

Bath & North East Somerset Council's Young Carers Strategy

2022-2024

Supporting Young Carers to Thrive



Are you a Young Carer

You are a young carer if you are under 18 and help to look after a relative with a disability, illness, mental health condition, or drug or alcohol problem.

If you are a young carer, you probably look after a friend or family member.

You may do extra jobs in and around the home, such as cooking, cleaning, or helping someone get dressed and move around.

You may also give a lot of physical help to a parent, brother, or sister who's disabled or ill.

Along with doing things to help your parent, brother or sister, you may be giving them and your parents emotional support, too.

Key:

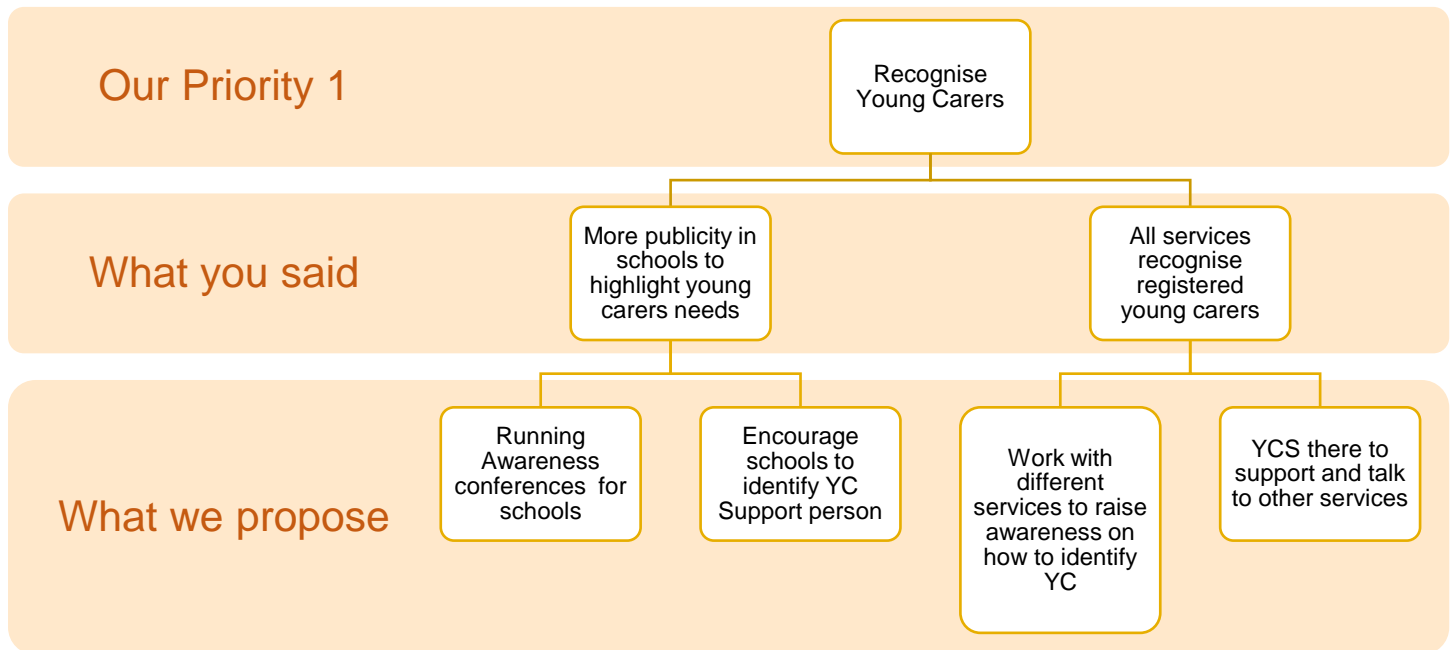
Young Carers will sometimes be referred to as **YC**

The Young Carers Service will sometimes be referred to as **YCS**

Bath & North East Somerset Council will be referred to as **B&NES**

The Speak Out Young Carers Group will sometimes be referred to as **SOYC**

Recognising Young Carers

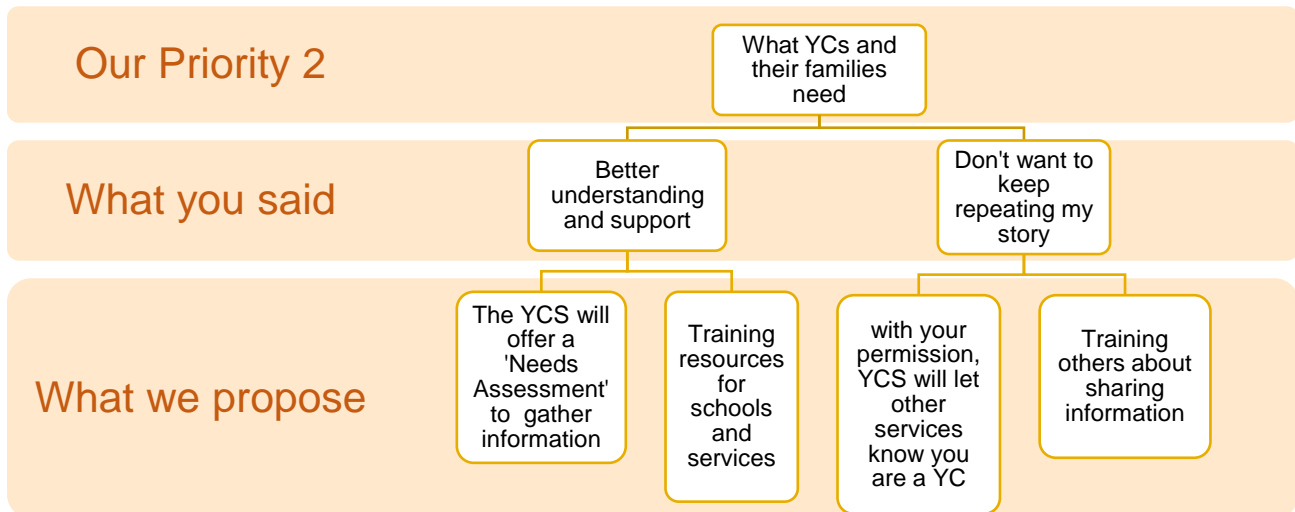


- It is everybody's responsibility to identify and support Young Carers and their families. B&NES Council and the Young Carers Service will provide information, guidance and training amongst schools and professionals working with children, young people, and their families so that they can get better at identifying and understanding you as a young carer and the issues that you face
- We know that as a young carer you
 - worry about the person you care for when you are away from them
 - sometimes you might miss school or get into school late because of your caring role
 - find it difficult to complete your schoolwork on time and getting detentions

All schools will be asked to identify a named member of staff, who you can go to if you have any difficulties or need support

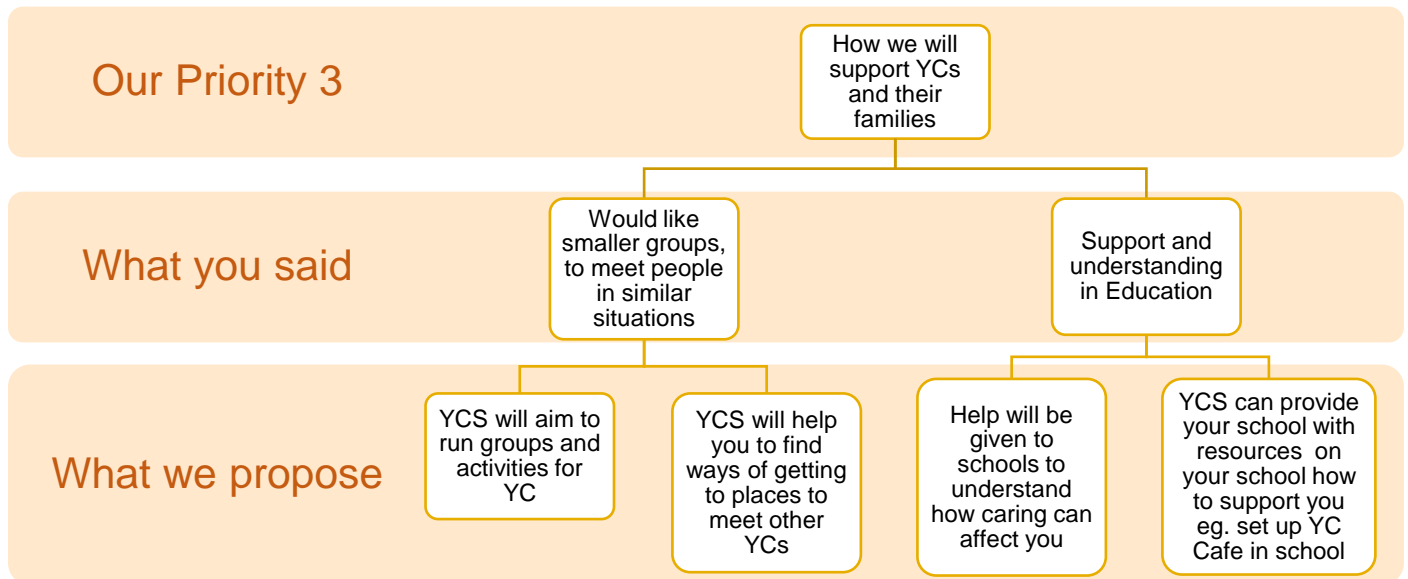
- The Young Carers Service is available to support you and speak to other services about your needs if you need help

What Young Carers & Their Families Need



- If you or your parents request it, someone from the Young Carers Service will contact you to carry out a young carer's assessment. This will help to decide what kind of help you and your family might need.
- As part of the assessment, the Young Carer's Service must ask about your wishes and involve you, your parents and anyone else you or your parents want to be involved
- The Young Carer's Service will work with schools and other services to help them understand how best to support you
- If the Young Carers Service is supporting you, they will try and ensure other services you are in contact with are aware that you are a young carer and explain your situation, so you don't have to keep repeating yourself.

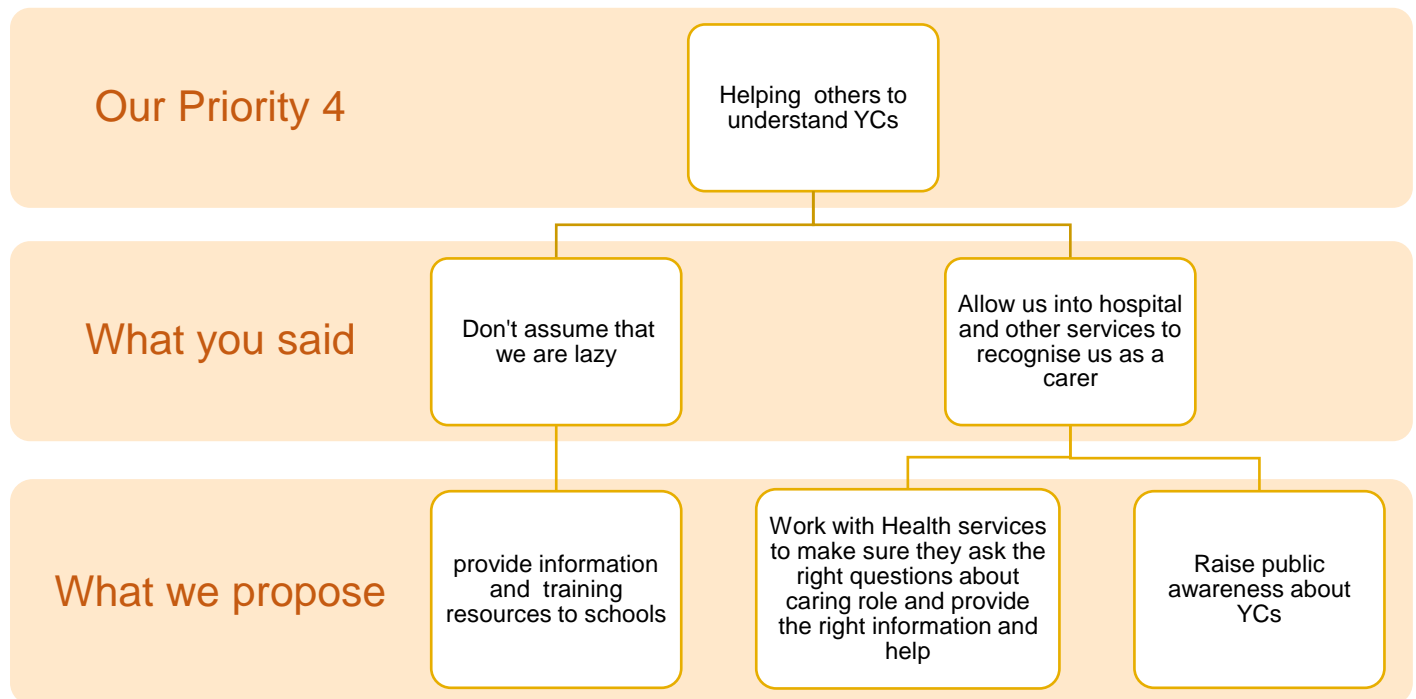
How we will Support Young Carers & Their Families



The Young Carers Service:

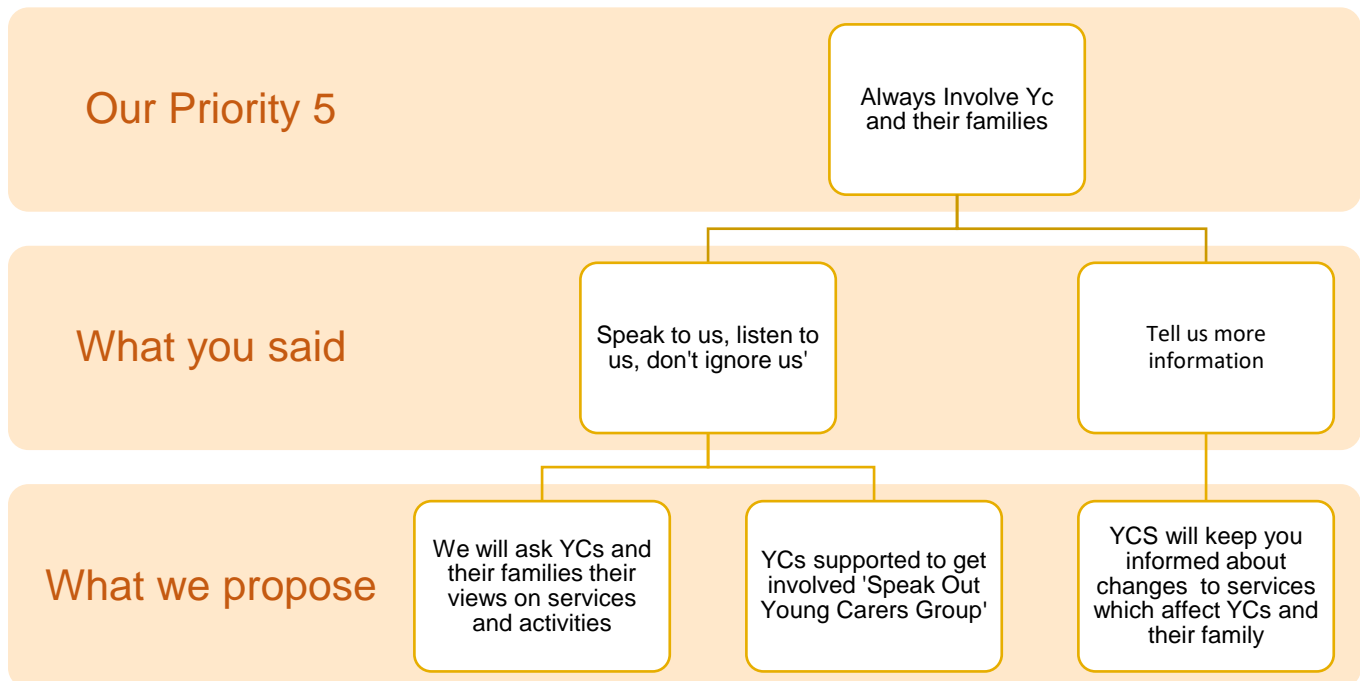
- aims to offer lots of different activities for all age groups during the school holidays and Family days at weekends so that you can have a break from your caring role and meet up with other young carers
- can sometimes offer transport for these activities- coach or minibus
- runs a number of Family fun days every year, so you and your family can join in together
- run the Speak Out Young Carers Group (SOYC) which is a participation group, you can share your experiences and ideas to influence how services can support you
- run 'Well-being' support groups which are there for you to share any worries and get information and help. Young Carers Service can also provide information about other services which can help you, such as counselling, funding etc.
- will do awareness raising in schools and local communities so that others can start to support you too

Helping Others to Understand Young Carers



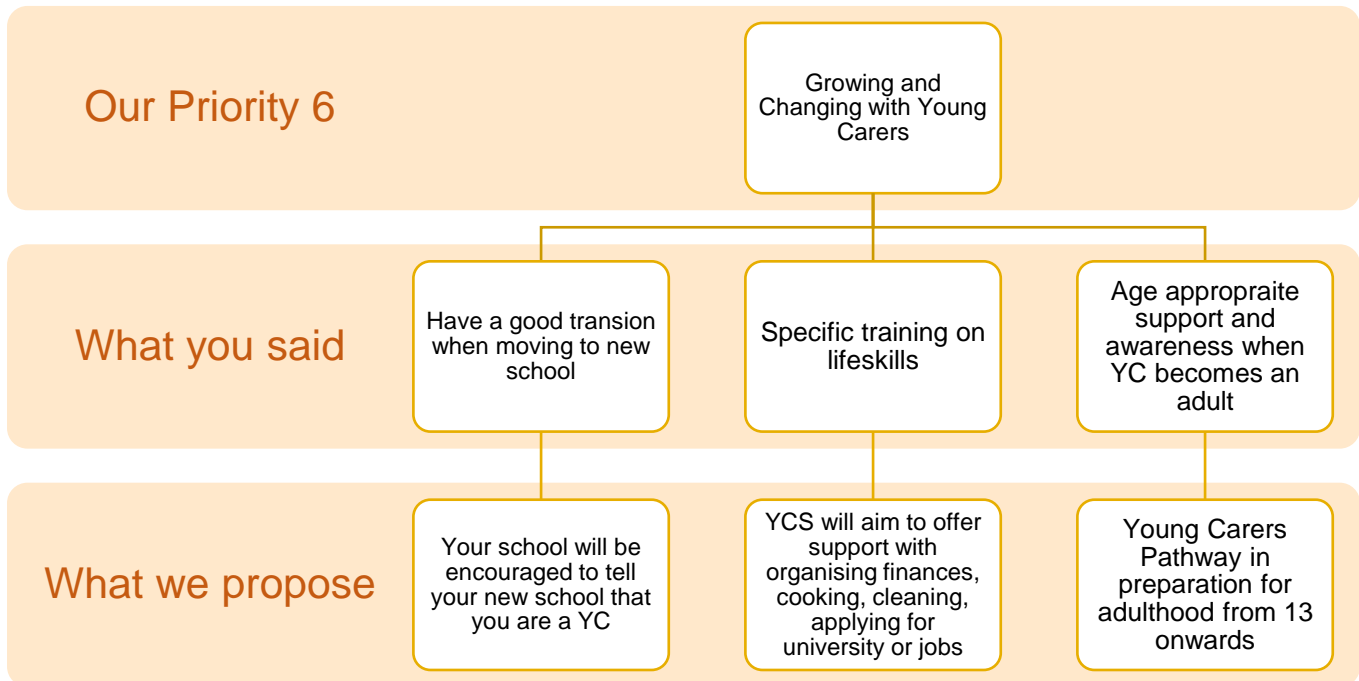
- More publicity and training will be done in schools to highlight your needs around
 - Extensions for homework
 - Having a safe place to talk and someone checking-in with you
 - Making sure staff know about you being a young carer
 - Having helpful support in place
- Ensure that professionals recognise you are carer and:
 - ask the right questions
 - provide you with information about the cared for person when you attend appointments
 - check if you need any other support to help you in your caring role

Always Involve Young Carers & Their Families



- We will respect and listen to you as 'experts by experience', and actively involve you in care planning and decisions which affect you
- The Speak Out Young Carers Group (SOYC) is a participation group that you can get involved in to share your ideas about services and will keep you informed about any changes which will affect you and your family
- This strategy '**Supporting Young Carers to Thrive**' has been developed based on the information that you have given us about the things which are important to you

Growing & Changing with Young Carers

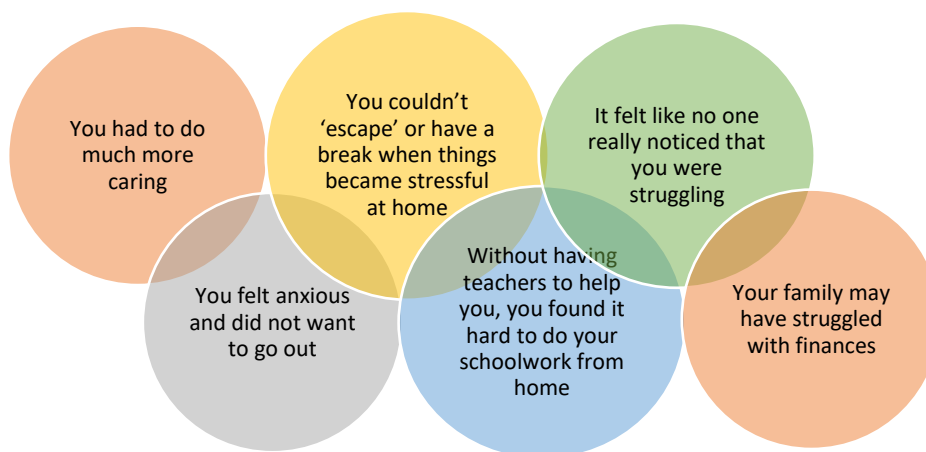


- Schools will receive training and guidance about how to support you. This will include making sure your new school knows that you are a young carer before you start
- The Young Carers Service will offer you individual/group support around life skills e.g. First Aid, managing money, applying for jobs or university, cooking and cleaning.
- Transition Pathway
 - From the age of 13-17 the Young Carers Service will start talking to you about your future support needs and your education and career aspirations.
 - When you are 17, the Carers Centre will inform you of the change to services you can expect when you turn 18
 - When you turn 18, the Young Carers Service will write to you about adult support and adult assessment. With your permission, the Young Carers Service will pass on you details to Adult Services
 - If you consent, you will receive information about how the Carers Centre can support you as an adult

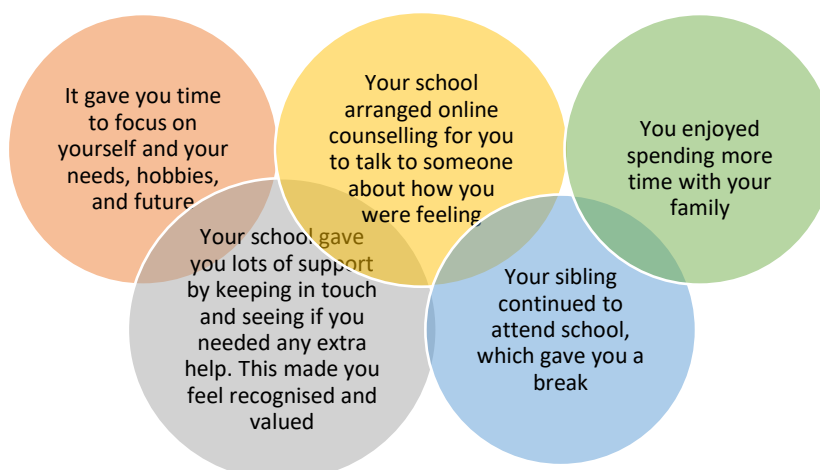
What Young Carers have said about Covid19

We know that lockdown has been particularly difficult for you as a young carer.

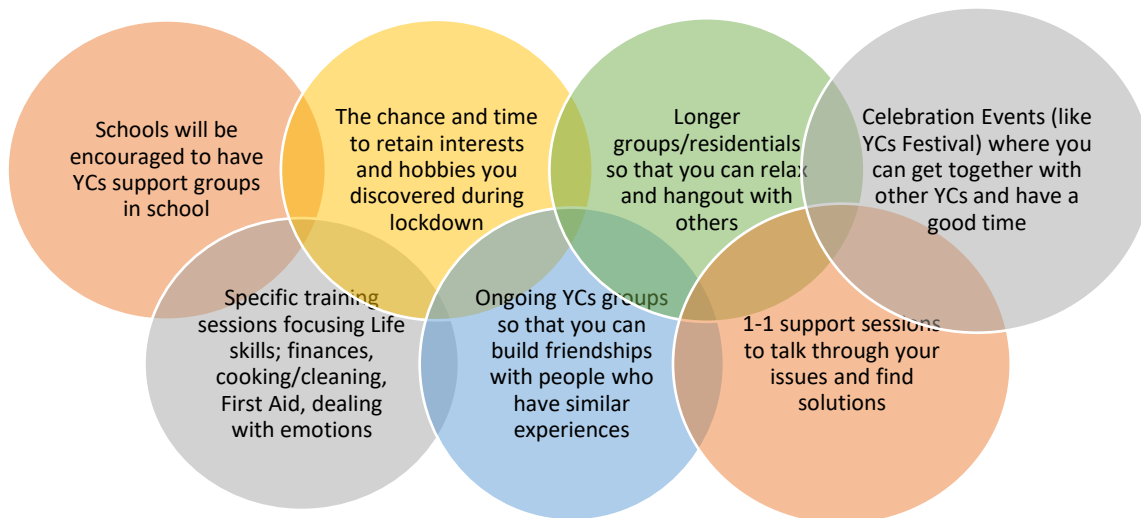
Here are some of the things we have learnt that did not go well:



Here are some of the things we have learnt that went well:



What we will do to help you recover from the pandemic:



Useful Contacts:

Young Carers Service, B&NES Carers Centre

The Woodlands, Lower Bristol Road, Bath BA2 9ES

Support line: 0800 0388 885

support@banescarerscentre.org.uk

www.banescarerscentre.org.uk

Children's Social Care, Bath and North East Somerset Council

Children and Families Assessment and Intervention Team Tel: 01225 396312 or 01225 396313.
For urgent out of hours assistance call the Out of Hours Emergency Duty Team 01454 615165.

[Citizens Advice](#) has information on money, benefits, and your rights.

The [National Careers Service](#) has a helpline, webchat and email service about education and careers for teenagers. Support is also available up to the age of 25 for those who have learning difficulties or disabilities.