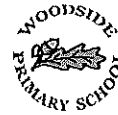




Steam Mills Primary School
Steam Mills,
Cinderford,
Gloucestershire
GL14 3JD
Tel: 01594 822567
admin@steammills.gloucs.sch.uk



Gloucestershire
COUNTY COUNCIL



Woodside Primary School
Brierley Road
Ruardean Woodside
Gloucestershire
GL17 9XP
Tel: 01594 542287
admin@woodside.gloucs.sch.uk

Young Carers & School Census 2024

Dear Parents,

Young carers are now included in the school census. This is a great opportunity to make sure we are doing what we can to identify and support young carers.

Could your child be a young carer?

We are aiming to **spread awareness amongst ALL parents** to help us identify any young carers that are not yet known to the school or Gloucestershire Young Carers.

Who are young carers?

Young carers are **children under the age of 18 who provide regular or ongoing care and/or emotional support to a family member** who is physically or mentally ill, disabled or misuses substances.

What do you mean by 'caring'?

Caring is different for each family and individual – the ways young carers help their family members can include:

- Helping around the home – cooking, cleaning, washing, fetching and carrying, lifting, shopping.
- Providing emotional support –eg. keeping an eye on the person they are caring for, trying to cheer them up, talking/listening and giving reassurance.
- Providing or assisting with personal care eg. getting dressed, washed, or feeding someone.
- Supervising siblings/taking on a parenting role due to a parent's ill-health.

What may be the impact?

Being a young carer can be a positive experience as young people are often very happy to help their parents/relatives and develop important life skills in the process. But it can be tough – young carers can experience:

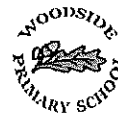
- Stress/tiredness/overwhelm
- Anxiety – especially when away from the person they care for
- Not having enough time to see friends/do homework/relax
- Feelings of embarrassment guilt or shame

Executive Head: Mrs M Davis

Executive Deputy Head: Mrs J Fawkes

Deputy Head at Steam Mills: Mrs J Thomas

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Cinderford,
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GL14 3JD
Tel: 01594 822567
admin@steammills.gloucs.sch.uk



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Burdock Woodside
Gloucestershire
GL17 9XP
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admin@woodside.gloucs.sch.uk

- Not achieving their potential at school

It sounds like my child might be a young carer– what can I do?

1. Please make the school aware that your child has a caring role so that they can be added to the school census and be supported if necessary. **SCHOOL TO ADD E-FORM LINK OR REPLY SLIP**
2. Ask the school if they can make a referral to Gloucestershire Young Carers or make a self-referral www.glostrongcarers.org.uk or call 01452 733060

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