

Leeds Young Carers Support Service



Building
stronger
families

When you hear the words 'Young Carer' what is the first word that comes into your mind?

Responsibility

Stress

Loneliness

Support

Skills



What is the definition of a young carer?

Young Carers are young people (under 18) who provide care to another family member because they have a physical illness or disability, mental health illness or a drug or alcohol problem.

Responsibilities may include physical care, personal care, emotional support, adult tasks such as budgeting, shopping, cooking, looking after siblings.

How is a young carer defined and identified in your setting?

In Leeds we identify a young carer as any young person who provides care and support to a family member. The age of the young person determines what support is offered and by which service (including transitional support).

Review policies and staff practice development and training offer.

How many young carers do you encounter?

Some studies say as many as in 1 in 12 children have some form of caring responsibility.

This means that there could be approximately 40 young carers in a 2 form primary and 100 in a 5 form secondary.

Why might you not know a young person is a young carer?

There are multiple potential barriers, including:

- Low rates of self-identification**
- Embarrassment
- Low parental engagement in school
- Concerns over triggering social care involvement
- Fears over bullying from peers
- Assumptions on the part of adults**

What are the signs to look out for?

The **impact** of being a young carer can display itself in a range of ways:

- Low self-confidence and self-esteem
- Low school attendance
- High levels of both pressure and stress
- Hyper-vigilance
- Low engagement with extra-curricular activities
- Academic underachievement
- Withdrawal or social distancing
- Health problems

Quiz Time

1. How many young carers are there roughly estimated to be in the UK?

A: 8,000

B: 80,000

C: 800,000

2. What percentage of young carers stated in a survey that 'no one at their school knows I am a young carer'?

A: 11%

B: 24%

C: 39%

3. What percentage of teachers who responded to a 2017 YouGov/Barnardos survey felt enough was being done in schools for young carers?

A: 63%

B: 38%

C: 13%

4. Are Young Carers more likely to have SEND than their non-carer peers?

A: Yes **1.5 times more likely**

B: No

C: Not sure

5. How many young carers regularly miss school?

A: 1 in 80

B: 1 in 40

C: 1 in 20

Young caring is a **hidden issue**

Are Young Carers part of a national conversation?

When you search for 'Young Carers' online, most of the results are for the charities and services that work with Young Carers, only a few news articles are focused on the issue. In fact the first news article is the 12th hit and halfway down page 2 on Bing.

BBC
NEWS

Coronavirus: Young carers say they can't get a break

By Katherine Sellgren
Family & Education reporter

Anxiety over the coronavirus and the restrictions of lockdown have increased the burden on young carers, a study by the University of East Anglia finds.

The research says young carers, who might have to look after their parents, are unable to get enough support.

It says school closures have hit young carers hard, with the lack of routine increasing pressure at home and robbing them of somewhere they "can feel safe".

"I can't get a break, I can't even get five minutes," says 17-year-old Olivia.

She told the University of East Anglia (UEA) researchers that her mother's need for emotional support during the pandemic was relentless.

"She becomes anxious, then annoyed, then angry and neither of us can walk away now, so I just have to take it."

Another young carer, Elizabeth, aged 19, said: "Being locked in together like this is a difficult thing" and that when her father has a bad day, it turns "into my bad day too".

One-In-Five Secondary School Children Are Caring For Relatives At Home, Shocking New Figures Reveal

"Systemic" problem sees 800,000 young carers help sick and disabled parents or siblings.



By Nicola Slawson

Shocking new figures suggest one-in-five secondary school children in England care for sick and disabled family members at home in what campaigners have called "a monumental wake-up call" for a "systematic" problem.

New data from BBC News and the University of Nottingham shows there could be many more young carers than previously thought.

A leading charity claims austerity and cuts to benefits mean children are increasingly having to pick up the pieces and help care for parents or siblings.

The Carers Trust is now calling on the government to take urgent action to ensure support services are in place for children across the country who may be struggling with the extra responsibility heaped on them.

The figures show that 22% of children who responded to a questionnaire admitted to caring for a family member who had an illness or disability. Nearly a third of those children are responsible for high-level caring for relatives who need support with everyday tasks.

HUFFPOST

**We offer
specialist
support**

What does our service do?



We provide specialist information, advice and support for Young Carers, families and practitioners to improve the wellbeing of Young Carers in Leeds.

**We are a key
source of
information
and advice**

**We
Raise
awareness**

**We offer
specialist
support**

Specialist support for young carers who's needs cannot be met through other early help services. We will provide individual support, which will include an assessment of need and outcomes-focused plan and group work, which will include sessions where young carers can come together to explore their needs under common themes and fun-based activities.

- **Initial assessment with the family, which leads to an individual and bespoke action plan**
- **Building up a toolbox of resources, offering family resources they can use**
- **One of the main goals is to reduce caring responsibilities**
- **Signposting to other agencies/services**
- **1:1 work with Young Carers, ideally face-to-face, usually in school**
- **Virtual Young Carers Groups currently using video conferencing**
- **Work should ideally last 6 months**

Meet the Team

Ben



Young
Carer
Practitioners
*work directly
with young
carers*



Jade



Community
Engagement
Practitioners
*Work with
agencies and
organisations &
coordinating
volunteers*

Lucy



Becky



Senior Practitioner



Christine

Rob



Nick





How to refer to Leeds Young Carers Support Service:

Referring for support

If you have identified a young carer who you feel you cannot support within your own service or setting, please refer for support in the following way:

If you are referring from a cluster school, contact your Targeted Services Lead to make a referral using the Early Help Request Form. Please also ensure you have completed the LYCSS Additional Information Form.

If you are referring from a non-cluster school or from any other organisation, please contact the Leeds Young Carers Support Service directly with a completed Early Help Request Form. Please also ensure you have completed the LYCSS Additional Information Form. We will work with the appropriate Early Help Hub and/or Targeted Services Lead to ensure that the right support is offered to meet the young carer's needs.

Key actions you can take straight away

- **Raise the profile of Young Carers**

- Designate an adult with responsibility and oversight of Young Carers (such as YCSOL in a school)

- Display the promotional materials in communal areas

- Identify Young Carers

- Review your Safeguarding policies and explicitly mention Young Carers

- **Get involved in making your setting ‘Young Carers Friendly’** with Nick and Lucy

- **Book in further practice development** with Lucy and Nick

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