



November 2023

Dear Parent/ Guardian or Carer,

Headteacher - Patrick Earnshaw
Deputy Headteacher - Mathew Downs

We are delighted to announce that we are working in partnership with MYTIME Young Carers Charity to support the remarkable young carers within our school community. MYTIME Young Carers began working with schools in 2019, and they currently work in more than 100 schools across Dorset and BCP.

Who are Young Carers?

A young carer carries out an important role within their home. They provide support and help to the people in their home who need it.

A young carer is a child or young person under 18 years old who spends time looking after or helping a family or household member that would find it difficult to cope without this help.

The person may require support from a young carer for a range of reasons:

- Long-term illness, e.g. epilepsy, dementia
- Disability, e.g. mobility issues, sensory impairment
- Special Educational Needs
- Mental health illness
- Misuses alcohol or substances

Most young carers look after a parent, brother, sister or grandparent.

The range of care, and time spent caring, can vary, but every young carer carefully balances their schoolwork and social life. Without recognition and support, caring responsibilities can have far-reaching impact on a child's life. No two young carers' needs are the same, which is why MYTIME offer programmes to support young carers and work closely to support schools in their young carer provision.

Young carers at Highcliffe can now access MYTIME programmes through our partnership. Young carers will be able to access online youth groups, activity days and enrichment opportunities, and careers advice from their dedicated team. The Level Up Team at MYTIME will be working with our dedicated Young Carer Champion, Ms Deeprise, to develop our support within school.

You will see and hear MYTIME Young Carers mentioned throughout the school, and soon, the students will be receiving assemblies (dates below) and input from the Level Up Team.

Yr 7 - Friday 1st December

Yr8 – Friday 17th November

Yr9 – Thursday 16th November

Yr10 and Yr11 are going to consider dates in the New Year once all mock exams have taken place

To find out more information about MYTIME Young Carers, please visit www.mytimeyoungcarers.org.

Yours sincerely,

Mrs Deeprise
Young Carer Champion