**Letter to parents / guardians regarding existing young carers and support available**

Dear ???

My name is [insert name] and I am the Carers’ Champion at [insert practice name].

Our records show that [insert young carer’s name] is a Young Carer. I want to make sure that as a family know about the help and support available to them.

If you would like to know more about how I can help, please call / text me on [insert number].

I have included a leaflet from North Tyneside Carers’ Centre, which gives information about their Young Carers Service. This explains the support they can provide and how to contact them. [Insert young carer’s name] and any family member can also get more information about the Young Carers Service from me or from school.

Thank you.

[Insert name]

Enc.