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Carers Week 8-12 June 2020

Making Carers Visible

#YoungCarerAware

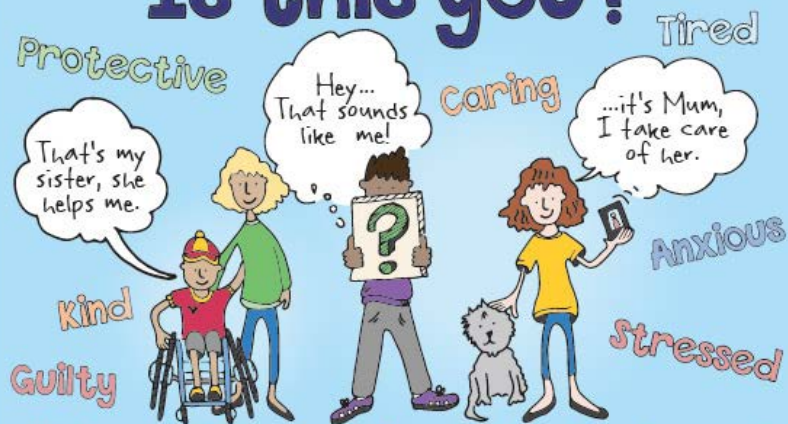


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Is this you?



We're under 18 and provide unpaid help and support for someone with a long term physical disability, mental health condition or problems with drugs and alcohol.



Watch the clip:

<https://www.bbc.co.uk/newsround/51294426>

If you are interested in knowing more about how the current coronavirus pandemic has affected young carers, read the case studies and research data on the next 5 slides or alternatively, jump to slide 9.

Young Carers during the Coronavirus Pandemic

Young carers are being shouted at and turned away from special shopping hours due to "not being believed", a charity fears.

Carers Trust Wales said some had been shouted at by shoppers and stopped from going into shops during the pandemic.

Fayeth, from Rhyl, cares for her mother who has epilepsy and three younger sisters. But the 13-year-old said she felt like she got "death stares" every time she left the house.

As many as one in five young people are caring for a family member with disabilities or mental health problems in Wales, according to the charity. As carers they are eligible to shop during special hours set aside at supermarkets and shops for the elderly and vulnerable and for carers.

But only some local authorities issue ID cards, which explain the young carers' role, and there are concerns that a large number of shops do not accept them.

Director of the charity, Simon Hatch, said the young carers were worried enough about bringing the virus back home to their family members from the shops, without being turned away at the door. He said staff were probably stopping them due to "not understanding" their role in being a key carer and supermarkets and shops needed training.

"We've also had reports of people being shouted at in the streets, when they've been trying to get into local shops," he said.

"I'm sure that these are relatively rare occurrences, but it really highlights the massive challenges on top of what is already a very worrying and stressful time for them anyway."



Young Carers during the Coronavirus Pandemic

Teenager Ronnie Lawson has cared for his father who has multiple sclerosis since he was nine and also helps his mother who has problems with her spine and hips. He said he was left "embarrassed" when he was turned away while trying to buy food for his disabled parents in Abergavenny. Ronnie said he did not have anything to prove he was a carer, and thought staff "didn't really believe" him as he "is a teenager".

Bridgend Carers Centre has started giving slips to its 1,400 recognised young carers to prove they are shopping for a family member. "A lot of young carers are getting refused in retail shops, usually because of their age and some supermarkets are saying if they're under the age of 16 they are not allowed in," said manager Rhian Watts.

"But even with the letters we've been providing some are still not allowing them in." Ms Watts said it should not really matter who is doing the shopping for a family, and have more understanding of the risks young carers were taking. "They are the person that needs to enter the supermarket to do the shopping and denying access will have a major impact on them and their families so it's just about having a bit of understanding," she said.



Young Carers during the Coronavirus Pandemic

Young carers in Somerset have told ITV News they feel more stressed during the coronavirus lockdown and are finding it hard to balance looking after a loved one with school work.

There are thousands of young people who have a caring role - many of them under the radar. There are fears that a large number of them are struggling to cope.

15 year old Bessie and 17 year old Immy Wakefield live in Frome and are carers for their mum, Fleur. They say the coronavirus has made life more stressful. She has MS - multiple sclerosis.

“It’s just worrying because I don’t want to be the one that gives it to her.” Bessie said.

Immy said: “Young people are struggling because they can’t go out and do things they want to do but I think for young carers it’s a lot worse because they were already restricted before everything kicked off.

“Now we’re even more restricted because we can’t even go to school. A lot of young carers would have seen going to school as an escape from the home situation. They haven’t even got that now and they can’t see the people they used to like being around.”



Young Carers during the Coronavirus Pandemic

[Caring Together](#), a charity which supports young carers, says almost **four out of five** had told them they'd been left feeling more isolated during the lockdown.

- 79% felt more isolated
- 57% unable to take a break from caring
- 46% don't feel able to cope

Andy McGowan, Head of Carer Services at Caring Together, said: "Care workers are facing increasing pressures around PPE, about the strains that they're facing, but actually what one young carer said to me is that at the end of their shift they can go home to their families, they can switch off, they can put the TV on. Young carers don't have that off button and that's a huge pressure for those young people right now."

That feeling of being left behind is compounded by the fact that, for most people, [the role of a young carer is a hidden one](#). No-one really knows quite how many young carers there are in the UK.

That is why the theme of Young Carers Week this year is

MAKING CARERS VISIBLE.



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Young Carers during the Coronavirus Pandemic

Dr Kate Blake-Holmes is an academic researching the effects of the pandemic on young carers and says caring isn't the only stressful part of it.

They're having a really hard time with home learning because it's really hard to home learn when you've got all of these care responsibilities.

They're really concerned about how they're going to manage at school and whether they will be almost singled out for being further behind when they do eventually return to school.



What can you do in support of young carers? Online options:

Design something that shows what a young carer is and what they do. Include #youngcareraware

It could be:

- **A photo collage**
- **A short video**
- **A stop motion movie**
- **A story**
- **A poem**
- **A poster**

Resources to help

<https://www.bbc.co.uk/newsround/51294426>

<https://bookcreator.com/>

<https://derbyshirecarers.co.uk/young-carers-service>

<https://carers.org/about-caring/about-young-carers>

Share these on your own social media platforms to raise awareness or on these social media sites run by Derbyshire Young Carers:

Twitter: @derbyshirecarer

Facebook: Derbyshire Carers Association

Instagram: @youngcarersderbys



What can you do in support of young carers? Offline options:

- Make a poster that describes what a Young Carer is.
- Make a mind map of all the different tasks a Young Carer might have to do to look after a relative at home?
- Research Young Carers on the internet – The Carers Trust is a good place to start. Find 5 facts about Young Carers.
- Make an information sheet about Young Carers. You could use The Carers Trust website for more facts. Think about:
 - What a Young Carer is
 - What tasks they might do to help
 - How being a Young Carer might be difficult
 - What might be good about caring
 - What support they might need



What can you do in support of young carers? Offline options:

- Write a letter or email to your Head of House explaining what a young carer is and how lock down may have affected them. You could include what support you think school should be offering to these children and how school might be able to identify and support them.
- Make a 'Survival booklet' for a Young Carer during Lock Down. Give them advice on how to look after themselves and what they can do. Where can they get support? How can they look after their mental health?
- Make a photograph collage of images that show Life during Lockdown. Try to show how life in lock down might be different for someone who is a Young Carer.

Some statistics:

- There are about 7 million young carers in the UK alone.
- In the UK, 42% of carers are men and 58% are women.
- By 2030, the number of carers will increase by 3.4 million (60%).

What do we do?

- Practical tasks e.g. cooking, housework, shopping
- Helping to give medication
- Emotional support
- Managing the family budget
- Helping someone communicate
- Looking after siblings.

Contact:

If you think you are, or know someone who is a young carer, you can speak to Mrs Belcher, Mrs Temple, Mrs Wood or our Young Carer Champions Casey Bevins and Ryan Barrett - Belcher. They wear badges like this:

Being a young carer has an impact on the important things of growing up.

- It can affect a young person's health, social life and self-confidence.
- Many struggle to juggle education and caring which can lead to cause pressure and stress.
- 1 in 20 miss school because of their caring role.
- 26% have been bullied because of their caring role.

BUT...

Lots of skills are learnt by being a young carer. e.g. Money handling, talking responsibility, social skills, etc.



If you think you are a young carer make sure a member of staff at school is aware – tell your Head of House or form tutor.

You can also get in touch with Derbyshire Young Carers who provide support and opportunities for young carers by contacting:

Helen Yates

Young Carers School Liaison Worker 01773 833833

Helen.yates@derbyshirecarers.co.uk



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