Young Carers in Schools
a Partnership Approach

Suzanne Becquer-Moreno
Patient Experience Support Advisor
Young Carers

- A young carer is someone under the age of 18 you is providing, or intending to provide, care for a family member or friend of the family who needs support due to illness, disability, a mental health condition or drug and alcohol addiction.

- Over 1,500 registered young carers in Cardiff and Vale of Glamorgan.

- Average age of a young carer in the UK is 13.
Welsh Government Priorities

To support a life alongside caring
To identify and recognise carers
To provide information advice and assistance
To support carers through the hospital Discharge Process
Young Carers Speak Out!

We asked young carers what mattered to them by:

- Launching a Young Carers Survey (survey designed by young carers)
- YMCA undertook Young Carer Consultations
- A Young Carers Celebration Event (where workshops on current services were held)
All the feedback gathered was collated into our Young Carers Speak Out! Report. It was clear from this report that Young Carers wanted more support and information in schools.
Carers Trust South East Wales Report

Following on from the Young Carers Speak Out! Report, Carers Trust South East Wales was commissioned to undertake a detailed report of high schools in Cardiff and the Vale of Glamorgan to identify what support they were providing their young carers. The main findings were:

• Most schools had difficulty in identifying young carers.

• Staff wanted more resources and information on how they could better identify and support their young carers.

• Only four of the schools had a Young Carers Policy.
Young Carers in Schools Award

In 2017 Carers Trust South East Wales was commissioned to provide their Young Carers in Schools award in High Schools across Cardiff and the Vale of Glamorgan.

The award consist of three levels and 5 themes that schools are assessed against, and provides schools with the resources and tools to identify and support their young carers.

- The Basics
- Beyond The Basics
- Best Practice

Themes:
- Understand
- Inform
- Identify
- Support
- Listen
Young Carers in Schools

Name: Young Carers in Schools Programme
Date: Oct - Dec 2019
Funding: Cardiff & The Vale University Health Board

Feedback
"The YCISP has allowed the YMCA young carers project to receive more referrals. We are able for to go into schools and provide drop in days and support to young carers in school, raise awareness and offer support to young carers."
Bethany YMCA Vale of Glamorgan

Participation
Number of schools working towards accreditation:
As of Dec 2019
Cardiff = 12
The Vale = 8

Development
Number of secondary schools that passed The Basics level accreditation:
As of Dec 2019
Cardiff = 8
The Vale = 5
Number of secondary schools that passed Beyond The Basics level accreditation:
As of Dec 2019
Cardiff = 1
The Vale = 2

Training
YMCA and CTSEW have worked in partnership to deliver assemblies to:
- St Cyres School
- Llantwit Major School
- St Illtyds Catholic High School

Awareness raising
YMCA and CTSEW worked in partnership to raise awareness of young carers at the Vale of Glamorgan Safeguarding event in November.

Number of identified young carers from baseline to end Dec 2019

<table>
<thead>
<tr>
<th></th>
<th>Cardiff</th>
<th>Vale of Glamorgan</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseline number of identified young carers</td>
<td>20</td>
<td>10</td>
</tr>
<tr>
<td>Number of young carers identified March 2019</td>
<td>200</td>
<td>150</td>
</tr>
</tbody>
</table>
Next Steps

• Carers Trust SEW looking at working with Primary Schools in Cardiff and Vale

• The Health Board are early adopters of Welsh Government Young Carers Card Scheme, and will be working with Carers Trust SEW to roll out.

• Continue to work with GPs and Pharmacies to improve links with in primary care and local schools
thank you