



# COFFEE AND CHAT: Young Carers



# AGENDA

- “I am a young carer because...”
- Understanding what a young carer is
- The impact on young carers
- How to support young carers
- Breakout rooms – case studies
- What’s our collective role?





**Understanding what  
a young carer is**

# Who Am I?



May I have your attention, A few minutes of your time?  
Take a break from your life, I'll tell you how I live mine..  
See this face? See this smile? See these eyes open wide?

It's a mask to disguise how I'm feeling inside!  
I'm one in twelve in my city, yet it's hard to describe!  
But, just give me a moment, I promise, I'll try!  
I'm a cook, a cleaner, a doctor, a healer,  
A helper, a sitter, a supporter, a leader!  
By my demeanour, it may not always be clear that I'm needed.

When my mum takes a fall, has a fit or a seizure!  
When my brother breaks his toys and I pick up the pieces,  
When his autism means that even though I pleaded...  
He kicks and he screams and every day this is repeated!  
But before bed, I still hug him, because I know he doesn't mean it!  
And some might say that this sounds strange.  
Why I have all these skills and I don't even get paid!  
When I get home from school and make sure the table is laid.  
Because my dad is upstairs, still in bed, still afraid!

Oh, I am sorry, did I not mention that?  
That his mind is affected by stress and by tension.  
Depression that means he requires my attention.  
So my homework goes unwritten with no chance of extension...  
I shop ...I feed... I help shower and bathe,  
I wash.. I make sure that the beds are all made!  
I talk...I listen...I cuddle...I play.  
I make sure that the medicine is stored safely away.  
And even though I know that those who love me understand,  
It's hard to keep friendships when I have to cancel plans,  
When phone calls go unanswered, when they say they'll lend a hand,  
Sometimes it feels that it's only me who can!  
So thank you for listening, to the words I have to say,  
About how I live my life, about what I do each day!  
I hope...I dream...I wonder...I pray...  
Because I'm a young carer, and I wouldn't have it any other way!

# Who are Young Carers?

A young carer is defined in section 96 of the Children and Families Act 2014 as:

*“a person under 18 who provides or intends to provide care for another person of any age. That can be a parent or sibling, grandparent or friend. It can include help for physical or mental illness, frailty in old age, a disability or because of substance dependency”*

*“The right to be identified and to have an assessment of their needs for support by Local Authorities.*

*The rights afforded to young carers will be extended to all young carers under the age of 18 regardless of who they care for, what type of care they provide or how often they provide it”*

*“The right to be identified and to have an assessment of their needs for support by Local Authorities.*

*The rights afforded to young carers 'will be extended to all young carers under the age of 18 regardless of who they care for, what type of care they provide or how often they provide it”*



**Approx. 15,398  
Young Carers in  
Surrey\***



**2-3 young carers in  
every classroom**



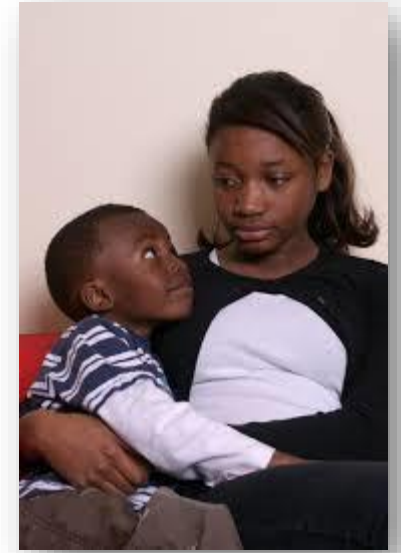
**Practical**



**Home**



**Physical**



**Emotional**

# **Roles & Responsibilities**



**Help and Support Siblings**



**Personal**

# How Can You Identify Young Carers?

- Regular lateness or unexplained absence
- Physical neglect
- Regularly tired
- Behaviour
- Homework or lack of focus
- Isolated from peers
- Look at the whole family / history (SEND/CP)



27% of young carers  
(aged 11–15) miss school



# Young Adult Carers (18-24)

2011 Census

•43,950

20 – 49

hours per week

2021 Census

•71,120



**UNPAID**

# Young Carer Positives:

- ❖ Proud
- ❖ Transferable skills
- ❖ Wider knowledge
- ❖ Understanding conditions & disabilities
- ❖ Empathy
- ❖ Resilience
- ❖ Closer family relationships

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Young Carers



# The impact on young carers

# ● Young Carers are saying

I don't know who to talk to. I'm the eldest, my dad isn't around and sometimes I would like to talk to someone. 1-1, in person, not online.

I get upset when my sister is being unkind to my mum. It would be nice if I had someone to talk to when this happens.

My sister has mental health issues and has tried to commit suicide. I worry that she's safe when I'm not at home and I cannot concentrate. I don't have any friends because they wouldn't understand.

The focus at home is mainly on my sister and I'm forgotten about

I don't have friends over because once my friends saw the nappies that my sister wears and started making fun and asking why there were nappies in the house if there wasn't a baby.

I cannot meet with my friends because I need to get home after school to do my chores.

My sister is intimidating because she's tall and strong. I cannot bring my friends to our house because we don't know how my sister will react and I'd be embarrassed.

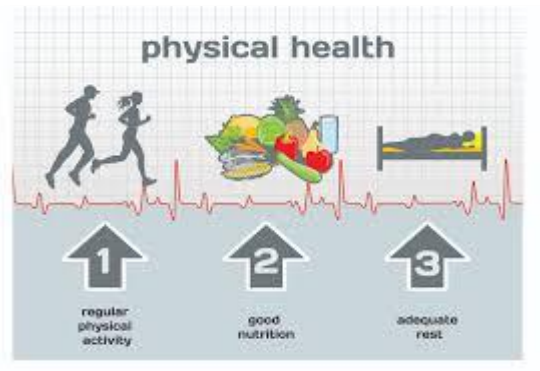
I have to go home straight after school to look after my brother and sister and cook dinner. I don't have time to go to things.

School is my safe space and where I can forget about what is happening at home.

I sometimes don't want to come to school because my brother has kept me awake screaming and I'm tired. My teacher is very kind and so is Mrs X and they look after me.

My brother gets very angry and lashes out at me which is really scary

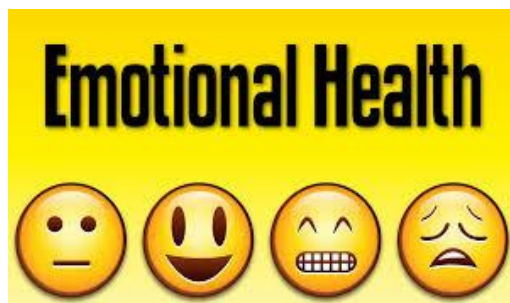
# What is the Impact?



12%, report that their own physical health is affected



53% report that their mental health is impacted

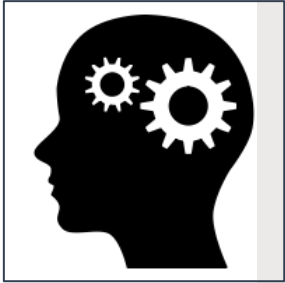


74% suffer from poor emotional health

*"It limits my social health I think as it means I can't spend as much time with friends etc, emotional health as it's quite draining and sometimes feels like I'm stuck in a cycle." - Young carer, Surrey*



27% of young carers (aged 11–15) miss school



# Survey World Mental Health Day September 2023



53%

*"I FEEL A BIT SAD WHEN MUM HAS A BAD SEIZURE."  
"I'M EMBARRASSED TO GO OUT IN PUBLIC WITH MY SISTER."*



*THE MAIN PHYSICAL EFFECT WAS TIREDNESS "I'M VERY EMOTIONAL AND GET UPSET EASY. SOMETIMES IT'S BECAUSE I'M FEELING TIRED."*



*"IT'S HARD HAVING FRIENDS ROUND OR GOING TO FUN PLACES." "CONSTANTLY WALKING ON EGGSHELLS, EXPECTING A NEGATIVE REACTION EVEN WHEN DOING SOMETHING SUPER NICE FOR SISTER."*

41%



74%

*"It limits my social health i think as it means i can't spend as much time with friends, it affects emotional health as it's quite draining and sometimes feels like I'm stuck in a cycle."*

12%



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Young Carers



**How to support  
young carers**

# Recognising & Engaging young carer in your practice

Reducing barriers and supporting young carers

NEW ANIMATION  
#CarersRightsDay

CPEC  
CARE POLICY AND EVALUATION CENTRE  
Research at LSE

SHEFFIELD  
YOUNG  
CARERS

Gloucestershire  
YOUNG  
Carers

family  
action

NIHR | National Institute for Health and Care Research

- **Transparent**
- **Trust**
- **Endings**



# MAKING IT REAL FOR YOUNG CARERS AND YOUNG ADULT CARERS

Surrey Young Carers (part of Action for Carers Surrey) works to identify and support Surrey's many young carers. Working with the NHS, SCC and young carers themselves, we have developed a strategy which outlines young carers' needs and concerns, and defines how we should all work to help them reach their full potential.

## Wishes

What young carers tell us they want:

Tell me what to expect and changes I don't know about.



Recognise that I am a carer, remember I am still young.



Listen to me, give me the right information so it is easier for me to care.



Give me more support.



Make it easier to get an appointment.



Talk to me about being a carer in a way I will understand.

## Key Facts



Young carers in Surrey: 2-3 children in every classroom are young carers.



4,700

Young carers in Surrey caring for someone with mental health concerns.



67%

Say their caring role leaves them feeling stressed.



55%

Struggle to keep up with their schoolwork/coursework.



40%

Say a break from caring will improve their health.

# What is it that Young Carers are asking for?

The ***Six wishes*** of Young Carers across Surrey (Young Carers Strategy)

1. **Tell** me what to expect and changes I don't know about.
2. **Recognise** me as a young carer and remember I am still young.
3. **Listen** to me, give me the right information so it is easier for me to care.
4. **Give** me more support
5. **Make** it easier to get an appointment
6. **Talk** to me about being a carer in a way I will understand

**In 2023 representatives from Young Carers National Voice (YCNV), along with a group of Young Carers from across the UK presented to the All Party Parliamentary Group (APPG) the *Seven Asks* from Young Carers.**

[7 Asks from young people — Young Carers National Voice \(ycnv.org.uk\)](https://www.ycnv.org.uk)

1. Quicker access and longer-lasting mental health support
2. All schools to have Young Carers Leads with enough time to support them
3. Government, schools and charities working together to raise public awareness of Young Carers
4. More support accessing further and higher education, training and employment
5. Supporting Young Carers in making choices about their futures and achieving their full potential
6. Better funded Young Carers services across the county
7. More support for the people they care for, to take the pressure off the Young Carer

# How to support young carers

<b>Universal or Community Support Thriving</b>	<b>Emerging Needs – Getting advice and signposting</b>	<b>Targeted Support – Getting help</b>	<b>Intensive Support – Getting more help</b>	<b>Statutory Services – Getting risk support</b>
Child does not have caring responsibilities.	Child occasionally has caring responsibilities for members of their family, and this sometimes impacts on their opportunities.	Child is regularly caring for another family member resulting in their development and opportunities being adversely impacted by their caring responsibilities.	Unsupported young carer or caring circumstances changed requiring additional support.	Child's outcomes are being adversely impacted by their unsupported caring responsibilities.

# How to support young carers

## Universal or Community Support - Thriving

- What everyone can do:
  - Young Carers Policy/Statement; Young Carer Lead/Champion; be flexible/make reasonable adjustments to accommodate young carers (e.g. times, locations)... etc.

## Emerging Needs – Getting Advice and Signposting

- Surrey Young Carers ([Young carers \(under 18\) | Action for Carers](#))
- Training - Carer Aware; Young Carer Aware ([Course Usage Tracker \(elumos.net\)](#))
- Schools – Young Carers Groups; Home School Link Worker

## Targeted Support – Getting Help

- Surrey Young Carers ([Young carers \(under 18\) | Action for Carers](#))
- My Time for Young Carers ([My Time For Young Carers](#))
- Carers Prescription ([Prescription portal \(formsite.com\)](#)) – for GPs/Primary Care Health Professionals

## Intensive Support – Getting More Help

- For **“inappropriate and excessive levels of care”**
- Young Carers Needs Assessment – [make a request through CSPA](#)

## Statutory Service – Getting Risk Support

- For **“inappropriate and excessive levels of care”**
- Safeguarding referral – [make a request through CSPA](#)

# Top 10 must do's when working with children and young people

- **Relationships:** Treat us with respect and understanding. Get to know and build a relationship with us.
- **Honesty:** It is important that you are always honest with us.
- **Reliability:** Follow up on work you have committed to. Let us know if you need to cancel or running late. Don't make promises you can't guarantee.
- **Believe:** Always believe in us and helps us to achieve our hopes, dreams, and goals.
- **Decision:** Include us in decision making and keep us updated. Encourage us to take part or join a participation.
- **Listen:** We are experts by our own experience and diagnosis. Please listen to us and keep us at the heart of everything you do.
- **Documents:** Make sure our documents are up to date and accessible.
- **Future:** Take time to plan our future with us, build our independence and life skills.
- **Individual:** Treat as individuals. Communicate in a way that is easy to understand. Give us the opportunity to process information.
- **Accessibility:** Make sure support is accessible and adapted to us as individual.



# SYC Offer to Young Carers:



Fun events and activities

Meet other young carers

12-week support plan

SYC newsletter & website

Place based signposting and information sharing.

Family Fun Day

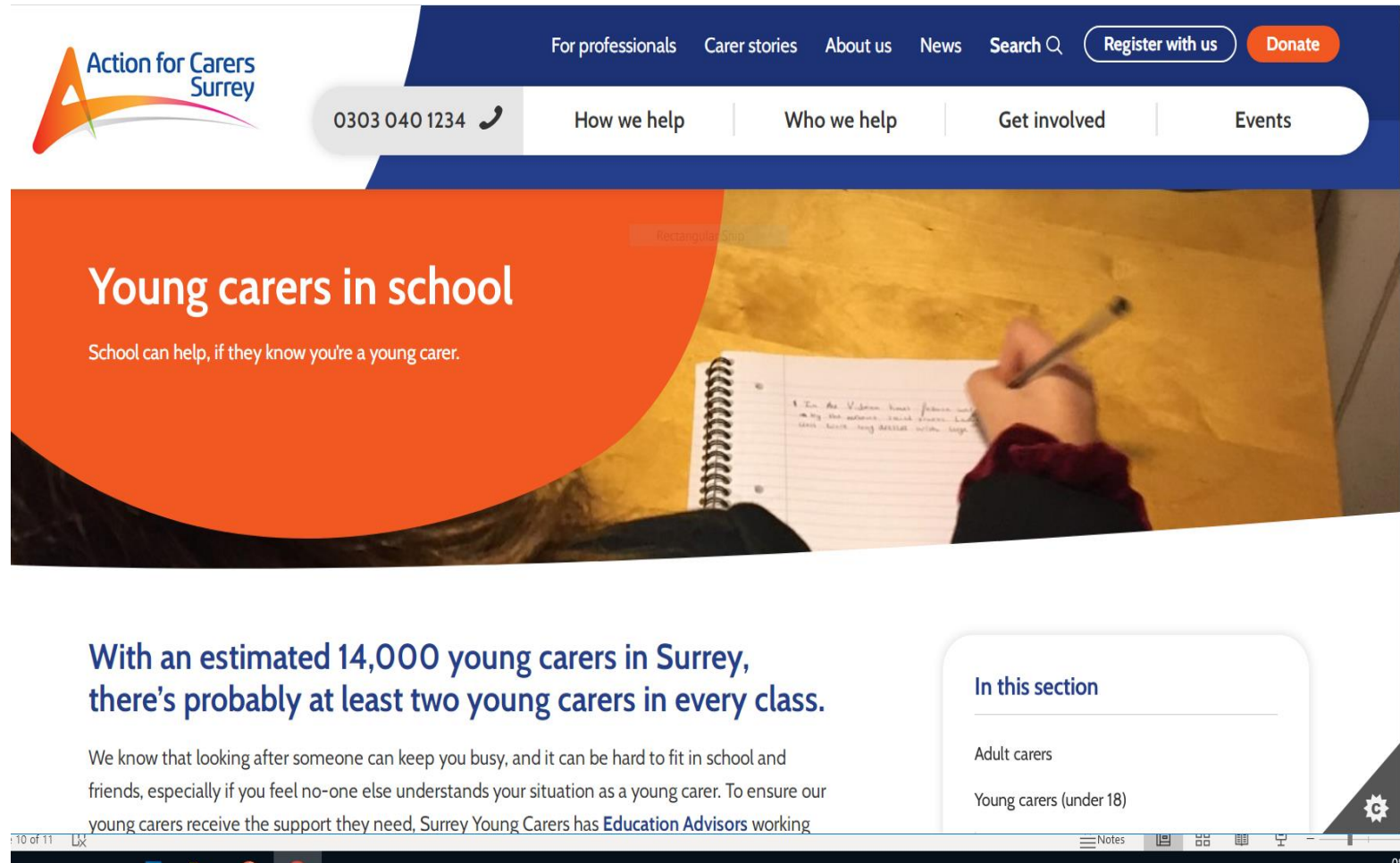
EIP & Travel Card (by need)

SYC Forum

Ad hoc opportunities



# Website & Referral form



The screenshot shows the website's header with the logo on the left and navigation links on the right. The main content area features a large orange graphic with the text 'Young carers in school' and a sub-headline. Below this is a paragraph of text. On the right side, there is a sidebar titled 'In this section' with two links. The footer of the page is partially visible at the bottom.

**Action for Carers Surrey**

For professionals | Carer stories | About us | News | Search Q | Register with us | Donate

0303 040 1234 | How we help | Who we help | Get involved | Events

## Young carers in school

School can help, if they know you're a young carer.

With an estimated 14,000 young carers in Surrey, there's probably at least two young carers in every class.

We know that looking after someone can keep you busy, and it can be hard to fit in school and friends, especially if you feel no-one else understands your situation as a young carer. To ensure our young carers receive the support they need, Surrey Young Carers has **Education Advisors** working

**In this section**

- Adult carers
- Young carers (under 18)

[www.surrey-youngcarers.org.uk](http://www.surrey-youngcarers.org.uk)



# Coffee and Chat: Young Carers

Jenny Hughes, Team Manager [jenny.hughes@actionforcarers.org.uk](mailto:jenny.hughes@actionforcarers.org.uk)

General Enquiries [syc@actionforcarers.org.uk](mailto:syc@actionforcarers.org.uk)



We're here to help carers of all ages, across Surrey, with free information, support, events, advice and more. [www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)



[@CarersSurrey](https://twitter.com/CarersSurrey)



[@ActionforCarersSurrey](https://www.facebook.com/ActionforCarersSurrey)



[action\\_for\\_carers\\_surrey](https://www.instagram.com/action_for_carers_surrey)







# Fun, freedom and friends for young carers

## Fun activities for young carers to allow them time to be care-free

[Find Out About our Clubs](#)

We run youth clubs and holiday activities for young people aged between 7 and 16 in and around Epsom, Ewell, and the Mole Valley whose lives are adversely affected by the disability or ill health of family members, or who have additional caring responsibilities because their families are in crisis.

We help them forget their troubles, meet other young carers and have some special time which is all about them, with no distractions. It's all free – fun, food and transport. [Get in touch today!](#)

Email Cathy: [admin@mytime4youngcarers.org](mailto:admin@mytime4youngcarers.org)

Website: [My Time For Young Carers \(mytime4youngcarers.org\)](http://My Time For Young Carers (mytime4youngcarers.org))

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Young Carers



**Breakout rooms  
– case studies**

# How are you able to grant the young carers 'wishes' in your role?

<b>Tell</b>	Tell me what to expect and changes I don't know about
<b>Recognise</b>	Recognise me as a young carer and remember I am still young
<b>Listen</b>	Listen to me, give me the right information so it is easier for me to care
<b>Give</b>	Give me more support
<b>Make</b>	Make it easier to get an appointment
<b>Talk</b>	Talk to me about being a carer in a way I will understand

# Case Study

Young carer lives at home with her father and two younger brothers and has no contact with her mother.

Young carer role: **The YC's father** has a diagnosis of Epilepsy. He suffers from regular severe seizures and has recently had his driving licence revoked. He has days where he cannot function and must rest in bed.

**The YC's two younger siblings**, both also have diagnoses of Epilepsy, one of these brothers also has a diagnosis of ASD

## Issues identified:

- Receiving sanction for incomplete homework.
- Young carers feminine hygiene being neglected.
- School not knowing about her caring role and family dynamic.
- Responsible for medical care of siblings on public transport on route to school
- Regularly called upon to attend to her brothers needs in school.
- Detrimentially low self-esteem and self-neglect causing social isolation.
- Inappropriate and excessive levels of care.
- No safe space or trusted adult

➤ *What are the risks to this child and family?*

➤ *What would you do in your professional role? (Think about the wishes)*

➤ *Whose responsibility is it to take action?*

# Case Study

Young carer lives at home with her mother and younger brother, who is only 3 years old.

Young carer role: **The YC's mother** has a variety of mental health needs and is no longer able to work. The YC reminds mum to take medication, gets everyone up in the morning, shops, cooks, cleans and takes her brother to nurse.

## Issues identified:

- The family are currently living in temporary accommodation, the YC has the bedroom and her mum and brother share a sofa bed in the lounge.
- The YC is not in school (16-year-old, year 11).
- The YC was working in a friend's restaurant every evening 5-11pm but has recently lost her job - she frequently missed work to look after her mum and brother when her mum had a bad day.
- No family support - Grandma used to take on a lot of the caring responsibility but has now moved out of area.
- The YC describes her sleep to be "up and down". And her mental health to be poor.
- Household finances are very limited.
- Inappropriate and excessive levels of care.

➤ *What are the risks to this child and family?*

➤ *What would you do in your professional role? (Think about the wishes)*

➤ *Whose responsibility is it to take action?*



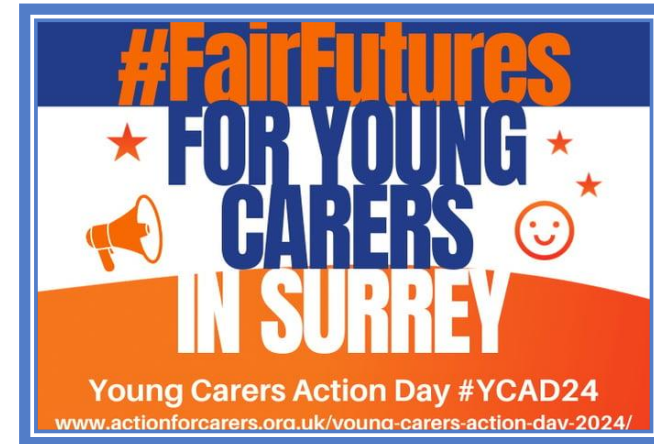
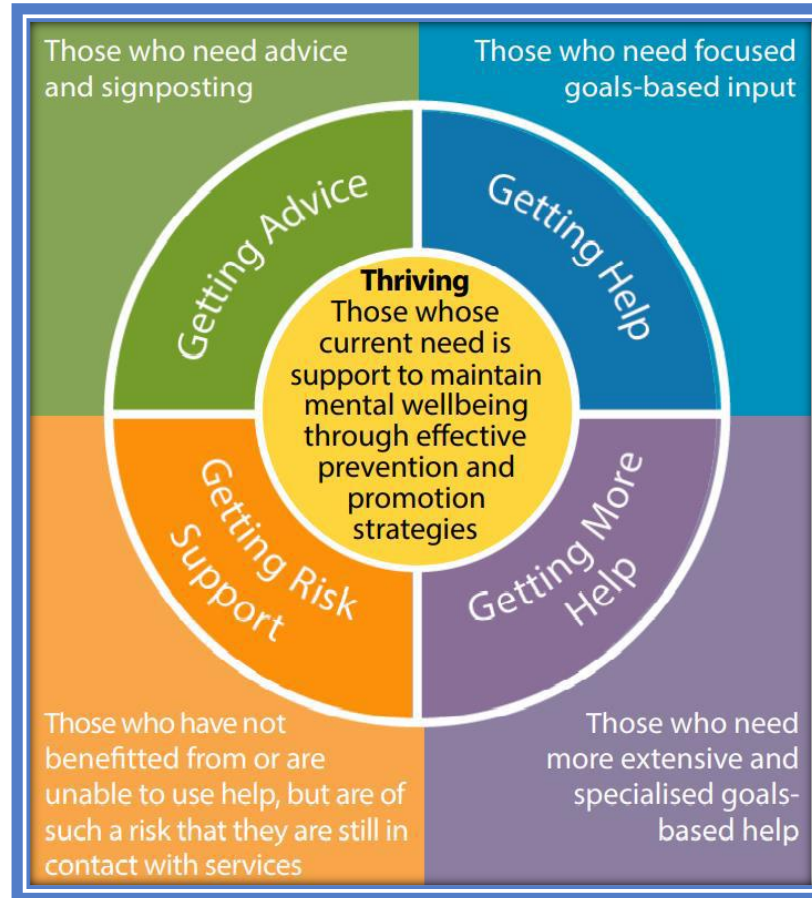
**What is our  
collective role?**

# What is your role in this?

## #EveryonesBusiness



## #ThinkYoungCarer



# ● The Young Carers Covenant

**What is the Young Carers Covenant?** In 2023, we asked more than 500 young carers and young adult carers from across the UK to help us to develop a Young Carers Covenant. They told us about their lives, hopes and aspirations, and their biggest challenges. Together, we created a list of the most important changes needed to secure a fairer, better future for all young carers and young adult carers. **The Carers Trust 2024**

The Young Carers Covenant is a UK-wide commitment to Young Carers and Young Adult Carers. It sets out ten key outcomes that Young Carers from the UK have said are key to improving their lives.

Any organisation or individual in a position to take action to help achieve these outcomes is urged to sign up to the Covenant. They could be national governments, local authorities, schools, colleges, and parliamentarians across the UK.

It was drawn up by Carers Trust and members of the Young Carers Alliance. The Young Carers Covenant was launched on Young Carers Action Day 2024. [The Young Carers Covenant - Carers Trust](#)

## The Ten Key Outcomes envisions a future where all young carers and young adult carers...

1. Are identified at the earliest opportunity
2. Can access and succeed in employment and training opportunities
3. Are safe and secure
4. Feel they have choices in their lives
5. Can access and benefit from the rights they have
6. Are able to thrive in education
7. Have time for themselves
8. Can access support for themselves and their families
9. Have good physical and mental health
10. Live free from poverty



# Final thought.....

*"It's time we all came together to make a change and create a fair future for young carers. The Young Carers Covenant will help us do exactly that."* Carers Trust 2024



**How can you improve your  
service/offer for young carers?**



# COFFEE AND CHAT: Young Carers

