

# Young Carers Update



- The Young Carers service has moved into Early Help and will be undergoing a consultation process with young carers over the coming months
- We have just recruited an expert by experience into our team, she is hugely experienced and a passionate advocate for young carers.
- We are planning a consultation event and will be relaunching the monthly groups and using these sessions to start the discussion with young carers about the type of service and support they would like.
- This is also tied in with our Youth Offer work, so there will be great opportunities for collaboration
- In the meantime, we are reminding colleagues about the importance of identifying young carers, and the range of support options available.



- The Shropshire Young Carers service holds monthly young carer groups across the county and hosts various activities during school holidays. We aim for the young carers to have fun, do crafts and games, but also relax with other young people who will relate to their own situation. Our focus is respite and support for young carers.
- Our staff are friendly and understand the issues young carers face. We want to be someone they can talk to about how they're feeling.
- If you are working with a young person who you think might be a Young Carer then please complete the [Referral Form](#) and send to [EarlyHelpAndSupportTeam@shropshire.gov.uk](mailto:EarlyHelpAndSupportTeam@shropshire.gov.uk)
- If you think the family needs additional support, please go to [Early help | Shropshire Council](#) to access information about the Early Help offer, and of course follow your organisation's safeguarding policy if you have concerns that a child is at risk of harm.

### WHAT IS A YOUNG CARER?

Someone under 18yrs who helps to care for a family member, relative or friend. A young person aged 16-25yrs with caring responsibilities can be known as a young adult carer.

As many as 1 in 5 children and young people are young carers in the UK

1

### WHAT DO YOUNG CARERS DO?

They might:

- Cook and prepare meals
- Help with shopping
- Clean the house
- Manage medicines or money
- Give personal care
- Help with mobility
- Look after siblings
- Give emotional support

2

### WHAT IS THE IMPACT ON THE YOUNG PERSON?

- Social isolation
- Stress, anxiety
- Tiredness, distracted
- Withdrawn
- Behavioural problems including offending and anti-social behaviour
- Negative impact on education – not completing homework, absenteeism, lateness, inability to take part in after school activities
- Impact on their ability to make friends
- Lack of recognition that they are a carer
- Health related issues associated with

3

## 6 Point Briefing - Young Carers

### SUPPORT NETWORKS

[Young carers | Action For Children](#)

[Young carers | Barnardo's \(barnardos.org.uk\)](#)

[Being a young carer: your rights - Social care and support guide - NHS \(www.nhs.uk\)](#)

6

5

### HOW TO SUPPORT THE FAMILY

Recognition of the role the young person holds within the family. Ensure the young person's needs, wishes and feelings are at the centre of decision making.

Consider the needs of the adult / child being cared for – are they being met? Do they need additional support?

**Discuss referral to our [Young Carers Service](#)**

If the child or parent agrees, a Young Carer's Assessment could be carried out by the Young Carers Team to determine what sort of support might be appropriate

4

### HOW TO RECOGNISE A YOUNG CARER.

This is not always easy as their role may be hidden unintentionally or intentionally.

They may comment on the person they care for and their needs or disability in passing.

They may share that they have caring responsibilities.

They may display concerns as above.



# What do young carers do?

- Day-to-day chores like shopping, cooking and cleaning
  - Take younger siblings to school & look after them at home
  - Emotional support
  - Remind the person at home to take their medications
  - Arrange appointments for the person they care for & go with them
  - Handle emergency situations
- [Watch this video for A day in the life of a Young Carer](#)
  - [What is a Young Carer? | Young Carers | Young Carers Awareness Day | UK](#)

## Signs someone might have caring responsibilities:

Action for Carers have produced this useful tool to help identify hidden and new young carers: [Young-Carers-Identification-Guide-a-tool-for-education-staff.pdf](#) It's helpful for anyone – not just school staff.

Low school attendance or regular lateness

Not completing homework

Tiredness

Low attention span

Lack motivation

Low mood/mental ill-health

Anxious – worried about the cared for person at home

Parent/guardian uses disabled parking space

Lack of parent/guardian attending parents evening/other school events

On pupil premium/free school meals

Change in hygiene/appearance

Change in behaviour – becoming aggressive or angry, withdrawn or quieter.





# How can caring affect them?

- Missing school
- Feeling very tired
- Not being able to get homework done
- Can't join in activities after school or go out much
- Some say they get bullied
- Feeling really worried, frightened, angry or sad

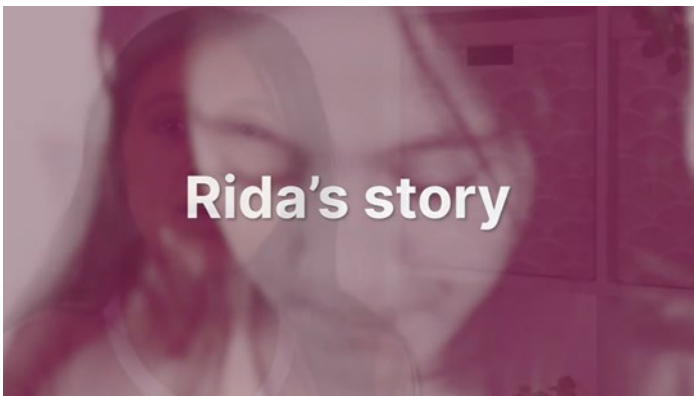




# How can caring affect them? Paris and Rida



[Paris' Story: My life as a young carer](#)



[Young Carer - Rida's Story](#)



# Young carers are amazing!

*Good things* about being a young carer:

- Feeling close with family
- Understanding, kind and compassionate
- Hard working and responsible
- Good at multitasking
- Good life skills – resilience, time-management
- Feeling proud of yourself



# Additional resources and sources of support

- [Experiences of Young Carers](#)
- [Home – Kooth](#) – has Young Carer specific pages and resources
- [Young Carers | Mental Health Advice | YoungMinds](#)
- [Information and advice about all forms of bullying](#)
- [Young Carers National Voice - Louder Together](#)
- [Honeypot | UK Children's Charity](#) – offering a range of opportunities including Respite Breaks, Learning Breaks, Memory Making Days and access to a Wellbeing Fund.

