



# Young Carers School 'Leads'

2020



# Young Carers School 'Leads'

Young Carers 'Leads' in Schools is an exciting Nottinghamshire County Council initiative that helps equip schools to identify and support young carers in their educational setting.



# Young Carers' Voice

Trouble Remember  
Support Whirlwind Choice Detention  
Behind Future Preoccupied  
Dilemma Forgot Attention Skills  
Normal State Hard Time Thinking Priorities  
Understanding Tired Frustrated  
Chores Clubs Help Escape Job  
Concentrate Different Late Carer

# Why are many Young Carers hidden?

- Worried about being different
- No one's asked them
- Don't want anyone to know
- Caring is normal to them
- Worried about what will happen if other services get involved

# A day in the life of a Young Carer



# Young Carers

- 800,000 Young carers across UK
- 1,800 young carers across Nottinghamshire.
- 24% care for an adult who has a mental illness
- 35% care for an adult with a physical disability
- 40% care for siblings
- 46% care for a mother with an illness

# Young Carers: Who are they? What do they do?

A Young Carer is someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol

Across the UK, as many as **1 in 5** children and young people are Young Carers



**2 in 3**

Young Carers have been bullied in school



**1 in 3**

Young Carers say their caring role makes them feel stressed

What impact does this have on them in school and on their education?

## What might a Young Carer do?

- Practical tasks, such as cooking, housework or shopping
- Physical care, such as helping someone out of bed
- Emotional support for someone who is distressed
- Personal care, such as helping someone dress
- Managing the family budget and collecting prescriptions
- Helping to give medicine
- Helping someone communicate
- Looking after brothers and sisters

on average there are

**48**

school days missed as a result of a young person's caring role

# What are their rights?

Young Carers have a right to an assessment. This can lead to:

- 1 to 1 support from a Young Carer Support Worker through the Carers Hub
- Health support from School Nursing Team
- Activities and groups
- Support in place in school
- Access to adult services to reduce their caring role



# What can schools do to improve their support for Young Carers?

1. Identify a member of staff to be the 'Lead' for Young Carers and make sure everyone knows who they are (*For example Senior member of staff, Teacher, Teaching assistant, Support staff, but really it can be anyone who wants to take on the lead*)
2. Provide training to staff to raise awareness of Young Carers - how to identify them and how to support them (*We can help support through Staff meetings, inset training and assemblies*)
3. Publicise available support in school (*through bulletins, designated display board, visual screen displays etc.*)

# What can schools do to improve their support for Young Carers?

4. Provide self-referral opportunities e.g. questionnaire in PSHE, school post box, dedicated email.
5. Raise awareness amongst students e.g. through assemblies or PSHE lessons along with visual displays.
6. Include Young Carers as a key group in policies such as anti-bullying policy to raise importance and awareness.
7. Run lunchtime support groups, including homework groups, peer support groups, for Young Carers.

# What can schools do to improve their support for Young Carers?

8. Refer Young Carers to other services, such as counselling, provided either within school or outside of school.
9. Create a Carers' ID Card to be used throughout schools, enabling students to identify themselves without the need for an explanation (*Where applicable as not all Young Carers want to draw attention to themselves*)
10. Use the Carers' ID Card for students to be able to take 'time out', seek an appropriate member of staff for support or use the phone to check on home.
11. Work with feeder and link schools to manage transition periods, sharing the information.

At Ripley Junior School, we aim to provide a community for children which keeps them safe, supports their creativity and enables them to meet their full potential.

Ripley Junior School is committed to identifying the needs of and supporting young carers' access to a full education, working in close partnership with our families.

We have strong links with Derbyshire Young Carers and help children, families and our school community to identify carers and safeguard them in an appropriate way.

You can find out more about Derbyshire Young Carers in the leaflet below or by visiting their website on the link below.



Derbyshire Young Carers

[Ripley Junior School Young Carer Policy](#)

## What is a Young Carer?

A **young carer** is someone aged 18 or under who helps look after a relative who has a condition, such as a disability, illness, mental health condition, or a drug or alcohol problem. Most **young carers** look after one of their parents or care for a brother or sister.

Stoke Primary School is committed to meeting the needs of young carers so that they can attend and enjoy school in the same way as other pupils/students and achieve their potential.

The school has a designated Young Carers' School Lead with responsibility for young carers and their families. The Senior Leadership Team (SLT) Lead for the school is Mr. Richard Davies, and the Operational Lead is the schools Family Support Worker - Mrs Caroline Monkton-Bull.

The Lead Governor for Young Carers at Stoke Primary is Ms Christina Connolly.

For further information regarding Young Carers, click on the website link [www.YoungCarersCoventry.co.uk](http://www.YoungCarersCoventry.co.uk)

# Additional Support for Young Carers

## In School

- There is a Young Carers Message Box located with the Worry box by hygiene suite
- Homework support available on Thursday lunchtimes with the Learning Mentors.
- Drop in sessions with Mrs Monkton-Bull
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Monday

Wednesday

Friday

Break time

Lunchtime

Break time

10.30-10.45am

12.30-1.15pm

10.30-10.45am

information, please download a copy of the letter (at the bottom of this page) and return it with the Reply Slip.

Dear parents/carers

### Identifying and supporting young carers at Stoke Primary School

At Stoke Primary school we are aware that some of our pupils are young carers. A young carer is someone under 18 who is caring unpaid for a family member or friend who is ill, frail, disabled or has mental health or addiction problems. They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

We know that young carers may need a little extra support to enjoy and do well at school. At Stoke Primary School we are committed to ensuring that all pupils who are young carers are identified, and supported effectively.

As Stoke Primary Young Carers' Lead I have responsibility for ensuring all young carers are able to enjoy school and make good progress. If you think your child might be a young carer, or could be affected by any of the issues we've highlighted, please let me know by filling in the form below and bringing it into school in a sealed envelope addressed to me. If you do not feel comfortable doing this, or have any further questions, please contact me on 02476 451724 Option 4 to speak to me directly.





<b>Staff</b>	<b>Train School Lead</b>	<b>Train Staff to raise awareness</b>	<b>Communicate clearly with both other staff and Young Carers.</b>
<b>Students</b>	<b>Raise awareness amongst students</b>	<b>Assemblies and PSHE lessons</b>	<b>Publicise awareness through displays &amp; bulletins</b>
<b>Young Carers</b>	<b>Make aware of School Lead &amp; point of contact</b>	<b>Provide self-referral opportunities within school</b>	<b>Have a safe space &amp; run support groups e.g Lunch clubs etc...</b>
<b>Whole School</b>	<b>Include Young Carers as a key group in school policies</b>	<b>Refer Young Carers to other services where applicable</b>	<b>Work with feeder schools to manage transitions</b>

STRATEGY MAP

# Young carers in schools



# What can we do to help support?

- Staff training to raise awareness
- School assemblies to raise awareness
- Run workshops & training for students to become Young Carer Ambassadors/Buddies
- PSHCE lessons, planning and delivery
- Support sessions for Young Carers
- Development of plans and policies for Young Carer support
- Advice and guidance on Young Carers in Schools Programme awards
- Award available and we can support you to work towards

# Carers Hub

0115 824 8824

- Young Carers can call the Carers Hub for info, advice and support in the same way as an Adult Carer can – they don't need to wait for an assessment.
- The Hub is there for immediate contact and support.
- The assessment can/will follow that. Once a Young Carer's assessment is completed and if they are eligible the Young Carer can access the group activities.







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[www.nottinghamshirecarers.co.uk](http://www.nottinghamshirecarers.co.uk)

