are not. They may be afraid that if they disclose their caring role for fear of others pupils reactions (and they will not know) or that they may have their role taken away. Ysgol Llanhari want to offer *discreet* support.

If you would like to find out more, or to make contact and let us know about your child's caring role and get support for your child who is a young carer, then please contact Mrs Janice Cowan, Well-being Coordinator on 01443 237824.