

# Young Carers in Schools a Partnership Approach

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# Young Carers

- A young carer is someone under the age of 18 who 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



Llywodraeth Cymru  
Welsh Government

To support a life alongside caring



Llywodraeth Cymru  
Welsh Government

To identify and recognise carers



Llywodraeth Cymru  
Welsh Government

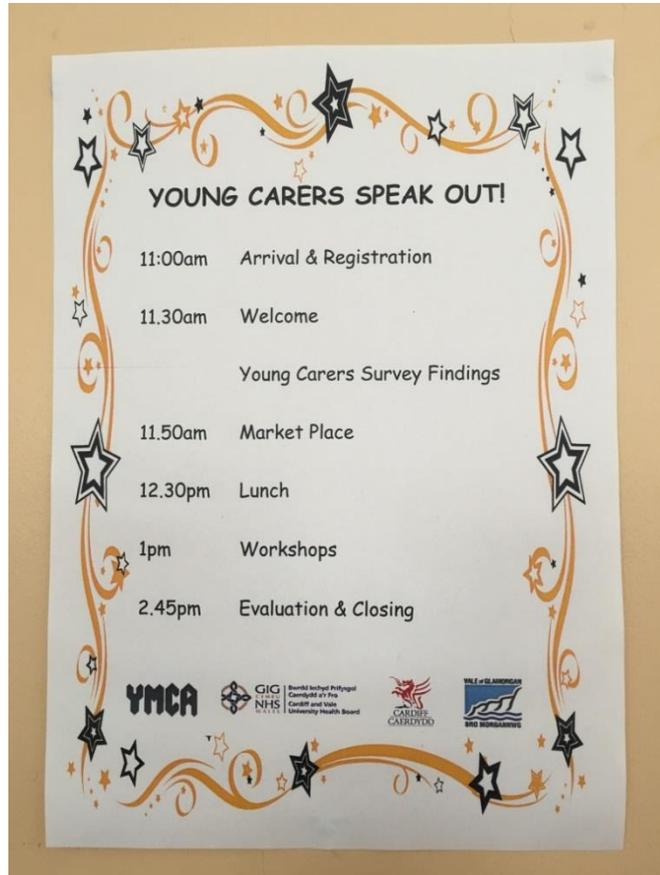
To provide information advice and assistance



Llywodraeth Cymru  
Welsh Government

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)

# Young Carers Cascade Report

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



## 7 Education

Young carers need support to meet their goals in education and their future.

- 35% feel their teachers are 'good' at noticing and understanding them.
- 57% said they are never or only sometimes given the right support at school.
- 20% said they could get information about being a young carer through school.

## Young carers told us about problems at school:

Homework deadlines are the most challenging thing. Schools don't really understand what a young carer does. They don't give you extra time.

They don't understand that you can't do ALL the work.

**My day**  
I usually wake up at 6 am, do a few dishes, make my Mum's breakfast, go to work for a good 6, 7 hours. By the time I get back I've got to help my Mum around the house, cleaning and then I'm not in bed till about 12 o'clock. Then it just repeats over and over again. Schools need to relax the rules more for pupils like me.

## 50% want more support

"I worry about what if my Dad's fallen or been hurt while I'm in school and no one is home."

"I'd like to improve the quality and availability of full-time carers so I can focus on my education."

"I worry about being away on school trips and not being at home to help."

"I'm tired but still having 2000 things to do!"

30% of under 13's see their teacher as their main support

## What would help?

**Young carers said they want:**

- all teachers to go on training to understand and support young carers better, especially primary school teachers
- schools and colleges to have guidelines (rules) about homework, time off, phoning home and other things to support young carers
- schools to have information and resource packs for young carers to get support.

# 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 recourses and tools to identify and support their young carers.



# Young Carers in Schools

Name: Young Carers in Schools Programme

Date: Oct - Dec 2019

Funding: Cardiff & The Vale University Health Board



## 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

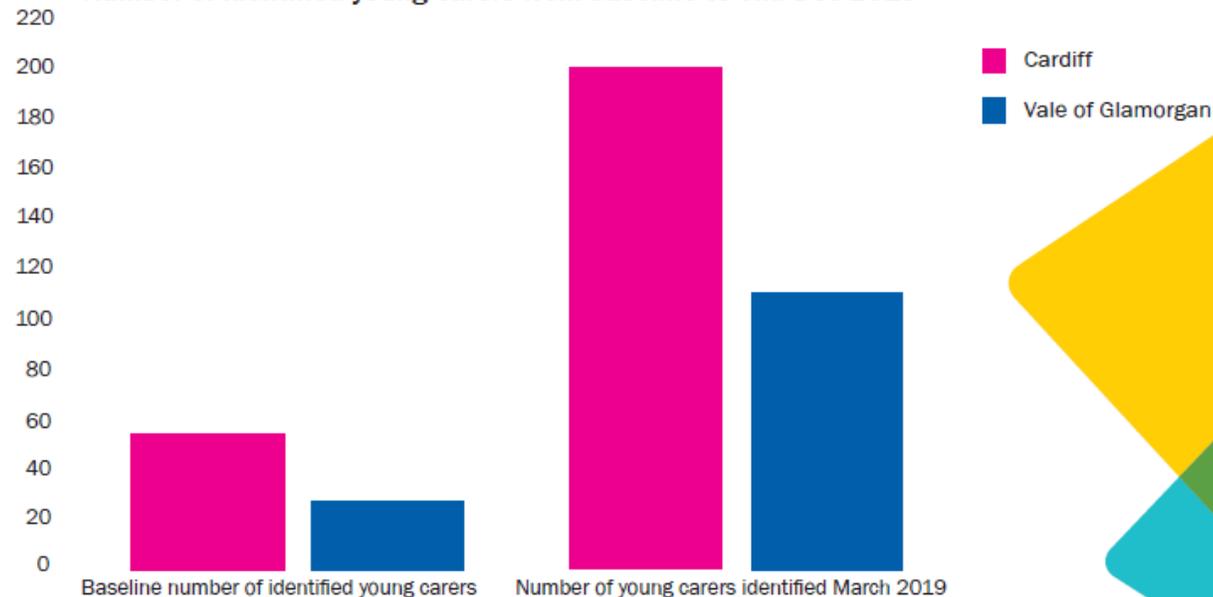
YMCA and CTSEW worked in partnership to raise awareness of young carers at the Vale of Glamorgan Safeguarding event in November.

## 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

Number of identified young carers from baseline to end Dec 2019



# 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

