

Young Carers are children and young people aged from 5 – 25 years old who help to look after someone in their household who has a disability, mental or physical ill-health or misuses substances. This could be a child caring for a sibling with autism, a mother with depression, a father with cancer or even a grandparent with dementia.





## **Carers Trust Hillingdon**

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Dear Parents and Carers,

Carers Trust Hillingdon is delighted to be working with insert William Byrd Primary\_School through our Young Carers in School Project.

The aim is to identify as many Young Carers as possible, provide information, advice and support the Young Carers and their families.

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We are a registered charity and our aim is to reduce the impact that caring can have on a young person by providing free trips and activities, youth clubs, workshops and support for young carers in school through 1:1 or small group work.

We would like to invite the parents and Carers, from William Byrd Primary School to a coffee morning to offer you the opportunity to learn more about our services and to answer any questions you may have. If you think that you may be a parent of a young carer or are a parent of a young carer who is already being supported at school we would love to see you.

If you have any questions or concerns, please contact Mrs Houston elsa@williambyrd.school

The Coffee afternoon will be held on 26th November at 2.30pm

We are looking forward to meeting you all.

Regards



Amanda Hampton
Schools Outreach Manager