

TRINITY CHURCH OF ENGLAND HIGH SCHOOL

“Faith in the City, Value in People, Excellence in Education”

Higher Cambridge Street, Manchester, M15 6HP

Tel: 0161 – 212 1900 Fax 0161 – 227 9691

HEAD: Julian R. Nicholls B.Sc, M.A



May 2026

Dear Parents/Carers,

At Trinity we are aware that some of our pupils are young carers. A young carer is a young person aged 18 or under who helps to look after a loved one who has a sickness, illness, a disability, mental health condition, drug, or alcohol problem.

While many young carers tend to be caring for a loved one in their family home, this is not the case for all young carers, and some could be caring for a loved one outside of their family home. The type of caring young carers does can be very varied, and not all young carers are the same.

The tasks and level of caring undertaken by the young person can vary according to the nature of the illness or disability, the level and need for care, and the structure of the family. It may be that just one of the caring/supporting roles is their responsibility or it might be shared with another sibling or another parent/carer.

Young carers often take on practical caring responsibilities that would normally be expected of an adult such as physical, emotional, or personal care, care of the home, managing the family budget, collecting prescriptions, taking someone to doctors or appointments or medication management. It could be looking after younger siblings or helping someone communicate perhaps through interpreting or sign language. This would be above and beyond the normal chores around the home.

While some young carers have extra jobs around the home, many young carers do not, and instead are young carers because their loved one needs a lot of care and attention, which means they (the young carer) might not be able to do the everyday things other people take for granted. Some children are young carers for a short period of time, for example when a loved one has a temporary period of illness and so they (the young carer) take on additional responsibilities at home. In Manchester, young people who have caring responsibilities for siblings due to their parent or carers work commitments are also included in their definition of a young carer.

It is important to remember that no one chooses to have health condition, disability, or illness and that at times we all need a little support whether that be long or short-term. We know that children taking on caring responsibilities often show great kindness and understanding of the needs of others, are the first to volunteer to help those in need and make excellent role models.

Young carers have a lot to be proud of, they have amazing skills that are very valuable now and in their futures. Here at Trinity we are a community that is proud of all our students. We always champion those who do something special, and we feel it is essential to be able to help and support young carers and their families to remove some of the additional pressures that they may be facing.

We have several young carers already identified to us in school who benefit from our comprehensive programme of support, and we value and celebrate the important contribution they make to our school community. We will continue to raise awareness of young carers throughout or school, via assemblies and class discussions and other events.



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If you think your child might be a young carer please let us know by contacting me. Any information that is given to us will be treated sensitively and no information will be shared without your knowledge. If you do not feel comfortable doing this or have any further questions, please do not hesitate to contact me on 0161 212 1909 or by email at laming_a@trinityhigh.com

Yours sincerely,

Alison Laming
Student Services Manager

