



Meadowhead School

Academy Trust

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JOY/SGI

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Dear Parents/Carers,

I am the new learning support mentor and will also be the young carers lead at Meadowhead School. We are excited to announce that we are increasing support in our school for our pupils who are helping to care for or look after family members who have disabilities, long term physical illnesses, mental health difficulties or substance misuse issues.

I will be delivering assemblies to raise students' awareness about young carers, the issues they may face and the impact that caring can have on their lives and education.

Following the assemblies, I will be asking children to complete a short and simple questionnaire which will help us to identify where any support may be needed or wanted. We have enclosed a copy of the questionnaire for you to see. Following this, I will develop individual support for any identified young carers to ensure they can attend and achieve their best at school. We are also happy to offer information about financial support and other services that could help families affected by illness or disability.

There are at least **7000 young carers** in Sheffield who may need additional support to help them through some difficult issues and periods in their lives. As a school, we are committed to supporting all our pupils and helping them to achieve their potential, and we hope that you will join us in welcoming this work in our school.

If you have any questions about this work, please contact me on the details below, I will be more than happy to respond to any questions or concerns you may have.

Yours faithfully,

J. Oyerinde

Jessica Oyerinde

Learning Mentor

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Example of Questionnaire:



We Care, Do You?

Hello

We'd like to ask you a couple of questions to help us know how many young carers there are at your school and for your school to be able to help you if you are caring for someone.

Please include your name so a teacher can talk to you about what you need and what support the school can give you.

This information will be kept private and will only be shared outside of school with staff at Sheffield Young Carers, unless a teacher is worried about you.

School: _____

Year group: _____

Your Name: _____

Date of Birth: _____

Today's date: _____

1. Do you help to look after or care for someone in your family? (please tick as many boxes as apply to you)

Mum	<input type="checkbox"/>	Brother/s or Sister/s	<input type="checkbox"/>
Dad	<input type="checkbox"/>	Grandparent/s	<input type="checkbox"/>
Other family members	<input type="checkbox"/>	No one	<input type="checkbox"/>

2. Why do you need to look after them? (please tick as many boxes as apply to you)

They have a physical disability	<input type="checkbox"/>	They use drugs	<input type="checkbox"/>
They have a learning disability	<input type="checkbox"/>	They have a long-term illness (e.g. cancer, epilepsy, or many others)	<input type="checkbox"/>
They have mental health problems (e.g. depression, anxiety, schizophrenia or many others)	<input type="checkbox"/>	They are ill in another way	<input type="checkbox"/>
They drink too much alcohol	<input type="checkbox"/>	I prefer not to say	<input type="checkbox"/>

What sort of things do you do to help? (please tick)

	Never	Some of the time	A lot of the time
3. Clean your own bedroom			
4. Clean other rooms			
5. Wash up dishes or put away dishes in a dishwasher			
6. Decorate rooms			
7. Take responsibility for shopping for food			
8. Help with lifting or carrying heavy things			
9. Help with financial matters such as dealing with bills, banking money, collecting benefits			
10. Work part time to bring money in			
11. Interpret, sign or use another communication system for the person you care for			
12. Help the person you care for to dress or undress			
13. Help the person you care for to have a wash			
14. Help the person you care for have a bath or shower			
15. Keep the person you care for company e.g. sitting with them, reading to them, talking to them			
16. Keep an eye on the person you care for to make sure they are alright			
17. Take the person you care for out e.g. for a walk or to see friends or relatives			
18. Take brothers or sisters to school			
19. Look after brothers or sisters whilst another adult is near by			
20. Look after brothers or sisters on your own			

Anything else you would like to tell us: