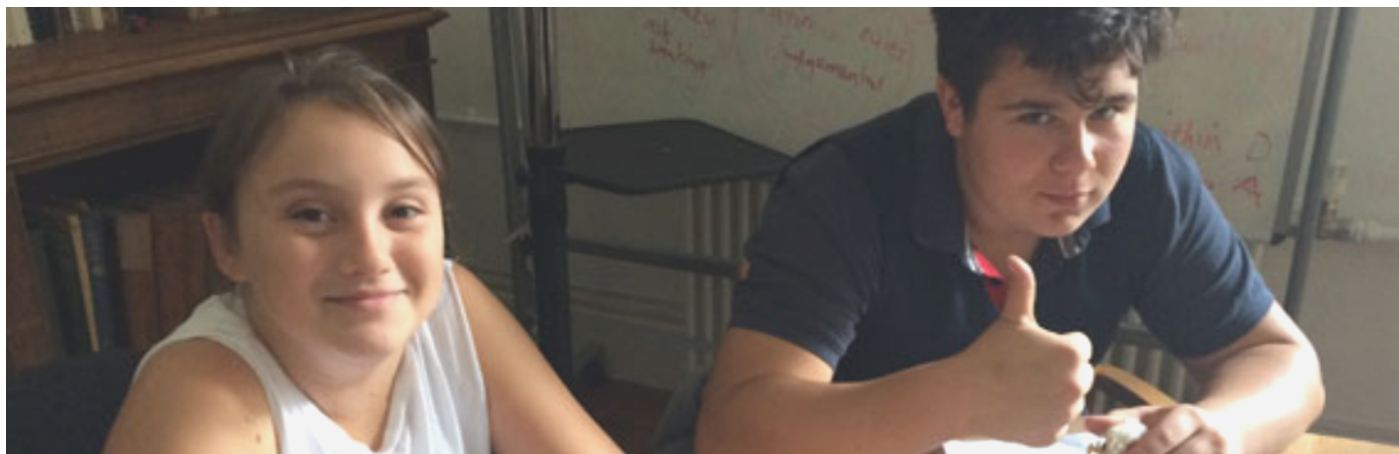


# YOUNG CARERS NEWSLETTER



## WELCOME TO OUR FIRST YOUNG CARERS CHAMPIONS NEWSLETTER

Welcome to our first schools Young Carers Champions newsletter. We are delighted to be working closely with you all to ensure that young carers are identified and well supported, and look forward to keeping you informed of local and national young carers information via these termly updates.

At Centre 33 we work closely with young carers and their families, we are able to offer Young Carers Needs Assessments to best understand the individual needs and develop bespoke plans to support each young carer. Young Carers have told us that schools are such an important part of their support and we hope through our schools packs, training, and ongoing support for our network of Young Carer Champions we can ensure that all schools are young carer friendly and offer the right support that is accessible at the right time for all young carers.

We know that schools have been under extreme pressure during the pandemic and I would like to thank you for ensuring young carers, as a significantly vulnerable group, are not lost during these challenging times. We want to work with you going forwards to ensure that they continue to have access to education and support. Wishing you all the very best as you reopen fully this coming month.



Kate Rees, Young Carers Service Manager, Centre 33

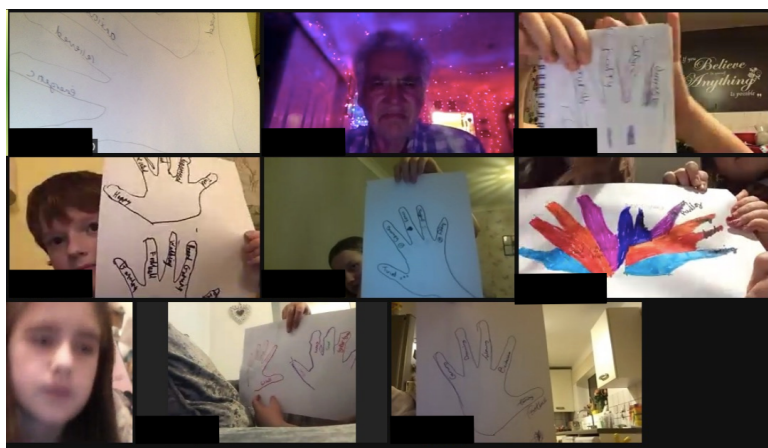
# WHAT HAS BEEN HAPPENING AT THE CENTRE 33 YOUNG CARERS PROJECT?

The Autumn term was a busy and exciting time for the Young Carers Project. We have really enjoyed getting to know young carers across Peterborough and welcoming new young carers to our project. It has been fantastic to start working alongside schools in Peterborough and we are looking forward to continuing to build our Young Carers Champion network in this area.

In November we were really pleased to be able to invite secondary schools across Cambridgeshire and Peterborough to online sessions where we shared our new young carers resource, the secondary school young carers pack. Thank you to all those who attended and for your ongoing commitment and support to the young carers in your schools throughout the pandemic.

The team have been working hard to adapt our resources and support to a digital platform and we hope to share more of this with you soon, including our digital young carers assembly.

## Young Carers Capacity Building Team



The young carers team have continued to provide support to young carers throughout the pandemic, providing 1:1 support to the highest need young carers through telephone and video calls, and adapting our group work to enable us to run it remotely.

Returning to school in September was an anxious time for young carers, especially for those who care for a family member who has been shielding or is clinically vulnerable. The young carers team worked closely with schools to ensure these young carers were feeling supported, and to ensure they knew what measures were being put in place to enable them to feel as safe as possible at school.

Through some small group work we gave young carers the opportunity to share their worries around returning to school and ask questions, this helped to reduce their anxieties and enabled them to feel less alone.

Although we were not able to run our usual Christmas activities, we adapted to ensure that young carers still had the opportunity to have fun and feel less isolated. Young carers joined us for virtual magic shows, art sessions and even a visit from a Christmas Elf!

## Young Carers Project Workers

# YOUNG CARERS CHAMPIONS IN SCHOOL NETWORK MEETING

We are inviting Young Carers Champions from across Peterborough and Cambridgeshire to come together to talk about young carers. This could include issues that may be arising for young carers in general, but also within your school communities. We hope that this is the beginning of a Young Carers Champion Network, where you can share good practice and build on the young carer support you offer, and receive updates from Centre 33 about our support.

**Our first meeting is on Tuesday 27th April at 4pm.** This will be held virtually via Teams. Please email the Capacity Building Team if you would like to attend and we will send you an invitation.

[zoe@centre33.org.uk](mailto:zoe@centre33.org.uk) or [charlotte@centre33.org.uk](mailto:charlotte@centre33.org.uk)

## COVID-19: THE IMPACT ON YOUNG CARERS

The Covid-19 Pandemic has had a significant impact on many young carers and their families. Some young people will find themselves taking on new caring roles as parents, carers or siblings become ill with Covid-19. Lots of young carers have experienced an increase in their caring role during this time, experienced greater social isolation, and the pandemic has had a significant impact on their emotional wellbeing.

### What support can be offered?

Check in with young carers to see if their caring role has changed. If their caring role has increased, consider referring for a Young Carers Needs Assessment or additional support from Centre 33.

Let young carers know how to get in contact with the Young Carers Champion in school if this has had to change due to Covid-19 restrictions. It can be helpful to check in with young carers about how they are feeling about their school work and see what support they might need to catch up with any missed learning.

### Returning to school

Some young carers may find it difficult to return to school. They may worry about leaving their cared for person, or that they may take the virus home, especially if their cared for person is extremely vulnerable. It can be helpful for the young person to talk through their concerns and have regular contact with their Young Carers Champion while they are transitioning back to school life.



# YOUNG CARERS ACTION DAY

## 16 MARCH 2021



Young Carers Action Day, previously known as Young Carers Awareness Day, takes place every year to raise awareness of young carers and the wonderful things they do for their families and loved ones and the amazing impact this has on their communities.

This year the focus of the day is **“Protecting young carers futures.”** It will recognise the skills that young people gain from being a young carer but will also focus on ensuring that young carers have the same access to opportunities as their peers.

With that in mind we will be introducing our Young Carers Advisory Board. The Young Carers representatives that have formed the board will work closely with schools and Centre 33 to help shape young carers futures by giving young carers a voice, and help to shape the support that they receive and how this is provided.

Young Carers Advisory Board representatives will allow young carers voices to be heard, support confidence building and encourage young carers to shape our services and key messages. We want the advisory board to have a direct impact on the how our service is built in the future and the support that it offers to young carers, ensuring it is meaningful and relevant to their needs. The board currently has 23 members ranging in ages from 8-18 and held their first meeting on Saturday 30th January.

*"I joined the Young Carers Advisory Board because I wanted to raise awareness of young carers and help create change."*

## How can your school support Young Carers Action Day?

To promote Young Carers Action day within your school community, follow Centre 33 on your social media and share our posts. We will be celebrating young carers for the whole week, 15th March - 19th March, and highlighting some of the challenges that young carers face, whilst also introducing our Young Carers Advisory Board representatives. We hope you will join us in raising awareness of young carers. We would also love to see anything your school is doing to celebrate Young Carers Action day, tag us and use the hashtag **#YoungCarersActionDay**.



@Centre33camb



@Centre33camb



@Centre33cambs



## YEAR 6

Transitions can be a difficult time for all young people, but for young carers this can be a particularly unsettling time. Moving from a supportive and nurturing primary school to secondary school can seem daunting and scary to some young carers and therefore Centre 33 are able to work with the highest need young carers to support them with this transition. Through a mixture of group and one to one support young carers are able to share their worries, gain peer support, identify any barriers and put a plan in place to support their move to secondary school.

Centre 33 start this work with year 6's in February and this support continues through until September when they start at their new school. We are currently taking new referrals for our year 6 transitions support so if you are based in a primary school and identify any young carers in your school who would benefit from this support, please get in touch.

## 16+

Young carers in year 11 and above can access our new transitions assessment. This assessment will focus on where the young person sees themselves now, what their short and long term goals are for the future, and whether their caring role presents any barriers in reaching these goals.

They will then be supported to overcome those barriers, through agreeing an action plan.



Newly identified young carers can be referred using our online referral form [www.centre33.org.uk/young-carers-online-referral-form/](http://www.centre33.org.uk/young-carers-online-referral-form/)

If a young carer is already open to our service, you can make a request for transitions support by emailing [youngcarers@centre33.org.uk](mailto:youngcarers@centre33.org.uk)

If you have any questions about this support, or would like any further information please do get in touch with us.



# SCHOOL RESOURCE PACKS

During this academic year we launched our Primary and Secondary School Resource packs. We're really keen to broaden our reach within Cambridgeshire and Peterborough, so that we are able to support more schools and their young carers. If you have not yet seen this pack and would be interested in using this resource to support you to create a carer friendly school, please contact our Capacity Building team via email [zoe@centre33.org.uk](mailto:zoe@centre33.org.uk) or [charlotte@centre33.org.uk](mailto:charlotte@centre33.org.uk), so that we can book in a meeting with you to discuss next steps.

Our school resource packs contain information and resources that have been created to support schools to be carer friendly. They contain:

- Information on how to identify young carers in your school
- Ways in which your school can support young carers
- PSHE resources
- How the coronavirus pandemic has impacted young carers and education
- Posters and templates
- How Centre 33's Young Carers Project supports young carers and schools
- Plus, much more

We will be continually adding to this resource, so if you find that you would like more information on a specific subject, please let us know and we will think about how we can incorporate this into the pack.



## Top Tip...

Consider adding a Young Carers page to your website and school prospectus about the support that you provide.

# REFERRING YOUNG CARERS FOR ADDITIONAL SUPPORT AT CENTRE 33

If you identify a young carer in your school and feel that they may require additional support, you can refer them to Centre 33's Young Carers Project.

When referring to the project, we ask that professionals consider if there is more support required around the family and to consider completing an Early help Assessment where appropriate. Young carers support can be requested via an Early Help Assessment, please clearly state on the Early Help Assessment you are also requesting young carer support.

If the young carer is currently open to Centre 33, you can contact us via [youngcarers@centre33.org.uk](mailto:youngcarers@centre33.org.uk) to request additional support.

## TERMLY MEETINGS

We are able to offer termly meetings to schools. These are an opportunity to keep in touch and to talk through any support needs of the young carers in your school that you are looking after. If you would like to request a meeting, please [youngcarers@centre33.org.uk](mailto:youngcarers@centre33.org.uk).



## Training for staff

We can provide training for school staff, which includes:

- Information on who is a young carer
- Knowledge around the types of support young carers provide
- Information around the impacts of being a young carer
- Guidance on identifying young carers
- Help with how your school can support young carers
- Information on what support is available from Centre 33 for young carers

If your school is interested in this training, please contact our Capacity Building team, [Zoe@centre33.org.uk](mailto:Zoe@centre33.org.uk) or [charlotte@centre33.org.uk](mailto:charlotte@centre33.org.uk) and we can discuss your needs further.

## Assemblies

Primary and Secondary assemblies can be delivered via Zoom or we can email a video that can be played during assembly time.

Assemblies can help to promote talking about young carers in school in a positive and inclusive way. Often young carers will not disclose their caring role, for fear of judgment or not being understood, or sometimes young people do not realise they are a young carer. An assembly can support young carers to confidently self-identify their caring status.

## CREATION CHALLENGE

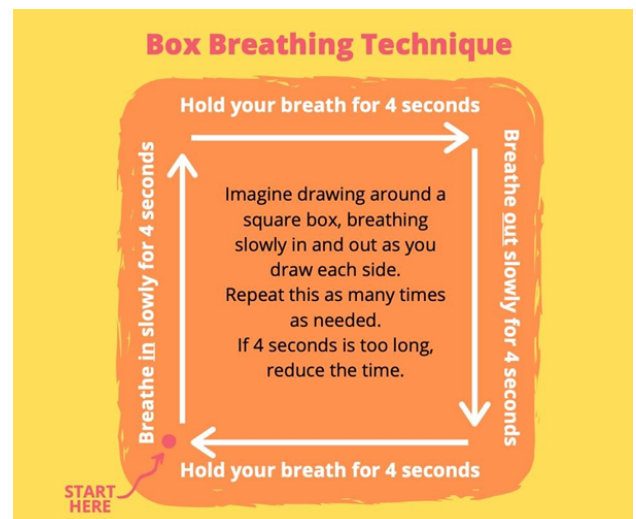
You will firstly need to ensure all the young carers taking part have access to the same resources.

The building resources could be Lego, play dough, cardboard, straws or simply paper.

To start the challenge, clearly explain what the creation challenge is. This could be "build the best Lego vehicle" or "create the best play dough monster" - whatever you want really. Then give the group 5-10 minutes to carry out the activity and then compare and share the results.

## LOOKING AFTER YOUR WELLBEING

We know that looking after your own wellbeing can be challenging, especially during these difficult times, take a minute to try this simple breathing technique to help you to de-stress.



"We have found that having a YC information notice board, an identified member of staff as YC champion, staff training, our online YC information, fundraising events, celebrating YC day with Lunch with the Principal and having a fortnightly YC club has really helped with awareness and has had a positive impact."

"When we know a young person is a carer we can put in plans to help support them."