

April 2024

Dear Parents/Carers,

Identifying and supporting young carers at Lyndon School

We are committed to ensuring that all learners 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 learners, 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. In every class, there could be as many as two learners who are helping to support someone because of one of these factors – we call these learners young carers. Learners 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, for instance 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.
- They could be providing emotional support – for example, supporting an autistic sibling or a parent with depression or anxiety or taking responsibility for young siblings whilst parents attend health appointments.

Some young carers might be doing lots of caring, others just a small amount, but all could be impacted. For example, if a child is worrying about the person with the health condition or needs to support a person more than other people do, their well-being could be affected.

There is a lot of support available for young carers and their families should they ever need it, both inside and outside of school, including Spurgeons and Birmingham Carers Trust.

If you think that any of the above applies to your child and that they might possibly be a young carer, please contact me directly by email, amanpreet.bhopal@lyndon.org.uk Even if you feel that your child or family are fine and do not need any support, having this information enables us to provide support in a timely manner should the situation change.

Please do not hesitate to contact me if you would like any further information about the support offered at Lyndon for young carers.

Yours faithfully

Amanpreet Bhopal
Learning and Welfare Support Officer
Young Carers Lead

Success through Endeavour | Ambition through Challenge | Strength through Diversity

Daylesford Road, Solihull, West Midlands, B92 8EJ | 0121 743 3402 | office@lyndon.org.uk | www.lyndon.org.uk

