



**CE**  
**Stanford in the Vale Primary School**  
High Street  
Stanford in the Vale  
Oxfordshire SN7 8LH

Headteacher: Mrs Amanda Willis  
Phone: (01367) 710474

[headteacher.3240@stanford.oxon.sch.uk](mailto:headteacher.3240@stanford.oxon.sch.uk)  
[www.stanford.oxon.sch.uk](http://www.stanford.oxon.sch.uk)

11<sup>th</sup> October 2024

Dear Parents,

Stanford in the Vale CE Primary School is working closely with Be Free Young Carers, the only independent charity organisation in Oxfordshire dedicated to supporting young carers across the region. We are writing today because we understand that balancing the responsibilities of caregiving with school and personal life can be challenging for young individuals, and we are here to help.

### **What is a Young Carer?**

A young carer is a person under the age of 18 who provides unpaid care to a family member at home who is ill, disabled, has a mental health condition, or an addiction problem. Young carers may not necessarily have roles that involve just physical caregiving; they may experience anxiety or concern over an ill or disabled relative and be relied upon to check in with their loved one emotionally and mentally. Additionally, a young person's life may be impacted by the knock-on effects of an additional need in the home

### **Why do Young Carers need support?**

A young carer is likely to be impacted by their additional responsibilities, which can affect their life at school. Young carers may be tired or often late to or absent from school, which can lead to isolation and poor relationships with their peers. Some young carers may be secretive about their home life and reluctant to open up about their responsibilities, compounding feelings of stress and anxiety. The mental health of a young carer can be significantly impacted by their responsibilities, with stress and frustration being common among young carers.

### **My child is a Young Carer – who can I go to for support?**

Suzanne Clarke (HSCLW) and Amanda Willis (Headteacher) have been identified at Stanford in the Vale CE Primary School as the Young Carers Leads. Their role is to oversee the well-being of young carers in the school and to encourage them to attend the Young Carers Group which Suzanne will run on a Wednesday. Stanford in the Vale CE Primary School is working alongside Be Free Young Carers, which offers 1:1 emotional support with mental health first aid-trained youth workers, befriending services with trained and trusted volunteers to provide a break from caregiving responsibilities, and respite trips for young carers during school holidays when times can be more straining for families. These trips are fully funded by Be Free Young Carers.

If you feel that your child is a young carer, please email Amanda Willis at [headteacher.3240@stanford.oxon.sch.uk](mailto:headteacher.3240@stanford.oxon.sch.uk) by Friday 25th October.

Thank you

Amanda Willis  
Headteacher



Artsmark  
Gold Award  
Awarded by Arts  
Council England

