



RESPECT
BELIEVE
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Cardinal Heenan Catholic High School

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Ms K. Smyth Headteacher

JH/GM

15th March 2022

Dear Parent/Carer

Young Carers Action Day, Wednesday 16th March

Who are Young Carers?

A young carer is a person under 18 who provides or intends to provide care for another person. They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

'A young carer becomes vulnerable when their caring roles risks impacting upon their emotional or physical wellbeing and their prospects in education and life' (Care Act Statutory Guidance, 2014).

It is likely that there will be many young carers at every school.

The 2011 Census identified 177,918 young carers in England and Wales. 1 in 8 were aged under 8. This is widely believed to be the tip of the iceberg.

Further research (BBC, 2010) suggests there could be 700,000 young carers in the UK, many unaware of the impacts of the caring role they are undertaking. That means about one in 12 secondary aged pupils have caring responsibilities.

This year the theme is '**Taking Action on Isolation**', which was chosen by young carers nationally.

Please get in touch with school if you think your child may be a Young Carer as there may be further support we can put in place. Barnado's also offer support and guidance for families in Liverpool. [Here](#) is a link to their webpage.

Christine Kirkham is our school's Young Carer Champion and can be contacted by email at c.kirkham@cardinal-heenan.org.uk or phone on 07921 820 348. Alternatively make contact with the relevant Head of Year by email or phone.

Yours sincerely

J. Leech

C. Kirkham

Ms J Leech
Deputy Head

Christine Kirkham
Inclusion Officer

