



Bilton Church of England Junior School

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Head of School – Mrs N Brown

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Dear Parent/Guardian or Carer,

At Bilton Junior School, we are committed to ensuring that every young carer feels understood, valued and supported.

A young carer is a child under the age of 18 who helps to care for a family member with an illness, disability, mental health difficulty or substance dependency. This support may include helping with daily routines, preparing meals, household tasks, looking after siblings, or providing emotional support.

We know that being a young carer can sometimes make school life, friendships and life at home more challenging. To help, we will be running a half termly Young Carers Group, offering fun games, creative activities and a safe space for children to relax, connect and enjoy time with others who may share similar experiences.

If you think your child may be a young carer and you have not previously made us aware, please contact Mrs Smith by emailing homeschoolsupport@biltonjuniorschool.co.uk. She will be happy to speak with you confidentially about how we can best support your child and family.

Kind regards,

Anya Lewis

Assistant Head of School



ARE YOU A YOUNG CARER?

Young Carers are people aged between 6 and 18 years old who have a responsibility for looking after or helping someone else to look after a person who has any of the following:

- A disability
- A long term illness
- A mental health illness
- An addiction to drugs or alcohol

The person you care for could be your mum, dad, brother, sister, grandparent or even a close friend. As a Young Carer you may help out with some of the following:

- Shopping
- Cooking
- Cleaning
- Making sure the person you care for takes their medicine
- Listening to the person you cared for
- Taking care of siblings

