

Portsmouth Young Carers Service Education - Autumn Term 2023 Update

New Portsmouth Young Carers Service leaflet

Our new service leaflet can be downloaded [here](#). Please display copies in key information areas in school/college & on your website and share with any families of young carers & your school team.

Making a referral to our service

We recommend that all referrals to our service are made electronically, using the following link: <https://www.portsmouth.gov.uk/services/health-and-care/adult-social-care/support-for-carers/young-carers/> Parents, guardians or professionals can make a referral.

Please ensure that:

- Parents and the young person have discussed the referral prior to it being completed by your school/college, and ensure you know if they give permission to share and to store information in advance of completing the form.
- You gain the young person's voice in terms of their responsibilities and the impact being a young carer has for them.
- You make a note of the referral submission number.
- You use the information to help ensure that the young carer is being supported effectively in school/college.

Once we have received a referral:

- We send the family information about our service.
- The referrer is also made aware that the email has been sent.
- We monitor responses from families and make a follow-up call with any who have not contacted us after the first school holiday programme we have delivered following their referral.

Young Carers on the School Census return: Spring 2024

Young carers will be an identifiable group again on the Spring 2024 census, so now's the time to ensure that as many of your young carers as possible have been identified.

Last year's results nationally (0.5%) and in Portsmouth (0.8%) were disappointingly low, with 79% of schools nationally reporting that they had no young carers attending.

Recent research by the ITV Tonight programme and The Carers Trust (2023) identified that there are almost one million young carers in the UK. This means that there are two or more young carers in every class in every school.

If your school/college have identified none or only a small number of young carers it doesn't mean that you don't have any attending, it means that your young carers are 'hidden', with many not even realising or being aware that support is available for them.

We highly recommend that everyone watches the Tonight programmes 'Young Carers: A Hidden Crisis', if you haven't done so already. This recent, powerful documentary explores who young carers are, the support they provide and the impact that their responsibilities can have by interviewing young carers from across the country. It also reviews the young carers findings from the Spring 2023 School Census and visits a Dorset school that has revolutionised their practice to increase the identification of and improve their support for the young carers who attend:

<https://www.youtube.com/watch?v=tDaRzTHQtdA>

For more information about the Spring 2023 Young Carers School Census results follow this link:
<https://carers.org/campaigning-for-change/young-carers-and-the-school-census>

The most effective way to ensure your school (or college) has a clear picture of who your young carers are is by:

- Raising awareness of young carers with all students, staff, families, and other members of your community and ensuring that they are an integral part of your school community.
- Ensuring that young carers themselves have a voice, they are supported sensitively & appropriately and are signposted to other organisations who can provide them with information and support.

An opportunity for two secondary schools in Portsmouth to engage in a year long project with our service to raise awareness of and develop their provision for young carers.

Would your school be interested in working with our service over the course of a year to raise awareness of young carers across your whole school community, identifying more of your hidden young carers and developing your provision and support for young carers and helping us to create a model that can be used by other schools in the city?

How would this be achieved?

- An initial strategy meeting with senior leaders.
- Support to train and develop the role of a Young Carers Champion to coordinate and develop provision.
- Support to develop and embed a Young Carers Policy.
- Bespoke training for other school teams, including teachers, learning support, business support and other staff.
- Assembly delivery with follow-up activities to use in tutor groups.
- Support to create/review and develop:
 - * A young carers noticeboard.
 - * Young carers information on the school's website.
 - * Individualised support opportunities and a young carer's group.
 - * A system to record young carers in the school and track their academic progress.
 - * Opportunities for young carers to have a clear voice.
- Opportunities for both schools to liaise and support each other on their journey.

For the project to be a success, we in turn ask for full commitment from the schools that participate.

Free young carers support for all schools and colleges in Portsmouth

Our service continues to offer a range of free support for schools and colleges in the city. This includes:

- Our termly education newsletter.
- Staff training sessions.
- Assembly presentations (delivered in person or presentation provided for in-house delivery).
- Resources, including a draft Young Carers Policy, Young carers noticeboard materials and ideas for setting up a young carers group.
- Attendance at family events, for example, open evenings or coffee mornings, to raise awareness of young carers and our service.
- Team Around the Worker support for individual young carers who you are supporting.

Young Carers Action Day 2024 - 13th March 2024

We are pleased to announce that Young Carers Action Day will take place on Wednesday 13th March 2024. We are in the process of planning events for our groups to celebrate this important event. We will share more information with you all in the new year. For now, please make a note of the date in your school/calendar and begin discussing what you might do to mark this important date with your young carers.

To contact us about any of the above, please email: youngcarers@portsmouthcc.gov.uk