WIMBLEDON CHASE PRIMARY SCHOOL

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23 October 2026

Dear Parents

Young Carers – Helping Us Support Your Child

At Wimbledon Chase Primary School, we recognise that some children have additional responsibilities at home because they help to care for a family member. We want to ensure that these children and their families receive the understanding, encouragement and support they need.

What is a Young Carer?

A young carer is a child or young person under the age of 18 who helps to look after someone in their family who has a physical or mental illness, disability or other additional needs.

This might include children who:

- Help to care for a parent, brother, sister or another family member.
- Provide emotional support to someone at home.
- Help with household tasks, such as cooking, cleaning or shopping, because of a family member's needs.
- Help a family member with everyday activities or personal care.
- Worry about or feel responsible for the wellbeing of someone in their family.

Sometimes children and families may not realise that a child is considered a young carer, particularly when helping at home has become part of everyday family life.

How Can Sharing This Information Help Your Child?

We understand that every family's circumstances are different and that some children may have responsibilities or worries at home that are not always visible during the school day.

By letting us know if your child has a caring role at home, you can help us develop a better understanding of their individual needs and circumstances. This information can

help us provide appropriate emotional and practical support in school, recognise any additional pressures your child may be experiencing and ensure that they have someone they can talk to if needed.

Additional Support Through Carers First Merton

We can also help families access support from **Carers First Merton**, an organisation that provides free advice, guidance and support to young carers and their families.

Carers First can offer emotional support, opportunities to meet other young carers, activities and practical advice to help children balance their caring responsibilities with school, friendships and their own wellbeing.

If you feel your child would benefit from this additional support, we would be happy to discuss making a referral with you.

You do not need to request a referral to an outside organisation to share this information with us. You may simply wish to make us aware of your family's circumstances so that we can better understand and support your child.

If you think your child may be a young carer, we would encourage you to let us know, even if you do not feel that any additional support is needed at present.

Whether you would simply like to share information about your family's circumstances, discuss how we can support your child in school or explore a referral to Carers First Merton, please contact:

Mrs Sian Dotchin, Parent Support Advisor
Email: parentsupportadvisor@wimbledonchase.merton.sch.uk

Any information you share will be treated sensitively and confidentially, in line with our safeguarding responsibilities.

Our priority is to ensure that every child feels happy, safe, understood and supported at school. By working together, we can help children who have caring responsibilities at home to enjoy their childhood, achieve their potential and know that support is available whenever they need it.

Thank you for your continued support.

Kindest regards
Caroline Gibbins
Headteacher