

"MY DAD HAS *bipolar disorder.*"  
"My brother has **AUTISM.**"  
"**My mom has CANCER.**"  
"*I translate* for my parents."  
"My sister has *special needs.*"  
"My grandfather has **Alzheimers.**"  
"My mother has an *addiction.*"  
"**MY FATHER HAS Multiple Sclerosis.**"



Dear Parents and Carers,

Donington Cowley Endowed Primary School is proud to support the young carers who attend this school. A young carer is someone under 18 who helps and supports a person due to disability, illness, mental ill-health or addiction. 1 in 12 children is likely to be a young carer at some point before they turn 18.

This help and support might include some extra chores at home, helping with brothers/sisters, keeping an eye on those around them to make sure they are ok. Young carers might help to support adults who have difficulties with their mental health by encouraging them and showing compassion and empathy. They may help someone with their medication or if someone needs help with getting washed or dressed.



In 2014 changes in the law meant that young carers have the right to an assessment of their needs – to make sure that caring is not making them feel upset, overwhelmed or that they have to miss school or social opportunities. This is an important chance for your child to have their voice heard – about how they feel about being a young carer.

Not all young carers will have support needs – and some families feel that an assessment is not needed and that's fine! We will still be happy to support your child!

If you think your child might be a young carer or could be affected by any of the issues mentioned above, please let me know.

Kind regards

Sarah-Jane Millard  
Inclusion Lead