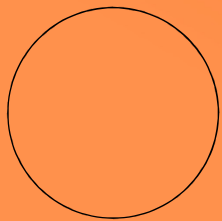




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Young Carer Awareness Training

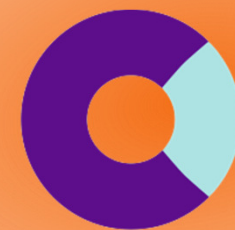
Young Carers in Schools Programme



Amberley Primary School

Cara Mattok cara.mattok@ntcarers.co.uk





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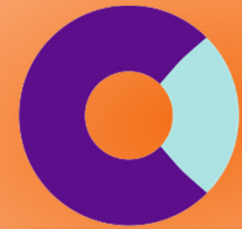
Pre training survey

<https://www.surveymonkey.com/r/ambntcc>



Objectives

By the end of this session you will:



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- Be able to identify who young carers are and the challenges they face
 - Recognise how being a young carer may impact a young person's life
 - Have an awareness of relevant legislation for young carers
 - Have a good understanding of carers' rights and the responsibilities of local authorities
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Why we're here today...

Young Carers' Survey 2022

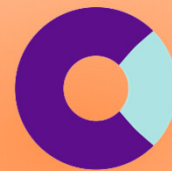


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Young Carers told us they wanted...

- Access to emotional support in school
- Impact on their school attendance linked to caring role
- A lack of understanding of what it means to be a young carer amongst peers and from staff
- An inconsistent approach to support at school
- Feeling pressure to achieve/ juggle education and caring

What young carers think needs to happen



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- Awareness raising of what young carers do on a day to day basis.
- Dedicated staff in schools for young carers to speak to when they are struggling.
- Access to regular peer support groups to support their mental health and emotional wellbeing.

The Young Carers in Schools Pilot



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- Awareness raising via Young Carer Awareness training for staff.
- Delivering assemblies to pupils for increased awareness and to help with self identification.
- Launching a new young carers peer support group in school.



Support Not Sympathy



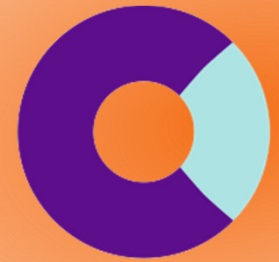
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On the next slide there is a video that has been created by Manchester Young Carers.





Manchester Young Carers – Support Not Sympathy



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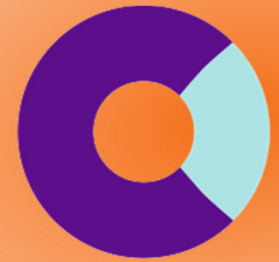
What is a young carer?



CHILDREN AND FAMILIES ACT DEFINITION:

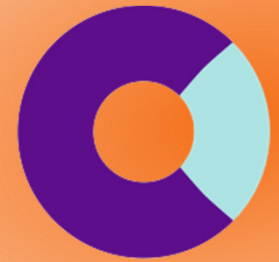
A young carer is a person under 18 who provides or intends to provide care for another person.

The concept of care includes practical or emotional support.



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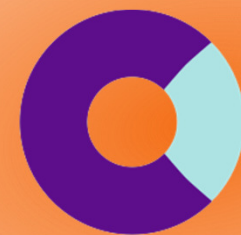
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What is care and what does a caring role involve?



A caring role could involve:

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

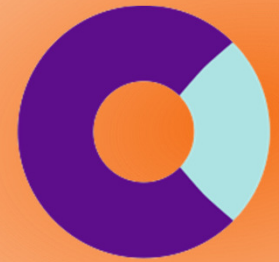


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Discussion



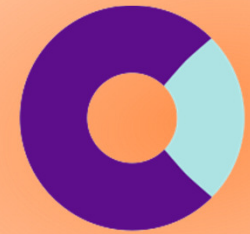
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Why might a young carer not self-identify?





Young carers may not self-identify because:



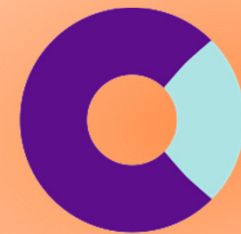
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- They may worry that the family will be split up and taken into care.
- They want to keep it a secret and/or are embarrassed about the person who is ill or has disabilities.
- They may not realise that they are carers or that life is different to that of their peers.
- They don't want to be different from their peers.





Young carers may not self-identify because...



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- They believe that the school will show no interest in their family circumstances.
 - It is not the sort of thing that can be discussed with friends.
 - There has been no opportunity to share their story.
 - They are worried about bullying.
 - They see no reason or positive actions occurring as a result of telling their story.
- 
- 

Discussion

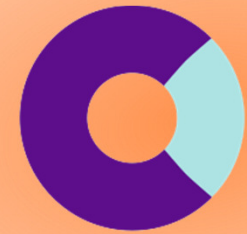


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If they don't self-identify, then
how will we know?



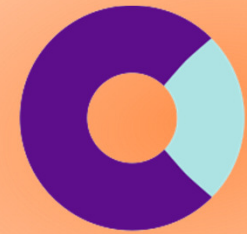
Possible indicators that a young person is taking on a caring role....



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- They are often late or missing days or weeks off school.
- They are often tired, anxious or withdrawn.
- They are having problems socially or with making friends.
- They get on well with adults and present themselves as mature for their age.
- They are a victim of bullying (this may be explicitly linked to a family members' disability, health or substance misuse problem).

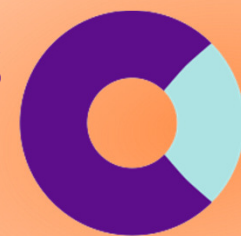
Possible indicators that a young person is taking on a caring role...



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- They are depressed.
- They are finding it difficult to concentrate on their work.
- They are having difficulty joining in extra curricular activities or unable to attend school trips.
- They are isolated because of their family situation, or because they lack social skills with their peers (and yet they are confident with adults).
- They are not handing in homework/ coursework on time, or completing it late and to a low standard.

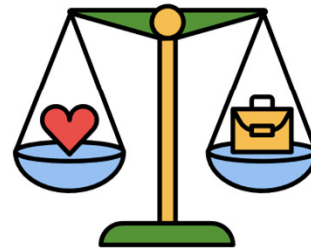
Possible indicators that a young person is taking on a caring role...



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- They are anxious or concerned about an ill or disabled relative.
- They are displaying behavioural problems.
- They are having physical problems such as back pain (possibly from heavy lifting).
- They are secretive about their home life.
- They are showing signs of neglect or a poor diet.

Impact of caring



Impact of caring



Friendships

- Less time to socialise
- Find it difficult to relate to peers
- Dramatically different life outside of school
- Bullying



Hobbies and interests

- Often not prioritised
- Often no opportunity to take part due to caring responsibilities
- No break from caring role

Impact of caring



Aspirations

- Difficult to imagine future goals for themselves
- Strong feelings of responsibility
- Caring role impacts on decisions about career, education, where they would like to live



School

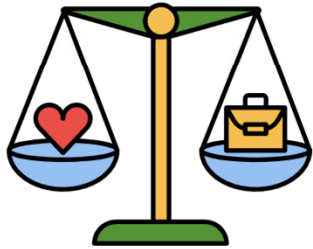
- May be negatively impacted
- Some may experience difficulties with focus and concentration
- Some may have difficulties completing homework at home

Impact of caring



Loneliness/isolation

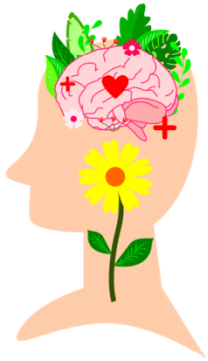
- Lack of understanding from friends, school
- Not connected to other young carers who do have that understanding



Balancing act

- Juggling school, friendships, home life, time to laugh/play/enjoy free time

Impact of caring



Mental health

- May experience anxiety/worry about the person they care for
- Lots of young carers present with their own mental health difficulties



Tiredness/lack of sleep

- Disrupted night – perhaps looking after/responding to the needs of the person they are caring for
- Worrying during the night



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What is the full picture?



The full picture



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- 800,000 young carers aged 5-17 care for an adult or family member in England.
 - 1 in 3 young carers have a mental health issue.
 - 37% of young carers said their performance at school had suffered as a result of caring responsibilities.
 - 27% of young carers aged 11-15 miss school.
 - 39% said nobody in their school was even aware of their caring responsibilities.
 - 36% reported being bullied specifically about caring.
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What do you know about
young carers' rights?



UN Convention on the Rights of the Child



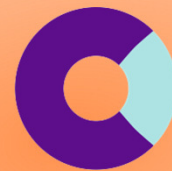
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- **Article 15** (freedom of association) Every child has the right to meet with other children and to join groups and organisations, as long as this does not stop other people from enjoying their rights.





UN Convention on the Rights of the Child



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- **Article 31** (leisure, play and culture) Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.





Specific rights for young carers



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The Children and Families Act 2014
The Care Act 2014





Young Carers Needs Assessments

- All young carers under the age of 18 have a right to an assessment of their need.
 - The local authority has a duty to carry out a transition assessment for a young person or carer, in order to help them plan, if they are likely to have needs once they (or the child they care for) turn 18.
- 



Specific rights for young carers

The legislation requires that young carers are assessed and that the assessment considers:

- whether the child is able and willing to care.
 - whether caring is impacting the outcomes that the young person wishes to achieve in their day to day life.
 - whether a provision of support could contribute to the achievement of those outcomes.
 - whether the caring role is impacting the child's work, education, training and/ or recreation.
- 

Local Authority Responsibilities

- Local Authorities (LAs) must assess whether young carers in their area have support needs and, if so, what those needs are.
- They can carry out this assessment if
 - they think the child has needs (the young carer or their parent doesn't have to ask)
 - the child asks them to
 - the child's parent asks them to.
- LAs must take reasonable steps to identify young carers in their area who have support needs.

What already happens in your school to support young carers?



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What else could be done?



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Have key adults in school
to support young carers

Young Carer Awareness
Training

Assemblies
Tues 11th June
Wed 12th June

Peer support
Group
Wednesdays 11:15am-
12pm

Contact with
parents/caregivers

Offer empathy and
emotional support

Young Carer web page

Noticeboards



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Thank you.

**If you have any questions please get in touch
cara.mattok@ntcarers.co.uk**

Please complete the post training survey.

<https://www.surveymonkey.com/r/ambntccpost>