08

**Fal**

**Step 8, Tool 6:**

Exemplar school newsletter article

**Purpose**

The following exemplar text could be used in school newsletters to raise awareness about young carers and how to access support.

**Young Carers**

A Young Carer is a child under 18 who regularly helps to look after a family member or friend who is disabled, ill, has a mental health condition or addiction problem.

Children may engage in:

* Practical tasks (cooking, housework and shopping)
* Physical care (lifting or helping someone use the stairs)
* Personal care (dressing, washing, helping with toilet needs)
* Managing the family budget (collecting benefits)
* Managing medication and prescriptions
* Looking after younger siblings
* Helping someone communicate

[Insert name of your school] can support young carers. If you, or a family member, needs support please contact [insert name of Young Carers School Operational Lead at [insert details]. All contact will be treated in the strictest confidence.