Where next for identifying and supporting young carers in schools?

The event will start at 10am

@YCAAlliance    @CarersTrust
Welcome and housekeeping

➢ Ensure microphones are on mute
➢ We will be recording the session after the first item
➢ Introduce yourself and make use of the chat
➢ Unanswered questions will be followed up after the event
➢ Join in the conversation on Twitter - @YCAliance @CarersTrust
Setting the scene

• 40% either ‘never’ or ‘not often’ get help in education to help balance caring and school, college or university work
• 33% did not feel that their needs were understood either ‘at all’ or ‘very well’ by their school, college or university.
• 33% said they ‘always’ or ‘usually’ struggle to balance caring with school, college or university work

Better support in education was one of the top priorities for young carers.

And when we look past school...
• Young carers are 38% less likely to get a degree; those caring over 35 hours a week are 86% less likely
Following many years of campaigning on the issue, young carers were added to the Spring School Census return for state schools, special schools and Alternative Provision.

A total of 38,983 young carers were recorded on the school census (0.5% of the total pupil population recorded) but 79% of schools recorded having zero young carers and there were huge variations across the country.

<table>
<thead>
<tr>
<th>Number of young carers</th>
<th>Percentage of pupil population</th>
<th>Total pupil population</th>
</tr>
</thead>
<tbody>
<tr>
<td>524</td>
<td>1.7</td>
<td>31,137</td>
</tr>
<tr>
<td>599</td>
<td>1.5</td>
<td>39,235</td>
</tr>
<tr>
<td>999</td>
<td>1.9</td>
<td>52,915</td>
</tr>
<tr>
<td>1,246</td>
<td>1.4</td>
<td>90,879</td>
</tr>
<tr>
<td>1,607</td>
<td>1.5</td>
<td>104,384</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Number of young carers</th>
<th>Percentage of pupil population</th>
<th>Total pupil population</th>
</tr>
</thead>
<tbody>
<tr>
<td>36</td>
<td>0.1</td>
<td>31,945</td>
</tr>
<tr>
<td>52</td>
<td>0.1</td>
<td>40,967</td>
</tr>
<tr>
<td>64</td>
<td>0.1</td>
<td>50,914</td>
</tr>
<tr>
<td>77</td>
<td>0.1</td>
<td>82,567</td>
</tr>
<tr>
<td>94</td>
<td>0.1</td>
<td>100,418</td>
</tr>
</tbody>
</table>
## Setting the scene

<table>
<thead>
<tr>
<th>Source</th>
<th>Year</th>
<th>Sample Size</th>
<th>Who was asked?</th>
<th>Percentage identified as young carer</th>
</tr>
</thead>
<tbody>
<tr>
<td>City and Guilds - Youth Misspent</td>
<td>2022</td>
<td>5006</td>
<td>Young adults</td>
<td>20</td>
</tr>
<tr>
<td>Covid Social Mobility and Opportunities (COSMO) study</td>
<td>2022</td>
<td>13,787</td>
<td>Young people in Year 11</td>
<td>11</td>
</tr>
<tr>
<td>UK Household Longitudinal Study ONS</td>
<td>2020</td>
<td>27209</td>
<td>Young adults aged 16-29</td>
<td>10</td>
</tr>
<tr>
<td>BBC/University of Nottingham</td>
<td>2018</td>
<td>925</td>
<td>Young people</td>
<td>10</td>
</tr>
<tr>
<td>Youth Voice Census</td>
<td>2023</td>
<td>3400</td>
<td>Young people</td>
<td>6.1</td>
</tr>
<tr>
<td>Census (England and Wales)</td>
<td>2021</td>
<td>8,697,570</td>
<td>Adult completing census</td>
<td>1.5</td>
</tr>
<tr>
<td>The Big Ask (Children's Commissioner)</td>
<td>2021</td>
<td>557,077</td>
<td>Young people</td>
<td>1</td>
</tr>
<tr>
<td>School Census</td>
<td>2023</td>
<td>8,443,791</td>
<td>School</td>
<td>0.5</td>
</tr>
<tr>
<td><strong>Average</strong></td>
<td></td>
<td></td>
<td></td>
<td><strong>8</strong></td>
</tr>
</tbody>
</table>
Young Carers – A Northern Ireland perspective

Aisling Reynolds, Social Worker and Manager of Young Carers NI

Julie Farmer, Family Support Practitioner

@YCAliance    @CarersTrust
EVERYONE’S RESPONSIBILITY
Young Carers Inclusive Group met with former Education Minister Michelle McIlveen on two occasions advocating for change within education for Young Carers.

YCIG wanted to ensure that their past experiences in school where they felt unsupported, could be changed for young carers in the future.
Identifying A Young Carer

- Lateness to School or Non Attendance
  - Lacks Motivation
  - Checking in at home during school hours
  - Parent / Guardian uses a disabled parking Space
  - Tiredness
  - Low Attention Span
  - Homework has not been completed
  - Low Mood

- Change in appearance
- Behavioural Changes

- Low Mood
Many Young Carers do not have the space or the time within their households to get their homework done.

Many Young Carers live in chaotic households where they are unable to be supported with their homework from their families due to the health needs within the home.
There are times within school that young people are unable to attend however, for young carers this could be due to their caring role.

Young Carers may be unable to attend school for several reasons:

- Unable to get a parent suffering from Mental health out of the family home
- They have been awake a lot during the night leaving them too tired to attend school
Many Young Carers’ days start before school.

Young carers may be caring for a sibling who they support to get ready for their own school.

This could be supporting in making breakfast or helping their sibling getting dressed.

This could also be helping parents get out of bed or providing personal care or administering medication leaving them running late getting into school.
Even though a young carer is out of the family home at school they are still worrying in school about the health needs within the home and how the family are getting on when they are not about.

Having access to their phone during school break times allows them to call home and make sure everything is ok and they can continue on with their day.
Young Carers in Education

Official Launch date: 26\textsuperscript{th} January 2023 in Belfast and 14\textsuperscript{th} March 2023 in Craigavon.

Advocating and increasing the awareness of Young Carers in Education and what support and improvements need to be made by the Education Authority.
Potential Young Carers can self identify themselves. If a young person answers to at least 4 of the following question they may be a young carer.

- I am between 8 and 18 years old
- I have a family member with a physical / learning Disability or Mental health issue, addiction or life limiting illness
- Do you put the needs of your family above your own?
- I sometimes miss school or social events because I have to take care of a family member
- I worry about my family member's health before my own
- I sometimes feel I have no one to talk to about my caring role
- I rarely get the time to do things that I enjoy (like hanging out with my friends) because I am helping care for a family member
- Sometimes I don’t have the time to complete my homework because I am caring for a family member
Young Carers Inclusive Group (YCIG)

Young Carers Inclusive Group on several occasions have met with MLAs to discuss being a young carer. They have also spoken to MLAs about their recommendations for change in the future for young carers.

Young Carers have been invited by several Political Parties to meet in the future to discuss further.
Young Carers Inclusive Group met with the Children’s Law Centre and advocated on their behalf to have specific information regarding being a young carer and their rights within law within Northern Ireland.

https://childrenslawcentre.org.uk/faqsysyhtag/young-carers/
104 Young Carers took part in the survey

Young Carers who took part aged from 9 years old to 21 years old

42 Young Carers stated, there needs to be more Flexibility within school

### School Awareness

<table>
<thead>
<tr>
<th>School Awareness</th>
<th>Number of Young People</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>44</td>
<td>42%</td>
</tr>
<tr>
<td>No</td>
<td>35</td>
<td>33%</td>
</tr>
<tr>
<td>Not Sure</td>
<td>25</td>
<td>23%</td>
</tr>
</tbody>
</table>
School Survey

Support from Schools

<table>
<thead>
<tr>
<th>Supported</th>
<th>Number of Young People</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes</td>
<td>16</td>
<td>16%</td>
</tr>
<tr>
<td>No</td>
<td>66</td>
<td>64%</td>
</tr>
<tr>
<td>Sometimes</td>
<td>22</td>
<td>21%</td>
</tr>
</tbody>
</table>
Our Recommendations

- Mandatory E Learning for all staff within school
- Understanding from teachers about being a young carer
- Flexibility with homework / attendance
- Improved Communication with Voluntary Sector
- Continued Student Teacher Training
- School Admission forms Ask about being a young carer
Our Awareness Raising

• We have presented to over 300 student teachers over 2 years through Stranmillis Teaching College. This is a presentation we will continue to be involved in with Stranmillis.

• We have presented to 650 students and staff at Mercy College.

• We present to final year Nursing students from Queens University and will begin work with Queens Social Work Students in the coming year.

• We present at Social work Forums, local Community and Voluntary groups.

• We are involved in Trust Webinars and attend relevant meetings with the Trusts.
Future Plans

Working with Policy changers

• January 2024

• Posters will be sent to every school in NI including Principles, Vice Principles, board of Governors and each teacher to enable them to access our research.

• The Secretary of State will write a letter advising all schools to place Posters around their school highlighting the needs to identify young carers and to reassure young carers that there are supported services in their Trust areas. Posters will be made by Young Carers in our service.

• Information will be included to signpost young carers to the appropriate service.

• An education booklet about Young Carers has been updated in conjunction with ourselves and the department will also send this to schools.

• We are actively looking at funding and/or sponsorship to develop an e-learning module for all teaching professionals to highlight the role of a young carer in education, the responsibilities they hold and the impact of their role.
We are family

Our vision
Every child and young person in the country has a safe and happy childhood and the foundations they need to thrive.

Our values
Ambitious
Passionate
Collaborative
Inclusive

Our mission
We protect and support children and young people by:
- Providing practical and emotional care and support.
- Ensuring their voices are heard.
- Campaigning to bring lasting improvements to their lives.
Policy updates/opportunities

- National data expected 2024 – exclusions, attendance, attainment
- National daily attendance reporting pilot
- Outcomes for children in need report (destinations)
- School-level annual school census for independent schools
- Keeping Children Safe in Education; Working together to safeguard children
- Education Select Committee
- APPG for Young Carers and Young Adult Carers
- New Ofsted Chief Inspector

You can help us make the most of these opportunities – DATA IS KEY
Policy opportunities

1. Attendance
2. Mental health

**COSMO longitudinal study** (Sutton Trust)

- 25% of young carers reported having self-harmed (compared to 17% of young people with no declared caring responsibilities)

- 17% of young carers who reported self-harming, did so in an attempt to end their life (compared to 7% of young people with no declared caring responsibilities)

You can help us make the most of these opportunities – DATA IS KEY
Young Carers in Schools (YCiS) and the Young Carers Challenge

Adem Ruggiero-Cakir
Programme Manager (Education), Carers Trust

Michelle Gregory
Administration Officer/YCiS Co-ordinator

youngcarers@carers.org
YCiS@childrensociety.org.uk
youngcarersinschools.com
Overview of YCiS

A free initiative that makes it as easy as possible for schools to support young carers, and awards good practice.

Run jointly by Carers Trust and The Children’s Society, the Young Carers in Schools (YCiS) programme works with schools across England to share good practice, provide relevant tools and training, and celebrate the great outcomes many schools achieve for young carers.
This Step-by-step Guide sets out ten key steps to make identifying and supporting young carers as easy as possible. There are 40+ tools to accompany the steps.

The Guide was written in association with teachers and school staff who understand the pressures that schools face & to ensure it is flexible and helpful as possible.

Each step is accompanied by:
- Templates
- Awareness raising materials
- Teaching resources.
- How to guides to running effective support.

The tools are available for schools to use and adapt to suit their school structure and local circumstances.
Outcomes

- 94% of schools said staff were more likely to know what to do if they identified a young carer
- 94% had a better understanding of the support required for young carers
- 83% of young carers demonstrated increasing happiness
- 72% of schools thought young carers motivation to learn had improved
- 83% of young carers demonstrated an increase in confidence
- 63% reported improvements in young carers’ achievements

See more from the independent evaluation
The Young Carers in Schools Award

The Five Pillars

1. UNDERSTAND
There are assigned members of staff with responsibility for understanding and addressing young carers needs.

2. INFORM
Raising awareness of young carers and disabilities through both staff, governors and students to reduce stigma.

3. IDENTIFY
All school staff know how to identify and signpost young carers within the school.

4. LISTEN
They are listened to, consulted with and given time and space to talk.

5. SUPPORT
Young carers are supported within the school, and signposted to whole family resources and services outside the school.
The current Award

- Bronze, Silver, Gold
- No time limit to holding the award
- Little distinction between Primary, Secondary and Further Education in criteria
- 541 have achieved Bronze, 66 Silver and 23 Gold

"We went from knowing 3 or 4 young carers in the school to now having identified 70"
• During our consultation process we spoke to 42 young carers and 40 professionals.

• We asked questions about the award’s structure, evidencing, what young carers felt was helpful and necessary for them in school and how the award could be more appealing and achievable for schools.
Consultation Findings

- Designated Schools Workers told us that it was difficult to encourage schools to progress to the Silver and Gold.
- Would be easier to have an online submission system
- Specify in criteria allowances or advice for Primary, Secondary and Further Education
- Currently no time limit for holding the award
- A mixture of online and physical resources seemed popular with most school staff
- Young carers told us that they gain information from noticeboards, their teachers, lessons and assemblies.
- All young carers told us they benefited from having a Young Carers Group at school and having drop in sessions.
- All teachers we spoke to told us how beneficial teacher training had been in effectively identifying and supporting young carers.
- Young carers told us that schools should communicate with each other when young carers are transferring schools.
- Most young carers we spoke to were only identified when they were in secondary school.
- Monitoring young carers is now a necessary part of providing support, being required for the schools census.
Next steps

The new award will be launched late January with the first submission date being 9th February 2024

The new submission dates will then be:
• 29th March
• 26th May
• 23rd July
The Young Carers Challenge

- Have a Young Carers Champion in school so that every young carer has a trusted adult in school they can go to if things are difficult, or they need more support.
- Raise awareness of young carers with staff and pupils to help ensure young carers are identified and they know what support is available.
- Have a young carers agreement / policy (ideally designed with young carers) so that every young carer knows what support is available to them in their school.
- Ensure young carers are correctly identified in their school pupil information system, monitor indicators such as attendance and attainment alongside other potentially vulnerable groups of pupils and include young carers within enrolment/transitions processes.
- Have linked in with their local young carer service so they know what support is available for young carers outside of school.
Why participate in the Young Carers Challenge?

- 2023 is a landmark year for young carers in schools… but so much still needs to be done to make sure every young carer has the support they need to thrive in education and have the same opportunities as other young people.

- Young carers regularly tell us that one of their top priorities is better support and recognition in school.

- Adopting the 5 actions supports schools to prepare for the next school census submission in January, but also helps to ensure a whole-school approach to identification and support for young carers.

- Find out more and sign-up to the Challenge: youngcarersinschools.com/young-carers-challenge
Young Carers Challenge Webinars

The role of a Young Carers Champion & raising awareness with staff and pupils
Thursday 5th October
1400 - 1500

Creating a young carers policy/supporting young carers
Wednesday 8th November
1000 - 1100
(Including young carer’s rights and linking with your local young carers service)

Using data in relation to young carers
Date to be confirmed

Find out more and sign-up to the webinars:
youngcarersinschools.com/young-carers-challenge
Thank you

Adem Ruggiero-Cakir
Programme Manager (Education), Carers Trust

Michelle Gregory
Administration Officer/YCiS Co-ordinator

youngcarers@carers.org
YCiS@childrensociety.org.uk
youngcarersinschools.com
Q&A

@YCAlliance  @CarersTrust
Comfort break

We will resume at 11:30am
Comfort break

We will resume at 3:45pm

@YCAAlliance  @CarersTrust
Practice Example - Nottinghamshire Carers Association

Andy Tomkins, School Liaison
Bassetlaw

Matthew Bird, Education liaison and Team Leader

@YCAliance @CarersTrust
Our beginnings

Young Carers Leads in Schools is a Nottinghamshire County Council initiative that helps equip schools to identify and support young carers in their educational setting—
Working with Schools

Why are many Young Carers hidden?

How do schools identify young carers?

- Worried about being different
- No one’s asked them
- Don’t want anyone to know
- Caring is normal to them
- Worried about what will happen if other services get involved
Impact on education

Young carers have significantly lower educational attainment at GCSE level – the grade difference between nine 5’s and nine 4’s.

Young carers are more likely than the national average not to be in education, employment or training (NEET) between 16 and 19.

A quarter of young carers said they were bullied at school because of their caring role.
<table>
<thead>
<tr>
<th><strong>Staff</strong></th>
<th><strong>Train School Lead</strong></th>
<th><strong>Train staff to raise awareness</strong></th>
<th><strong>Communicate clearly with both other staff and Young Carers</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Students</strong></td>
<td><strong>Raise awareness amongst students</strong></td>
<td><strong>Assemblies and PSHE lessons</strong></td>
<td><strong>Publicise awareness through displays and bulletins</strong></td>
</tr>
<tr>
<td><strong>Young Carers</strong></td>
<td><strong>Make aware of School Lead and point of contact</strong></td>
<td><strong>Provide self-referral opportunities within school</strong></td>
<td><strong>Have a safe space and run support groups e.g. Lunch clubs</strong></td>
</tr>
<tr>
<td><strong>Whole School</strong></td>
<td><strong>Include Young Carers as a key group in school policies</strong></td>
<td><strong>Refer Young Carers to other services where applicable</strong></td>
<td><strong>Work with feeder schools to manage transitions</strong></td>
</tr>
</tbody>
</table>
Going Forward

Educating the Educators
Where next?

- Academy Trusts
- School Governors
- Sixth form, College, Further education
- Universities (UCAS)
- Individual schools
Where next for supporting young carers in schools?

How do staff identify young carers?

- Worried about being different
- No one’s asked them
- Don’t want anyone to know
- Caring is normal to them
- Worried about what will happen if other services get involved
Impact of Young carer Training:

The challenges and what was implemented.
Where the work has led

Raising awareness in health

GP’s, PCN’s (Primary Care Networks), Healthy Families Teams, ICB, Health and wellbeing partnerships, Family Hubs

Raising awareness in the community

Training offered to local community groups, Libraries, Leisure Centres, Police, Youth services. Active Notts.
Education Liaison:
Matthew Bird  matthew.bird@nottinghamshirecarers.co.uk
Andy Tomkins: andrew.tomkins@nottinghamshirecarers.co.uk
Practice examples – MYTIME Young Carers

Dan Morris
Head of Level Up

@YCAAlliance  @CarersTrust
MYTIME Young Carers

▷ Dan Morris

▷ Head of Level Up

▷ Primary Senior Leader

▷ Young Carer

▷ Our 3 core programmes:
  ▷ Level Up & The Level Up Academy
  ▷ Employability
  ▷ Making Memories
Level Up and The Academy

- 170+ schools across BCP, Dorset & Isle of Wight
- Theory-based methodologies and programmes
- Young carer voice driven

- 4 core principles
  - Policy & Guidance
  - CPD & Training
  - Assemblies & PSHE
  - On-going support

- Bespoke support for schools

Bournemouth, Christchurch and Poole have the highest % of recognised young carers
Our Schools

- The Blandford School
- 1600 strong secondary school
- 1 identified young carer to 40+

What support is in place?

- Regular 1:1 drop in
- Dedicated Young Carer Champion
- Organised young carer opportunities
- Young carer initiated flexible approaches
- Level Up Programme support
- Employability
Our Schools

- Bishop Aldhelm’s Primary
- Fifth most deprived area of BCP
- 30 young carers

What support is in place?

- Regular young carer groups
- Dedicated Young Carer Champions
- Level Up Programme
- Parental support & engagement
- Consistency & clarity
Our Schools

▷ TEACH Trust
▷ Two infant and two junior schools
▷ More than 70 young carers

What support is in place?

▷ Regular young carer groups
▷ Dedicated Young Carer Champions
▷ Level Up Programme
▷ Consistency & clarity in approach
Our Schools

- Puddletown St Mary’s Middle
- Smaller, rural school
- Young carer voice driver

Our Schools

- Magna Academy
- Large secondary school
- Dedicated vulnerable student space which young carers can access support
Support on offer

In Dorset: Level Up Programme

External: The Level Up Academy

The Level Up Academy Approach

Schools are busy. Our team of ex-teachers know this. The Level Up team produce everything for schools. We want to make support easily accessible for young carers by supporting schools as much as possible.

How does it work?

Schools embark on a journey of support at their own speed. Our aim is to empower schools to make a difference for young carers.

We support schools to build provision which fits their school’s context. There is no one-size-fits all approach.

Supports other programmes such as YCIS award.

dan@mytimeyoungcarers.org

[QR code]
Practice example – Imago Community

Jo Rickword
Workforce Development and CYP Hub Manager

@YCAliance  @CarersTrust
Q&A/Discussion

@YCAAlliance  @CarersTrust
Thank you

To find out more about the Young Carers Alliance or become a member/subscribe to updates

- www.youngcarersalliance.org
- youngcarersalliance@carers.org
- @YCAAlliance

Upcoming Young Carers Alliance webinar

Young Carers Alliance (hosted by Carers Trust) Events | Eventbrite

Tuesday 28 November, 10am-1pm – Young carers – a health perspective