

April 2024

Dear Family,

We would like to introduce you to the Dorset based young carers charity MYTIME. We are now working in partnership with MYTIME Young Carers to support and celebrate young carers within our school community. **Over the summer term, staff will receive training and children will attend assemblies on who young carers are.**

Who are Young Carers?

A young carer is a child, under the age of 18, who spends time looking after or helping to look after a family member. Most young carers look after a parent or a sibling but can be caring for more than one person, for example, a parent and a sibling.

This may be due to:

- Long term illness
- Disability
- SEND
- Someone living with a mental health condition
- Someone misusing substances such as alcohol or drugs

The range of care, and time spent caring, can vary, but every young carer carefully balances their schoolwork and social life. Without support, caring responsibilities can have a big impact on a child's life. No two young carers' needs are the same, which is why MYTIME offer a range of programmes, created to meet the needs of young carers, designed, and driven by young carers themselves.

Who are MYTIME Young Carers?

MYTIME Young Carers currently work in 200 schools across Dorset and BCP. They offer a range of programmes which young carers can access. Young carers can access online youth groups, activity days and other fun opportunities via the Making Memories Programme.

I think my child is a young carer, what next??

- Speak to school: either email the office or speak to your child's teacher
- Register with MYTIME Young Carers: If you would like your child to access the opportunities offered by MYTIME Young Carers then please follow this link and fill in our online form:
<https://forms.office.com/e/YxLqakHSV2>
- Once your child is registered with MYTIME you will receive regular updates. Young Carers can become involved in MYTIME's fun **Online Zoom Youth Group**, where they get to take part in different activities and meet other young carers (all from the comfort of your own home!)
- Your child will also be able to attend MYTIME's amazing **Making Memories events**. Most of these happen in the school holidays and range from a trip into the woods at Adventure Pirates to a day of sailing or paddleboarding. MYTIME also run art and craft events, and even host their very own Young Carer's Festival in August.
- To find out more, or if you have any further questions regarding the opportunities MYTIME offer please contact MYTIME on: enquiries@mytimeyoungcarers.org