

# The Care<sup>™</sup> Collective



[Thecarecollective.wales](https://thecarecollective.wales)



# Young Carers

## ACAMH Event 5<sup>th</sup> December



Ariennir gan  
Lywodraeth Cymru  
Funded by  
Welsh Government

Trwy  
law  
Via



Bwrdd Partneriaeth  
Rhanbarthol Gwent  
Gwent Regional  
Partnership Board



BWRDD PARTNERIAETH  
RHANBARTHOL  
CAERDYDD A'R FRO  
CARDIFF & VALE  
REGIONAL PARTNERSHIP  
BOARD

Supporting unpaid  
carers

## Lisa Howells

Young & Parent Carer Manager

[Lisa.Howells@thecarecollective.wales](mailto:Lisa.Howells@thecarecollective.wales)

## Amber Trotman

Young Carers in Schools Programme Officer

[Amber.Trotman@thecarecollective.wales](mailto:Amber.Trotman@thecarecollective.wales)

## Rosie Richmond-Russell

Young Carers in Schools Programme Officer

[Rosie.Richmond-Russell@thecarecollective.wales](mailto:Rosie.Richmond-Russell@thecarecollective.wales)



Supporting unpaid  
carers

# Housekeeping:

- Feedback
- Audience participation
- Slides will be shared
- Upset / concerns



## What is a young carer?

**Pupils under 18 who help look after someone in their household who is ill, disabled or misuses drugs or alcohol.**

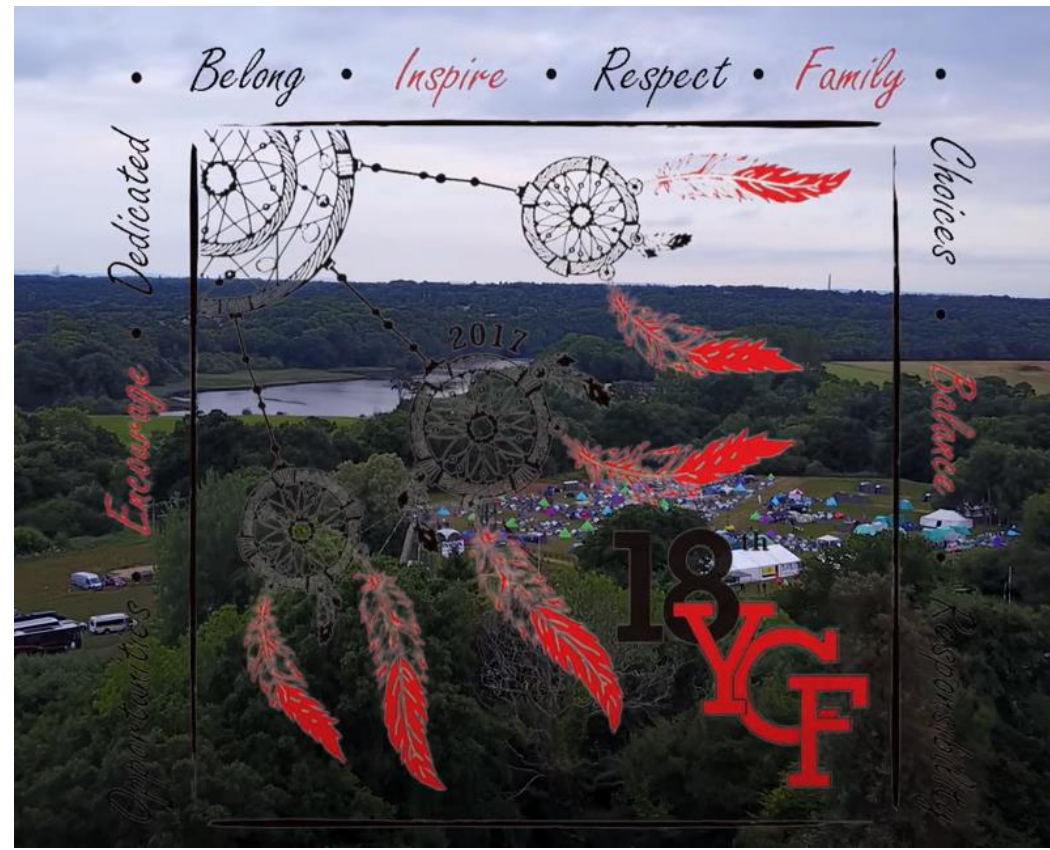
Young Adult Carers (YACs) between 16 / 18 - 25 years old.



# Young Carers Festival



[Young Carers Festival 2017 - YouTube.](#)



# What might a young carer need to do?

Emotional support /  
managing own emotions

Sibling care

Translating



Support with medication  
/ manage side effects

Support with  
appointments

Manage household  
money

Diffuse situations

Household tasks /  
creating routines

# How can caring affect Carers?

Physical health

Emotional wellbeing

Low self esteem

Loneliness

Lack of social life/time to self

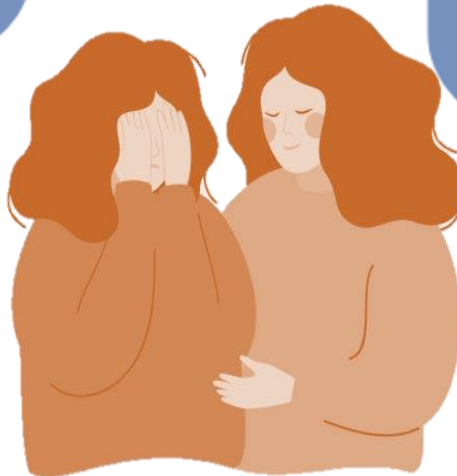
Difficulty collecting prescriptions

Lack of understanding from others makes it difficult

Learning

Experiences at school

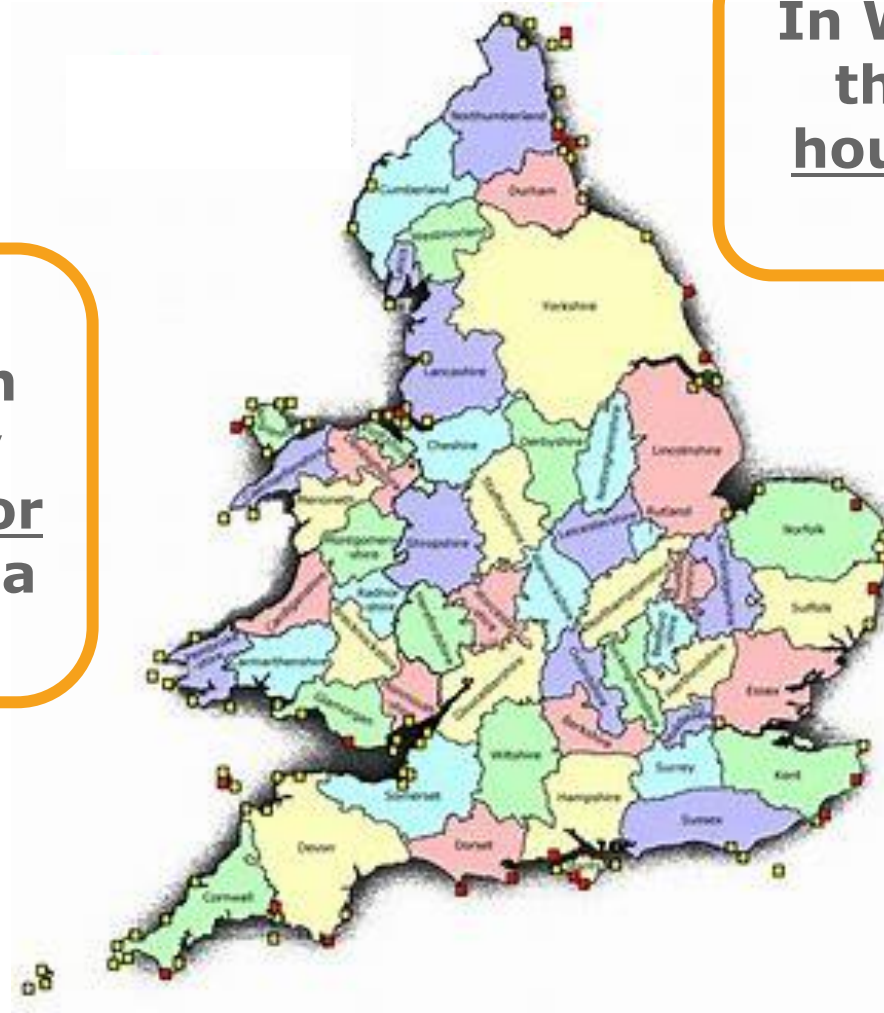
Family worries





# ONS Statistics 2021

Secondly,  
96,000 people in  
Wales said they  
provide 9 hours or  
less unpaid care a  
week.



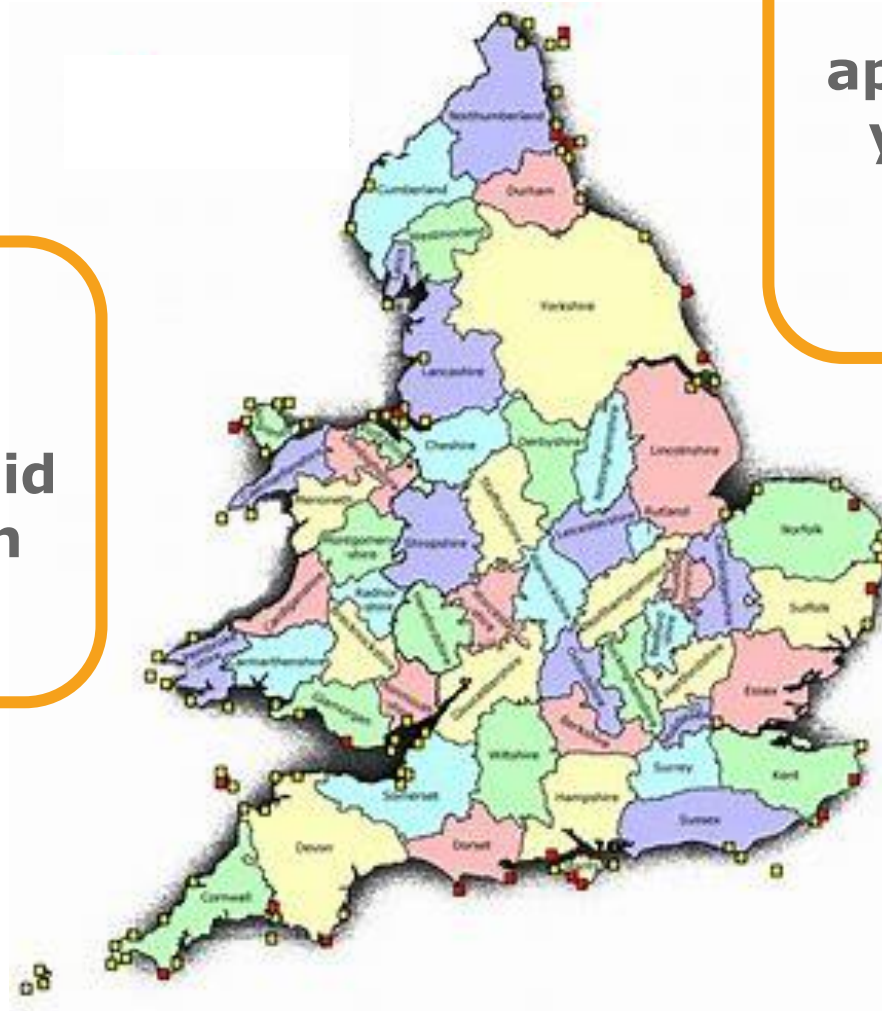
In Wales, most people stated  
they provided 50 or more  
hours of unpaid care a week  
= 107,000.

In 2021:  
3.6% provided 50 or  
more hours of unpaid  
care in Wales.

2.7% provided 50 or  
more hours of unpaid  
care in England.

# ONS Statistics 2021

There were  
approximately  
8,200 young unpaid  
carers (5 – 17) in  
Wales = 1.8%.



There were  
approximately 120,000  
young unpaid carers  
(5 - 17) in England  
= 1.4%.

In 2021:  
10.5% provided unpaid  
care in Wales  
(pop. 3,107,500).

8.9% provided unpaid  
care in England  
(pop. 59,642,000).

# You are not alone!



## Cardiff Motorpoint Arena

Full Capacity – 5,000  
seated

22,520 5 – 24 year olds in  
Wales are unpaid Carers

= 4.5 full Motorpoint  
Arenas

# Statistics for UK / Europe



- **800,000 Young Carers** aged between **5 – 17** care for an adult / family member in England.
- **39%** said nobody was aware of their caring responsibilities.
- **1 in 3 Young Carers** say they suffer with their mental health.
- **Young Carers** are now included in the **European Youth Strategy** or **EU agenda**.
- Research suggest **8%** of children in Europe have caring responsibilities.

[Facts About Young Carers | The Children's Society \(childrenssociety.org.uk\)](#)

[Me-We-European-brief.pdf](#)



# What transferable skills do carers have?

- Empathy
- Time management
- Leading/ managing
- Liaising with professionals
- Patience
- Resilience
- Confidence
- Encouraging Others
- Fast/Slow pace environment
- Multitasking



- Budgeting
- Forward planning
- Independent worker
- Interpersonal skills
- Observant
- Adaptable
- Listening skills
- Reliable
- Interpreter
- Problem solving



# Transition for Young Carers: From Education to Work

Young carers regularly miss school, drop out of education / work or don't get results / job they wanted.

Early identification of young carers can help to minimise the long-term impact on their future.

Many young carers are proud, but the reality is that, for some young carers, opportunities can be restricted by their caring responsibilities.



In June 2020, Carers Trust Wales surveyed 366 carers aged between 12 and 25 to understand their experiences of living and caring during the pandemic.

This included:

- Time caring
- Education
- Outside agency support
- Friendships
- Mental health
- Positive

# Findings:

The briefing sets out the growing pressures young and young adult carers were facing in 2020, in their own words.

- Sadly, research has shown that 67% of young carers and 73% of young adult are now more worried about their future.
- 37% of young carers and almost half (47%) of young adult carers say their mental health is worse than it was before the pandemic began.
- 30% of young carers and 44% of young adult carers feel overwhelmed by the pressures they are now facing, which is having an inevitable impact on their mental health and wellbeing.
- Despite their emotional and mental health needs 20% of young carers and 29% of young adult carers are struggling to access any emotional support.
- 1 in 4 young carers and nearly 1 in 3 (32%) young adult carers would like support with their mental health but don't currently access any.
- 36% of young adult carers say that their education is suffering, impacting on their hopes and opportunities for the future.
- 30% of young carers are struggling to look after themselves.
- However, 31% of young adult carers and 34% of young carers have been able to take some positive action to stay healthy describing that they use exercise to help them cope with their caring role.



**"I love the person I care for and they're not a burden to me, but I feel having no time away from them is taking its toll mentally as I already suffer mental illnesses separate from my circumstances, I feel like it's given me more time to think of my future and it seems bleak and full of heartache and grief."**

**Young adult carer, 23**

**"I'm a lot closer to mental breakdowns then before. The problem is that I look after my own father but spending time with my family makes me feel worse about myself."**

**Young adult carer, 19**

**"Everything is uncertain. It's really hard to make plans. I worry that some one I love will die."**

**Young carer, 12**

**"It has put more stress on me and my education and has made my anxiety so high."**

**Young carer, 13**

**"... I have no time to myself. I'm not sleeping, I cry every day because I can't cope, I'm not able to look after myself or my illnesses I'm looking after three people now instead of one."**

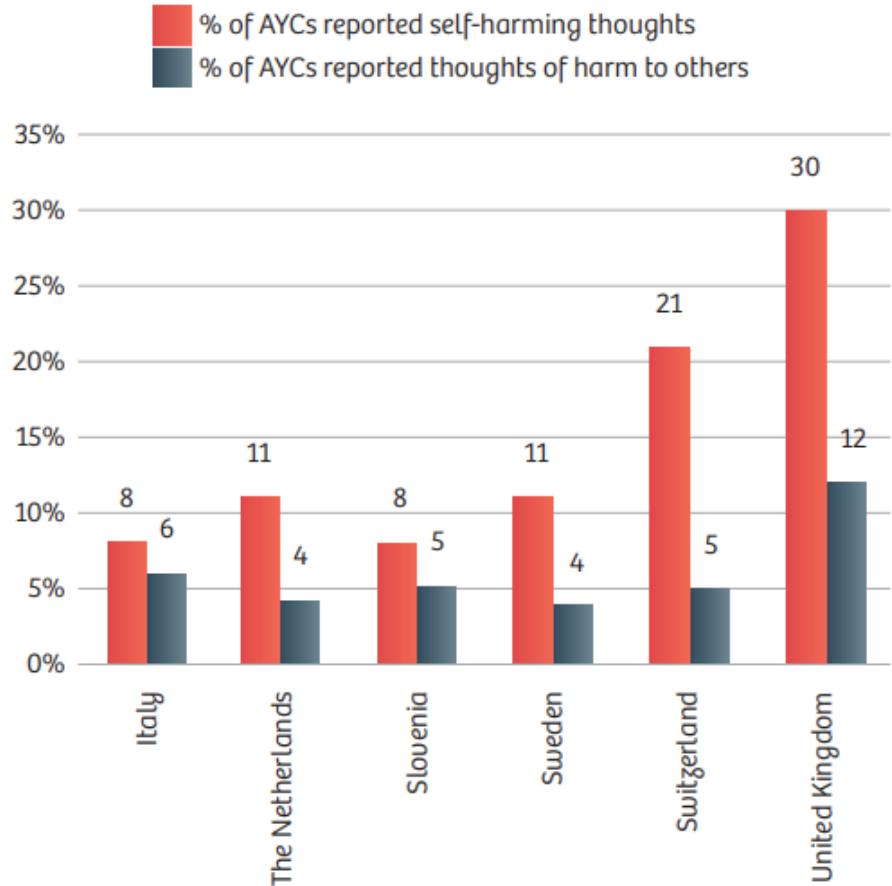
**Young adult carer, 23**

## Quotes from Carers around their Mental Health

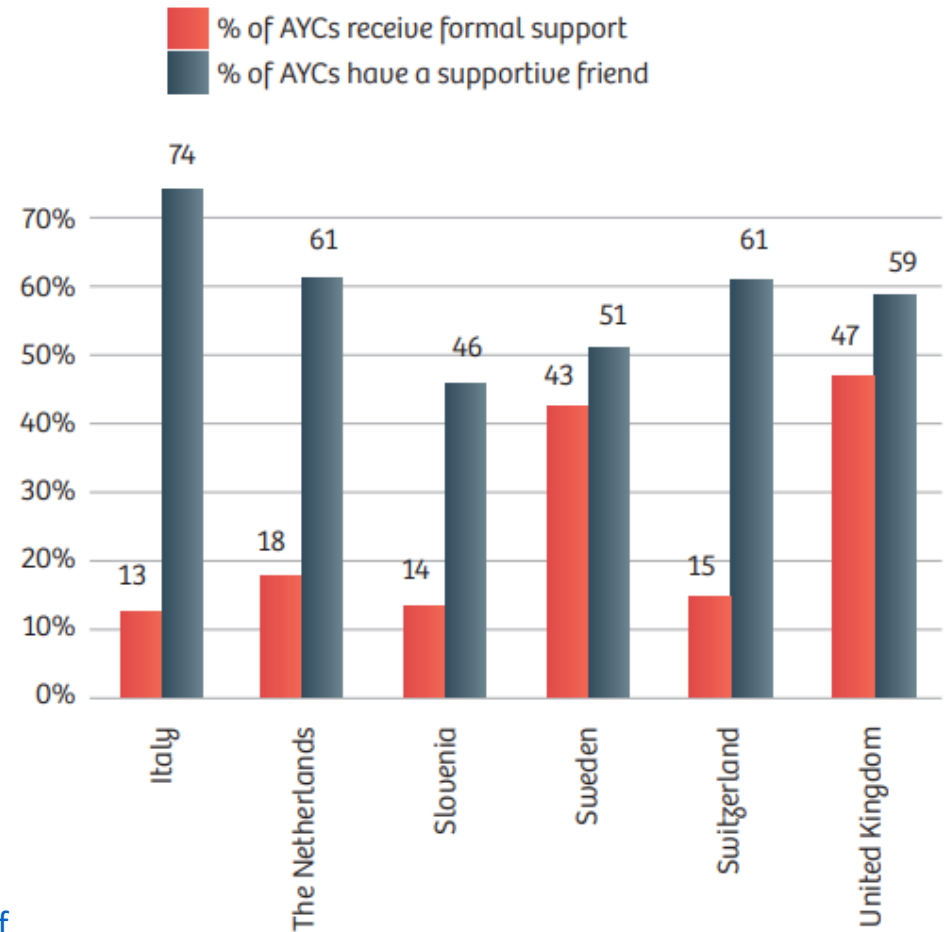
# Statistics for UK / Europe



**Figure 3- Severe mental health impacts due to caring: self-harm and harm to others**



**Figure 4- Access to formal and informal support**



# Signs carers may be struggling

- Difficulty making friends.
- Don't feel that they belong.
- Ongoing difficulties coping with daily routines / schedules.
- Increased number of absences / lateness.
- Challenging / disruptive behaviour.
- Lower than expected progress / disinterest in work.





# Supporting Young Carers and Young Adult Carers

- Identify and communicate.
- Link with Local Authority / Young Carers Service.
- Use tracking systems in schools / on rotas.
- Include 'Are you in a caring role?' on application forms.
- Carers Groups.
- Carers Needs Assessments.
- Understand family dynamics & build relationships.
- Flexibility with regards to schedules / lateness.





# Mental Health and Wellbeing

Change can provide opportunities to develop a young person's resilience.

However, recent research indicates:

*"...there is evidence of a negative impact of transitions on wellbeing, a decline in feelings of school belongingness and connectedness, poorer social and emotional health, and higher levels of depression and anxiety..."*

It can be stressful building new routines and fitting in with peers who are unaware of a caring role at home. This can be at any level of education / work. By making sure support can be put in place for individuals that may need it, this can highlight positive reinforcement which will prevent further challenges going forward and increase their resilience.

# How to include parents / guardians / carers – our advice to schools

## Carers of all ages

are entitled to a Carers Needs Assessment via the Local Authority if they wish to have one.

Some of your staff team may even be unpaid carers.

- Support plans could be put in place for pupils and staff – in and out of school (e.g. referrals / one-page profiles).
- Breakfast, after school, holiday clubs, check ins with the family unit, revision sessions, interview skills, CV writing.
- 1 to 1 drop-in meetings for either the young person and / or parents / guardians.
  - Message pathway for updates/changes to keep communication lines open.

# A morning in the life of Charlie

Charlie is a 16-year-old who lives at home with their parents and autistic sister, Daisy who is 8. Their parents are busy professionals, so trust Charlie to take the lead with their younger sister during the school week.

Every morning Charlie:

1. gets up to get themselves ready for school
2. help sister Daisy with morning routine and brush her hair (which she doesn't like)
3. emotionally supports her when she is very distressed and lashes out
4. talks with her calmly and tries to encourage her to breathe
5. packs both theirs and Daisy's lunches and school bags
6. walks their younger sister to school safely
7. meets friends to walk themselves to high school

Charlie is often running late to form time, which their tutor has given them several warnings for.

Charlie is always tired in school, seems uninterested in lessons and instead of joining in, would rather find a quiet space to be alone. Charlie hasn't asked anyone for support because they are unaware of what is available.

## Questions:

- How do you think Charlie's mental health is affected by their responsibilities?
- When do you think it's best to approach Charlie for support?
- What do you feel your school could do to support Charlie and their sister Daisy?





# How to identify a young carer: signs we may be caring



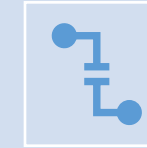
Often missing particular lessons – potentially a pattern here with caring role with increased absences.



Distracted /anxious about the cared for during school hours – isolated or challenging behaviours displayed.



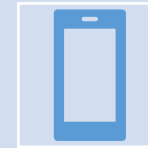
Missing out on extra-curricular activities / trips out, impacting friendships, feeling like they don't belong.



Disinterested in subjects and often 'zoning out'. Could have lower than expected progress in class.



Appearance changes: hygiene, sleep, eating. Difficulties with daily routines.



Wanting to use their phone throughout the day.

# What carers want from staff:

“Have staff that look out for us”.

“Have a better understanding of the consequences we face in our day-to-day life due to being a young carer”.

“Know how to signpost us to support available inside and outside of education”.

“Give us a space to talk openly if we need any support”.

“Have time for us to speak to staff, have some time for ourselves. Look at rules for phones: if my family needs me, it’s difficult to make contact”.



Display posters with any support / contact information for carers

Use photos of support staff

Include in application forms

Provide a message box or email

Be open to having honest and difficult conversations

How we help carers identify themselves:

---



# Promoting carers

**CARERS TRUST**  
**YOUNG CARERS ACTION DAY**

**13<sup>th</sup> March  
2024**



**10<sup>th</sup> – 16<sup>th</sup>  
June  
2024**



**15<sup>th</sup>  
November  
2024**



**November  
2024**

# Khan Family Scenario

The Khan family have recently moved to the area. Taro is a 20-year-old who lives with his sister Kiran who is 13, his mum Jyoti and his dad Aki. Aki works nights so Taro has been the primary carer for his mum since her accident 2 years ago which left her paralysed from the waist down.

Every morning Taro gets Jyoti out of bed and into her wheelchair, gets Kiran up and ready then takes her into school. Taro goes home for lunch since they live so close to campus. During this time, he gives his mum her medication and makes sure she has eaten. Taro's University are unaware of his home life; however, Kiran's school are aware of her mum's disability.

Taro and Kiran's social lives are affected by their caring role. Taro also finds it hard to hold down a steady job to support the family.

## Questions

- What support could your school offer to Kiran, the younger sister?
- What support could your organisation offer to the family?
- Where could Taro get support in University or work for his mental health?



# What to do if a carer identifies themselves to you:



- Know where to get support
- Check in on their mental health and emotional wellbeing
  - Avoid 'ah' factor
- Give them time and space to talk
- Try not to be shocked by what they might have to do
  - Ask about them

# Young Carers ID Card

Keep an eye out for the  
Young Carers ID card all  
across Wales!

This is available up to 18  
years old, so if you know  
anyone who needs  
support, they can be  
referred for a card.







The Care Collective

# Young Carers ID card examples

The bearer of this card helps look after a family member who has a physical or mental health condition or a disability. For more information visit [carers.org/YCID](http://carers.org/YCID)

Mae deilydd y cerdyn hwn yn helpu i ofalu am aelod o'r teulu gydag anabledd neu gyflwr corfforol neu iechyd meddwl. Am ragor o wybodaeth, ewch i [carers.org/YCID](http://carers.org/YCID)

**IF LOST, PLEASE RETURN TO:**  
A FYDDECH CYSTAL Â'I DDYCHWELYD I: 114 Lower Dock Street, Newport / Casnewydd, NP20 2AF

**NEWPORT YOUNG CARERS SERVICE**  
GWASANAETH GOFALWYR IFANC  
CASNEWYDD - 01633 251192

**YMDDIRIEDOLAETH GOFALWYR CYMRU** | **CARERS TRUST WALES**



In partnership with  
**Credwch mewn plant Believe in children**  
**Barnardo's Cymru**

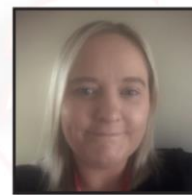


## YOUNG CARER GOFALWR IFANC



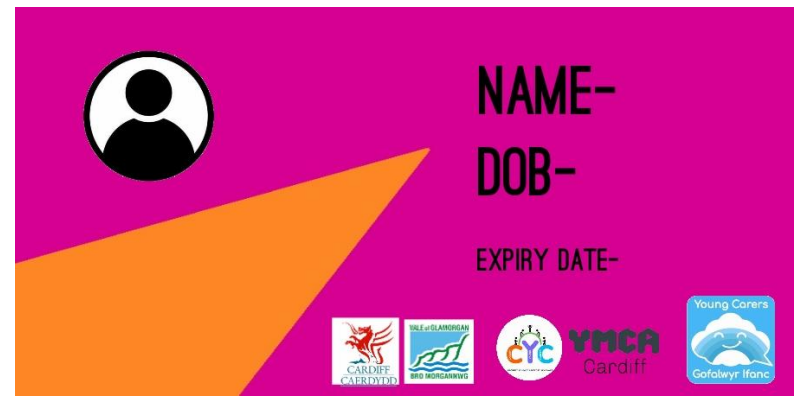
NAME | ENW:  
DATE OF BIRTH | DYDDIAD GENI:  
EXPIRY DATE | DYDDIAD DOD I BEN:

### YOUNG CARER GOFALWR IFANC



Name / Enw: Emma Davies  
Date of Birth / Dyddiad Geni: 21/09/1997  
Expiry Date / Dyddiad Dod I Ben: 10/03/2023

If found please return to / Os Ydch chi'n dod o hyd i hwn, dychwelwch:  
The Heart of the Valleys Integrated Children's Centre,  
High Street, Blaina. NP13 3BN  
Tel / Ffôn: 01495 355584



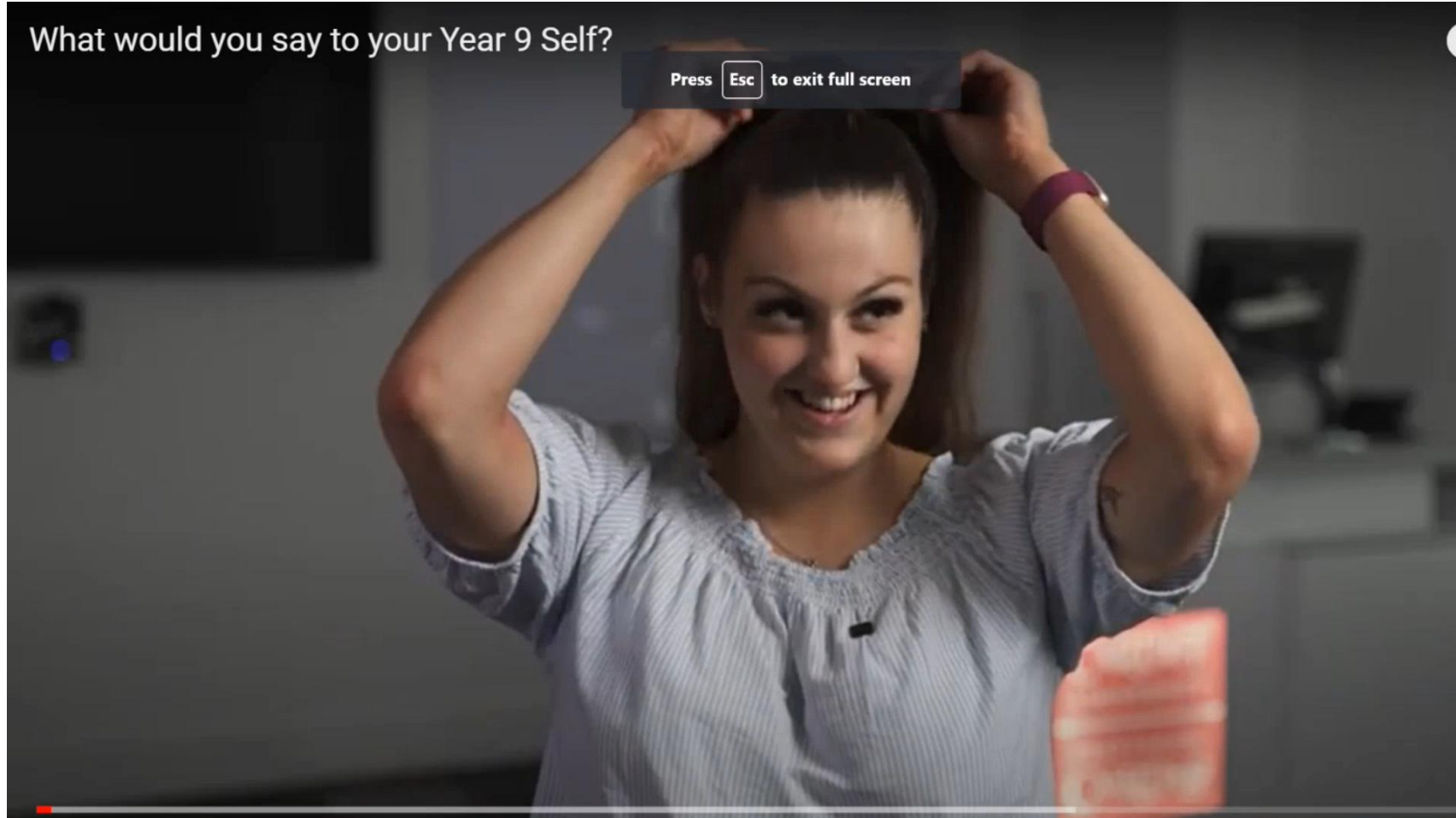
## NAME- DOB-

EXPIRY DATE-





# What would you tell your younger self about being a Young Carer?



# Local Young Carers Services

**All 7 counties  
we support  
have direct  
services that  
work with  
Young Carers  
and their  
families.**

**These are:**

**Blaenau Gwent**

**Caerphilly**

**Cardiff**

**Monmouthshire**

**Newport**

**Torfaen**

**Vale of Glamorgan**

**Please ask for direct contact information**

# Other Services for Young Carers and their Families in the UK and Europe include:

**Local Authority Services**

**Families First**

**Barnardos**

**Carers' Trust**

---

**Children's Society**

**Carers UK**

**Cordis (EU)**

**me-we.eu**

# Young Carers Services: The support that can be accessed



One to one support – in or out of school

**Trips +/- clubs – opportunity to meet other young carers**

Training – e.g. first aid, cooking, ASD awareness, MHFA, CV writing, interview skills

**Advocacy**

Young Carers Forum



# Support for carers of all ages from TCC:

Gwent Carers Hub | Cardiff and Vale Carers  
Gateway

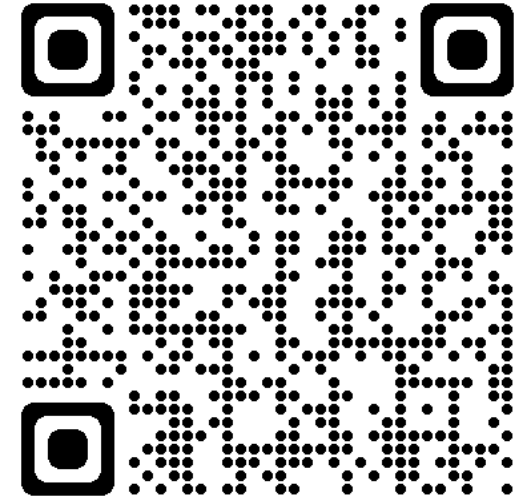
Available for carers of all ages to access.  
Contact information is available on request, as  
they offer a number of services such as:

- 
- Wellbeing support
  - Carers expert panel
  - Financial support through grant projects
  - Carer friendly programme
  - Counselling services

# Gwent: Small Grants Service

There are four grant funds with The Care Collective:

- Carers Essentials (household items)
  - maximum £300
- Carers Time Out (fun activities/carers' breaks)
  - maximum £300
- Carers Access (help getting around)
  - maximum £500
- Carers Skills (for different courses/equipment)
  - maximum £300



The grants we provide are for Carers of all ages – in Gwent.

Grants can be applied for using the online application form.

More useful information about all available

Grants can be found on:

<https://thecarecollective.wales/>

But always email to ask for help.

Supporting unpaid  
carers

# Feedback:

Please complete the evaluation form.

Any feedback will be given to ACAMH anonymously to help improve their ability to support carers.





Any  
questions?

