



Dear Parent/Carer

Identifying and supporting Young Adult Carers at Solihull Sixth Form College.

We are committed to ensuring that all learners get the support they need to have a positive college experience, are happy in college and can achieve their full potential.

We know that for some learners, factors outside of college can have a big impact on this, particularly if there is someone in their family or a friend who is ill, disabled, or has a mental health problem or an addiction. According to the Solihull Carers Trust website, 1 in 5 young people are caring in England. This would equate to around 5 learners per class who are helping to support someone.

Learners can be Young Adult Carers for lots of different reasons:

- They might be providing support to a parent with a physical illness. This support could be in the form of cooking, cleaning, shopping, or handling medication.
- They might be supporting someone with a disability who needs help with personal tasks such as getting dressed, bathing or changing dressings.
- Or it could be more emotional support – like being there if their autistic sibling is upset, taking responsibility for siblings whilst parents attend health appointments, or checking that a parent with depression/anxiety is ok.

Some Young Adult Carers might be doing lots of caring, others just a small amount but are impacted by the situation at home for example by worrying about the person with the health condition or needing to do more things for themselves compared to other learners.

There is support available for young carers and their families should they ever need it – both inside and outside of college, including YMCA Sutton Coldfield and Solihull Carers Trust.

If you think that any of the above applies to your child and that they might possibly be a Young Adult Carer then please contact me, Tracey Hayden directly by email, [tracey.hayden@solihullsf.ac.uk](mailto:tracey.hayden@solihullsf.ac.uk) or by telephone on 0121 704 2581 Ext 2033. Even if you feel your child or family are doing well and do not need any support, we find that it is better for us to be aware of them as Young Adult Carers, in case the situation changes, and they do need support.

Please do not hesitate to contact me if you would like any further information about the support offered at Solihull Sixth Form College. I am happy to answer any questions you have.

Best Wishes

Tracey Hayden  
Young Adult Carer Lead