

Supporting young carers in our school



Who are young carers?



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Who are young carers?

A 'young carer' is the name for a child or young person who looks after, or helps to look after, someone in their family who:

- is physically ill
- has a mental health problem
- has a disability
- has a drug or alcohol problem.



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How many young carers are there in Sheffield?



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Young Carers are not alone!

- **1 in 12** children and young people are young carers (BBC, Nov 2010).
- This means over 7000 young carers in Sheffield!



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Jack Grealish – Footballer for Premier League club Manchester City and the England national team was a young carer

- He helped care for his younger sister who has cerebral palsy.
- They are very close and he calls her his best friend

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Who are young carers?

- Anyone can become a young carer at any time
- Caring can go up and down – people can be fine sometimes but need a lot of care at other times
- Sometimes you might be helping to look after someone but not think you are a ‘young carer,’ but you can still get help
- Even if you’re not a young carer, you can help other young carers by being a good friend



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What do young carers do?



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What do young carers do?

A young carer may be helping in lots of ways, including:

- Housework, shopping and cooking
- Looking after younger brothers or sisters / taking them to school
- Helping someone get washed or dressed or move around
- Listening to someone's problems / keeping them company
- Helping someone take their medication
- Going to hospital and doctors visits with them
- Paying household bills

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Young carers are amazing!



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Joe Wicks – Fitness coach and TV presenter – was a young carer

- Joe grew up with his mum who had mental health difficulties, and his dad who had addiction issues.
- Joe said: *Often, I felt like I was a parent myself, and was frequently exhausted, often falling asleep in class, and having to fit in revision around hospital visiting times.*

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How can caring affect you?



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How can caring affect you?

- Missing school
- Being late for school
- Feeling very tired / falling asleep in class
- Not being able to concentrate at school
- Not being able to get homework/ coursework done
- Can't join in activities after school or go out much
- Hard to make friends
- Bullying
- Feeling really worried, frightened, angry or sad



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Good things about being a Young Carer

Feeling close to your family and getting to spend lots of time with the people you love

Feeling proud because you are doing a good job looking after your family

Gaining lots of strengths and skills that will help when you're older, like...

- ❖ Understanding, kindness and compassion
- ❖ Hardworking – young carers are often used to being busy so they might work really hard
- ❖ Skills like cooking, making phone-calls, paying bills
- ❖ Being responsible
- ❖ Resilience and coping strategies
- ❖ Understanding health and how to stay healthy



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What is the average age of a young carer?



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The average age of a young carer is 12



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Who Am I?

<https://www.youtube.com/watch?v=A1aiaIRYG50>



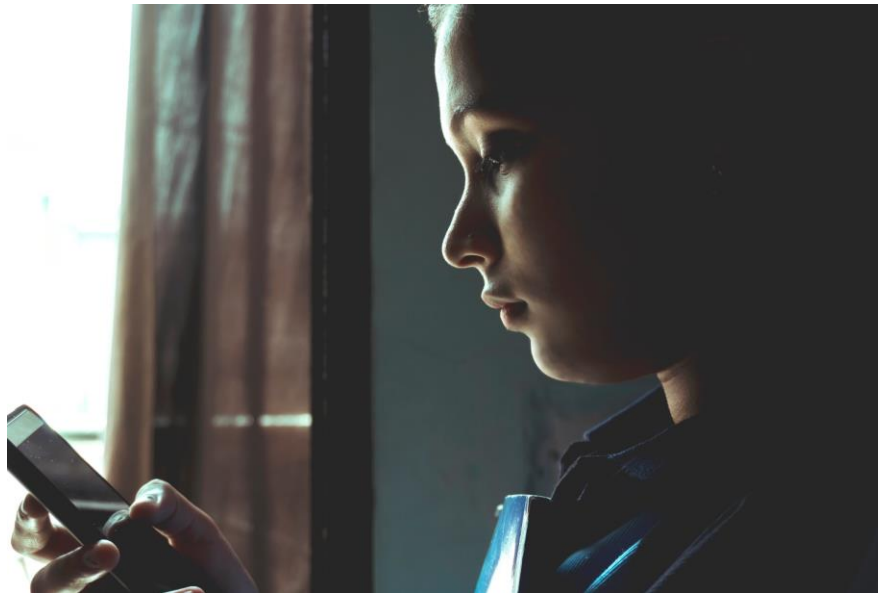
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How can you get help?



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How can you get help?

Speak to someone!

Caring for someone is something to be proud of.
But it can be hard and sometimes everyone needs help.
If no one knows, no-one can help!



The Young Carer Lead at our school is They understand
some of the issues of being a young carer

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Support in school



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Young Carers Questionnaire



We Care, Do You?

Hello

We'd like to ask you a couple of questions to help us know how many young carers there are at your school and for your school to be able to help you if you are caring for someone.

Please include your name so a teacher can talk to you about what you need and what support the school can give you.

This information will be kept private and will only be shared outside of school with staff at Sheffield Young Carers, unless a teacher is worried about you.

School: _____

Year group: _____

Your Name: _____

Date of Birth: _____

Today's date: _____

1. Do you help to look after or care for someone in your family?
(please tick as many boxes as apply to you)

Mum	Brother/s or Sister/s	
Dad	Grandparent/s	
Other family members	No one	

2. Why do you need to look after them? (please tick as many boxes as apply to you)

They have a physical disability	They have a long-term illness (e.g. cancer, epilepsy, or many others)	
They have a learning disability	They are ill in another way	
They have mental health problems (e.g. depression, anxiety, schizophrenia or many others)	I prefer not to say	

Please turn over....

We want to know about all the young carers in our school so we can help them.

To help with this, we will be carrying out a young carers questionnaire soon.

You and your family won't get in any trouble if you are caring at home – we will just make sure you are getting the help and support you need.

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Help online

MeWe website: <https://me-we.eu/booklet/>

A booklet made for young carers, by young carers to help you know how to take care of yourself, while caring for another person.

Young Carers Support App (available on Google Play Store and the Apple store)



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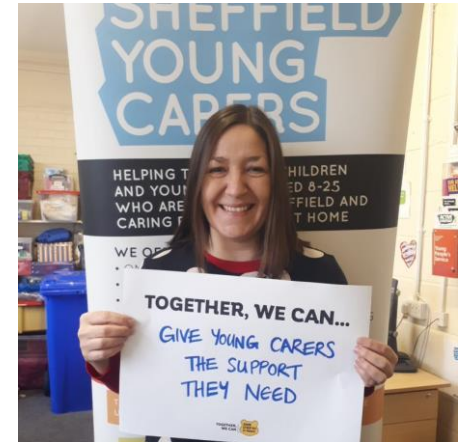
Help from Sheffield Young Carers

Sheffield Young Carers is for young people aged 8-25 who are:

- Caring for someone in their families
- Are affected by someone's drug/alcohol use in their family
- **Their website is www.sheffieldyoungcarers.org.uk**

They offer:

- Social groups, trips, activities to give you a break from caring
- One-to-one support



If you are a young carer, and you decide that you want support from Sheffield Young Carers, talk to your Young Carer Lead and they can help you make a referral

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Keeping young carers healthy

Caring can be rewarding but it can also be hard, so its important that young carers keep themselves well.

You can help keep well by:

- Telling your doctor or nurse that you are looking after somebody at home
- Letting a trusted adult know if you are feeling sad or worried
- Remembering you are important too – make sure you take time or ask for help to care for you too!



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Other help – look after each other!

Written by Sheffield Young Carers Project members:

- Keep what is happening in their family private (but help them to get help from an adult)
- Be there for them
- Understand that they can't always go out
- Listen to them when they're upset
- Listen to them when they explain what is wrong with the person they care for
- Take them seriously and try to imagine how it feels
- Remember important dates – like when someone has died or when someone has to go to hospital
- Don't use them – they are very caring people!

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Jesse Lingard (Premier League footballer) was a young carer

Jesse cared for his mother who has mental health difficulties, as well as his two young siblings who moved in with him while his mother sought help.

- Jesse has also struggled with his own mental health.

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Young Carers Assessments



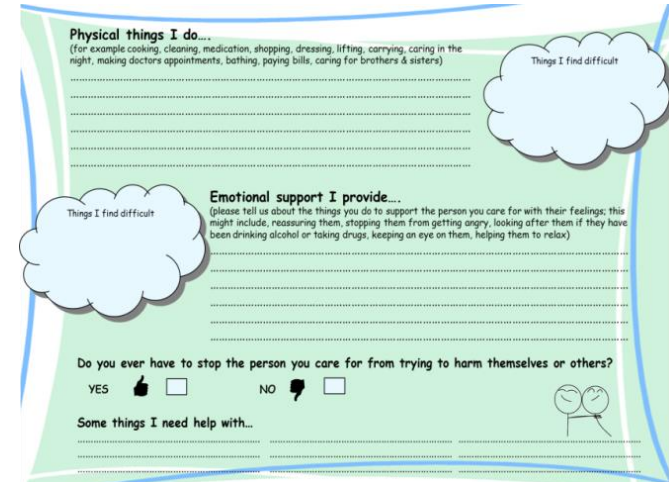
Do you look after or care for someone at home?

The questions in this paper are designed to help you think about your caring role and what support you might need to make your life a little easier or help you make time for more fun stuff.

Please feel free to make notes, draw pictures or use the form however is best for you.

Icons: A person with a wheelchair, a person with a speech bubble, a person with a heart, and a person with a star.

Illustrations: A person hugging another person, a person with a speech bubble, and a person with a heart.



Physical things I do...
(for example cooking, cleaning, medication, shopping, dressing, lifting, carrying, caring in the night, making doctors appointments, bathing, paying bills, caring for brothers & sisters)

Things I find difficult

Emotional support I provide...
(please tell us about the things you do to support the person you care for with their feelings: this might include, reassuring them, stopping them from getting angry, looking after them if they have been drinking alcohol or taking drugs, keeping an eye on them, helping them to relax)

Things I find difficult

Do you ever have to stop the person you care for from trying to harm themselves or others?

YES ☐ NO ☐

Some things I need help with...

Illustrations: A person with a speech bubble, a person with a heart, and a person with a star.

- The Law now says: All young carers have the right to a Young Carers Assessment
- An assessment is a booklet to help you tell an adult about your caring at home. This will help you and the adult find ways to make your life and your caring role easier.
- To find out more, speak to a staff member you trust or go to :

<https://www.sheffield.gov.uk/home/social-care/young-carers-assessment>

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Thank you for listening

Any questions?



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