

### How to support young carers during the closure

We are asking for your help in supporting young carers at this unprecedented time.

Amongst the anxiety and confusion there will be young carers. Those children and/or young people who are providing care to a dependent, ill or disabled family member. Please can we ask that you consider how you can support them as a school at this difficult time.

The challenges they now face in light of government instructions to part close schools are;

1. Vouchers – who in the family is able to make use of them? especially where a parent is the cared for and where families are self-isolating.
2. 'Packed lunches' – who in the family is able to collect them?, especially where parents have limited mobility, or are self-isolating.
3. Caring roles will increase during this time, without school as a break - Can school continue to support them as part of the vulnerable group.
4. They will become more isolated and experience feelings of loneliness, unable to share how they feel with the 'cared for' for fear of upsetting them.

How can you help –

- Use the information you have to further identify young carers in your school and continue to refer to Sandwell Young Carers via [www.sandwellyc.org.uk](http://www.sandwellyc.org.uk)
- Make a plan to check in on known young carers
- Offer assistance with ensuring they do eat lunch (assistance cashing voucher or delivery of meal)
- Ensure they have Sandwell Young Carers Support line 07802 492341 (leaflet attached)

Sandwell Young Carers are continuing their work to raise awareness to schools, health services and social care on how identifying and supporting young carers within Sandwell.

To keep up-to-date with information about our services during this time please follow Sandwell Young Carers on Facebook.

If you need support or information to enable you assist the young carers in your school please ring 07802 492341.

Yours sincerely

*Tracey Hawkins*

**Tracey Hawkins**  
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