

Young Carers in Schools



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We are Carers Trust Heart of England, an independent charity. We work within schools in Coventry to develop support for young carers.

Young Carers are aged 5-18 years old who help to care for a family member, friend or neighbour who has a long-term illness, physical/learning disability, ill mental health, elderly/frail, or is affected by drugs/alcohol misuse

Young people can be classed as Young Carers even if they do not do anything practical or live elsewhere, as they can still be affected emotionally or need help to understand the condition of someone who has care needs.

The Young Carers Service provide one to one support, trips and activities, and a monthly youth club to ensure young carers are given the opportunity to meet others in similar situations, make friends and have fun.

Our service is FREE and CONFIDENTIAL. If you would like more information, please contact us at youngcarers@carerstrusthofe.org.uk or you can visit our website <https://www.carerstrusthofe.org.uk/young-carers/> for more information.



www.carerstrusthofe.org.uk

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Young Carers Service

SCHOOL SUPPORT: If staff would like to broaden their understanding and provisions for young carers, contact the Schools Development Worker, Rhupinder Kaur at rhupinder.kaur@carerstrusthofs.org.uk / www.youngcarerscoventry.com/schools

My role is to help you to identify and support young carers (YC) in your school. To do this, I can do the following

- Deliver an awareness raising assembly
- Staff training/briefing sessions to promote a whole-school approach
- Host drop-in sessions, groups, lunch clubs
- Provide information to parents
- Help your school to achieve the free Young Carers in Schools (YCiS) Award
- Anything else you may have in mind YC related

The YCiS Award - There are five aims to the award process, you must show as a school you are meeting each of these. The award can be achieved in a few easy steps, and you will be provided with ongoing support as well resources and guidance.

- **Understand** the needs of your young carers
- **Inform** your pupils and staff by raising awareness of issues that affect young carers
- **Identify** young carers in your school
- **Listen** to them and their needs
- **Support** is provided within school, and actively signpost/refer to other services

REFERRALS: All referrals must be made using the online forms at www.youngcarerscoventry.com/referrals. We must also have a consent form for children to be able to access activities. Please complete both forms and return to us.

ACTIVITIES: Our activities co-ordinator, Peighton Patel-Tams regularly updates our website, www.youngcarerscoventry.com/activities places can be booked by completing the booking form, or messaging us on 07428670040 if you do not have access to the internet.

EMOTIONAL SUPPORT: This can take place in school, home, at our centre or anywhere the young carer feels comfortable. If a child requires any emotional support please contact our Family Information, Advice & Support Worker, Mark Graham at youngcarers@carerstrusthofs.org.uk

ABOUT ME: 'About Me' is a service that provides young carers with an assessment of their caring role. The assessment covers what they do as part of their caring role, how their caring role makes them feel, who is involved with supporting their family, and social aspects of their lives. Any young carer aged between 5 and 17 years old is entitled to an 'About Me' assessment. If you would like a child to undertake an assessment, contact the team on youngcarers@carerstrusthofs.org.uk

For more information please contact us directly at 02476 632972 ext. 350 / youngcarers@carerstrusthofs.org.uk or visit us at www.youngcarerscoventry.com