

## **WELCOME TO CARERS WEEK 8 TO 15 JUNE**

This year our school is joining CARERS LEWISHAM and THE LONDON BOROUGH OF LEWISHAM in supporting our YOUNG CARERS.

This week in the media there will be many stories of people who are Carers and are looking after someone in their family who is ill or disabled. This can often mean that they are isolated, unable to work or socialise, at times with no one to help them or be a friend. This can also be true for YOUNG CARERS and the impact this can have on their lives can be enormous.

We want the YOUNG CARERS in our school to be recognised and feel supported and to know they have someone to turn to if they need help.

If you have any of the following:-

- A relative who lives with you who, due to illness or disability, is cared for by you?
- A disability, a physical or mental health illness yourself?
- A drug or alcohol problem?

**If you said YES to any of the above questions, then you may find yourself relying on your child or children for help with the following: -**

- General household chores
- Providing care (to yourself or the cared for person) when the child is meant to be at school, or before or after school
- Childcare of younger siblings
- Collecting benefits, prescriptions or shopping
- Attending doctor or hospital appointments
- Supporting you emotionally

If you feel you your child or a child you know is in this situation then let us know so we can help.

The person to contact at Sedgehill School is:-  
Rachel Bloggs – 0208 698 8911 extension 160  
Email: [rbloggs@sedgehill.lewisham.sch.uk](mailto:rbloggs@sedgehill.lewisham.sch.uk)

Or contact Carers Lewisham Waldram Place SE23 2LB 020 8699 8686