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OLTON
PRIMARY SCHOOL

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‘Learning Together, Achieving More’

Empathy, Respect, Responsibility, Perseverance, Positivity and Love

Head Teacher : Mr L Chamberlain BA (QTS) NPQH

22 May 2026

Dear Parents/Carers,

Identifying and Supporting Young Carers

We are committed to ensuring that all pupils 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 pupils, factors outside of school can have a big impact on this, particularly if there is someone in your family or a friend who is ill, disabled, or has a mental health problem or an addiction. We think in every class there could be as many as two pupils who are helping to support someone because of one of these factors – we call these pupils young carers.

What is a Young Carer?

A young carer is someone aged 5 to 18 who helps or has helped to look after someone in their family, or a friend, due to:

- Learning disability
- Mental Health needs
- Physical disability
- Long term or terminal illness
- Substance dependency
- Sensory Impairment
- Frailty

Your child may also be a young carer if they have not had the same access to opportunities such as going to the park or zoo or having help with homework, due to a family member needing additional support or supervision.

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What might a Young Carer do?

- Practical tasks, like cooking, housework and shopping.
- Physical care, such as helping someone out of bed.
- Emotional support, including talking to someone who is distressed.
- Personal care, such as helping someone dress.
- Managing the family budget and collecting prescriptions.
- Helping to give medicine.
- Helping someone communicate.
- Looking after brothers and sisters.
- Not have the same access to opportunities as other children e.g. having help with homework at home, going to the park.

Young Carers Solihull have produced a brilliant informative video [Young carers in Solihull](#) to share experiences of children with caring responsibilities and how this can affect their lives.

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

If you think that any of the above applies or has previously applied to your child and that they might possibly be a young carer then please complete the following Microsoft Form:

[Young Carers – Fill out form](#)

Even if you feel your child or family are doing really well and do not need any support, we find that it is better for us to be aware and have them under our radar as potential young carers, in case the situation suddenly changes, and they (or you) do need support. It just means that you and your child do not have to start from scratch with letting us know what is going on if things have become difficult.

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

Yours sincerely,

Miss Jordan
Assistant Head