



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.

The theme for Carers Week 2023 is '**Recognising and supporting carers in the community**'.

This Carers Week, we want communities across the UK to come together to recognise the huge contribution unpaid carers make to society. Politicians, employers, health and social services, businesses, education providers and members of the public all have a role to play in raising awareness of caring and making sure carers can access the information and support they need.

Who are Young Carers?

A Young Carer is someone aged 6 – 18 years of age who provides regular or ongoing care and emotional support to a family member, who is ill, disabled, has a mental health condition or misuses' drugs or alcohol.

They often take on practical and/or emotional caring responsibilities that would normally be expected of an adult.

There are around 800,000 young carers in England with some as young as five years old. 1 in 12 young people care for someone and they save the country £132 billion a year in the unpaid caring they do.

Impact upon Young Carers in school

- As many as one in every 12 Students may have a caring role.
- 27% Of Young Carers miss school or experience educational difficulties (40% where children care for a relative with drug or alcohol problems)
- They have significantly lower educational attainment at GCSE level (an average of one grade lower than peers)
- They are twice more likely than the national average to not be in education, employment, or training (NEET) between 16 and 19.
- A quarter of Young Carers said they were bullied at school because of their caring role.



If young carers are not identified at an early stage, then they often end up taking on inappropriate and excessive levels of caring responsibilities. This can have a significant impact on their education, health, and future opportunities.

Schools play a vital role in supporting young carers and reducing barriers to their educational attainment and their wellbeing.

Read on to see how YOU can support Young Carers in your school....

Introducing our three step Young Carer School package:



Step 1: UNDERSTAND	Step 2: INFORM	Step 3: IDENTIFY
Staff training session	Whole school assembly	Young Carers 1:1 de-brief
<ul style="list-style-type: none"> • 30-minute training session delivered by Young Carer staff & Young Carer from your school* • Explore Young Carers lived experience and support needs. How to identify hidden Young Carers and refer to our service. 	<ul style="list-style-type: none"> • Key Stage 1 & 2 • Key Stage 3 & 4 • Explain who Young Carers are (awareness and to encourage self-identification) • About our service 	<ul style="list-style-type: none"> • Bespoke report of Young Carers in your school. • YCIS Award introduction • How our service can support you within your role. • Resources provided

*Subject to availability of Young Carer advocate

Commencing October 2023 term!

This project has been developed by our committee of Young Carers and is aimed to support a whole school approach to supporting Young Carers and hidden Young Carers in your school.

Available to book now! Register your interest now by getting in touch with elenifoskett@sthelenscarers.org.uk

Benefits of school engagement for Young Carers and families



Young Carers attend and enjoy school and reach their full potential



Improving young carers' wellbeing and ensure they are better prepared for independent lives



Young carers to have the same life opportunities as other children



Parents and carers are supported to enable their children to attend school



Enable schools to identify and support young carers



A school culture is created which is fully accessible and understands and respects disability and caring.

ACTION REQUIRED

If you haven't already, please confirm with us who your school Young Carer Champion is for our records and correspondence.