



## Introducing MYTIME Young Carers

Here at Sandford St Martin's Primary School, we are working alongside MYTIME Young Carers to recognise and support our young carers within our school community.

A young carer is a child or young person who helps to care for a family member who may be ill, disabled, have mental health difficulties or need additional support. This can also include providing emotional support to a family member following a bereavement.

Young carers may take on a variety of responsibilities at home, such as:

- Collecting medication or helping with medical needs.
- Providing emotional support and reassurance.
- Helping with physical care.
- Cooking meals and preparing food.
- Cleaning and completing household tasks.
- Shopping for the family.
- Communicating on behalf of adults, for example, speaking to professionals or helping with appointments.

These responsibilities can sometimes affect a child's time to play, learn, socialise and enjoy being a child. **MYTIME supports young carers to feel understood, build confidence, make friends and take a break from their caring responsibilities.** Through activities, groups and support in schools, the charity helps young carers to thrive and reach their full potential.

At Sandford St Martin's, we want all our young carers to feel recognised, valued and supported. If you feel your child may have caring responsibilities at home, please speak to your child's class teacher or our Young Carer Champion, Charlotte Hudson.

Alternatively, you can fill in the survey attached and we will make contact with you.

To find out more, please visit [www.mytimeyoungcarers.org](http://www.mytimeyoungcarers.org).  
[My Time - Young Carers – Fill out form](#)