

Bath and North East Somerset Carers' Centre. Introducing the Young Carers Team.



Laura Perry.
Young Carers Service
Manager (Maternity
cover).



Lindsey Clay.
Young Carers Support
Officer.

Our staff are currently working full time.

We are supported by an amazing team of volunteers and social work students on placement.

Email is the best way to catch us...

laura.perry@banescarerscentre.org.uk or lindsey.clay@banescarerscentre.org.uk

Who is a Young Carer ?

Right click to play a short video about the Young Carers' service.



A **young carer** is defined as a person under 18 who provides or intends to provide care for another person. The concept of care includes practical or emotional support. This definition allows more children than under previous legislation to qualify as young carers and be entitled to a needs assessment.

Who is a Young Carer ?

- Aged 5 – 17.
- Offers unpaid support.
- Cares for someone who has a: disability; illness; mental health issue; or addiction.
- *Usually* cares for a family member, such as parent or sibling.
- Young carers often don't recognise themselves as carers – just what they're used to.

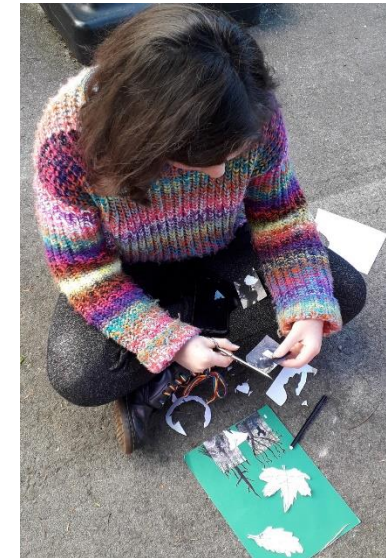


What do Young Carers do?

- Significantly more cooking, cleaning, washing and other household chores compared to peers their age.
- Looking after siblings because the person they care for is unable to.
- Helping their cared for get dressed; undressed; fastening buttons and zips or fetching things like shoes and coats.
- Having to wash their cared for and help them with toileting, washing hair or getting in and out of the bath/shower.
- Fetching medicine for their cared for (or reminding them to take their medicine).
- Taking responsibility for phone calls, reading post and attending appointments/visits.
- And much, much more!

Its not just physical care...

- Worrying.
- Missing school or late to school.
- Feeling very protective of their cared for.
- Being mature for their age- finding friendships difficult.
- Not understanding why their cared for can't hug them, play with them or spend time with them.
- Feeling invisible or that no one else 'gets' them.
- Not having friends over or not going to see friends.
- Unable to go to the park, bowling, soft play etc...
- Feelings of anger or frustration.
- Missing out on birthday parties.
- Spending time with family members whilst their loved ones are in hospital or at appointments.



Impact of being a young carer on school achievements and friendships...

Getting into trouble at school a lot was the worst thing, it's difficult looking after them and getting all my work in on time as well.



I can't have my friend around for tea as my brother has meltdowns.

Some days I don't want to go into school at all because I'm worried about whether they will be ok without me.

Other children think I'm boring because I can't go out when they do.

I miss birthday parties because my Mum is too ill to take me.

I get detentions because I can't get my homework done and then I worry about Dad when I'm late home.

Sometimes I get really angry as people don't understand what it's like.

Impact of being a sibling young carer...

It's not fair that he gets away with being naughty but I'm told off.

Mum/Dad is always too busy with my brother - I just want to spend some time with them.

I can't do my homework at home because it's too noisy or crazy.

My Mum can never attend my parents' evenings or hockey games.

I can't talk to Mum/Dad about my worries, they have lots of worries already.

We never get to do anything nice as a family.



Meet Charlie & Theo...

Right click to play this short video.



Bath and North East Somerset



Young Carers in Bath & North East Somerset...

- Approximately 250 young carers attended one of our activities last year.
- We know about 550 young carers in B&NES.
- We believe there are 3000 Young Carers in B&NES.
- We have had 83% increase in young carers referrals which have mostly been in the 5-9 aged group.

How we support Young Carers in B&NES...

- Young Carers' can attend an activity to have a break from their caring role.
- We can help Young Carers meet others who care for loved ones.
- We can provide Young Carers with the same opportunities as their peers.
- Young Carers' can access well being support groups, sign posting to other services and chances to apply for funding for items such as school equipment and music lessons.
- We can help Young Carers' build confidence, establish resilience and raise self esteem.



Activities, groups and more...



- Activities for all age groups run during school holidays or on weekends.
- Transport is usually provided for these activities- coach or minibus.
- We organise 4 family days a year.
- We attend at least 1 residential trip a year- usually the Young Carers' Festival.
- Primary and secondary well being groups run on weekday evenings- each course lasting for 6 weeks.
- We aim to give each child at least 1 break a year. The activities are always very popular so we use a Fair Use policy to allocate places.
- We sometimes get funding for extra projects, such as our current work with the World Heritage Organisation or Bath Philharmonia.



Parent Carer Sophie talks about her time with the Carers' Centre (video).



COVID-19...



What has changed?

- Our activities and wellbeing groups are moving online- there is something on most weeks that children can join in with.
- Our Summer programme of online activities is now being developed.
- We are sending out a weekly e-newsletter which aims to keep families up to date with new online services.
- We are not meeting young carers face to face.
- We are starting to carry our statutory Needs Assessments over the phone or video call.
- The Carers' Support Line has extended it's opening hours- 8:15am-3pm Mon-Friday.

What has stayed the same?

- We are still welcoming referrals. Please use the referral form on our website- www.banescarerscentre.org.uk.
- We are continuing to signpost young carers to other services if required.
- We can access funding for individuals for essential items, like laptops, to make their isolation more manageable.
- We are still referring children onward if we are concerned about their safety.

We are updating our website and social media pages as much as possible- please encourage families to visit us there. If you have any questions, please contact the YC Team and we will get back to you as soon as we can. Thanks!

Referrals...



Please use the referral form on our website- www.banescarerscentre.org.uk.
Children must be aged between 5-17 and living in B&NES.

