

Young carers research and practice forum Speaker Biographies

Andy McGowan, Caring Together

Twitter: @andy_mcgowan

Andy McGowan is the head of carer services at Caring Together and has over 13 years' experience of raising awareness of young carers on a local, national and international level. Andy was a UK delegate to attend a conference in Nairobi, Kenya, looking at the experiences of young carers in the UK and sub-Saharan Africa.

He completed his law degree at Cambridge University, writing his dissertation on the legal framework supporting young carers.

Andy chairs the Norfolk Young Carers Multi-Agency steering group, as well as the Assessment and Support, Comms and Health sub-groups. On a national level, Andy is a member of the Carers Trust Young Carers/Young Adult Carers steering group and the Study Steering Committee for an NIHR project investigating the barriers to young carers accessing carer support services and/or services for the recipient of care.

Andy is a co-author with Dr Kate Blake-Holmes on the paper, *'It's making his bad days into my bad days'* – the impact of Covid-19 social distancing measures on Young Carers and Young Adult Carers in the UK, due to be published in *Child & Family Social Work* later this year.

Dr Emma Maynard, University of Portsmouth

Dr Emma Maynard joined academia after a social care career where she developed and led services for families with complex social and health needs as a manager of Young Carers and Early Help support. Her teaching and research has remained focused on the needs and experiences of children and families, and she has worked with local authorities and schools in developing research projects and new approaches to practice. She uses qualitative and co-production methods to centralise voices of children and marginalised communities. Emma gained her EdD and became a Chartered Psychologist in 2019. She is a Senior Fellow of Advance HE and is a senior lecturer in the School of Education & Sociology, University of Portsmouth

Dr Amy Warhurst – University of Winchester

Amy Warhurst is a Senior Lecturer in Psychology at the University of Winchester. Prior to joining the University of Winchester, Amy was a Research Psychologist within the Educational Psychology Service for Hampshire County Council. During this time, she worked with educational psychologists, school staff and other colleagues, researching a wide range of areas including bullying, educational interventions for children in care, Speech and Language Therapy for pre-schoolers and emotional literacy interventions in schools. Her research interests are broadly in the areas of educational and developmental psychology including all aspects of education, and especially in examining barriers and enablers, to improve the outcomes for all pupils and students. Much of Amy's research focuses on exploring the disadvantages many school pupils face, what types of support are most beneficial for them and their schools, and how this can build on existing support.

Dr Sarah Bayless – University of Winchester

Sarah Bayless is a Senior Lecturer in Psychology and Co-Programme Leader for BSc Psychology. She was Postdoctoral Research Fellow at the Hospital for Sick Children, Toronto, Canada before taking up the lectureship at the University of Winchester. Her research interests include developmental psychology, and she has addressed aspects of cognitive development such as the intuitive understanding of probability and the impact of premature birth on executive function development

Catherine Quinn – University of Portsmouth

Catherine is a MRes student in Childhood Studies at the University of Portsmouth. Her research topic involves looking at Young Adult Carers' experiences of Higher Education and their recommendations about improving support that is currently available.

Dr Kate Blake-Holmes (she/her) – University of East Anglia

Twitter: @kateblakeholmes

Kate is a lecturer and researcher in the School of Social Work, University of East Anglia. She has worked in mental health social work for the past 17 years and continues to practice as an Approved Mental Health Professional. Kate's research interests include young carers and parental mental health. She is a member of the Prato International Research Collaborative for Change in Parent and Child Mental Health and is committed to promoting a Whole Family Approach to research and practice.

Professor Saul Becker, University of Cambridge

Twitter: @profsaulbecker

Saul Becker is a Professor in the Faculty of Education at the University of Cambridge. He is regarded as the world leader for research and policy on young carers. He is invited around the world to talk about his 30-year (to date) research programme and findings, policy and practice, and he currently advises Governments, policy-makers and professionals/service providers in a number of countries. In 2019, he was recognised by Universities UK as one of the 'Nation's Lifesavers' – '100 individuals or groups based in universities whose work is making a life-changing difference'. In 2020, AccessHE named him as a 'Role Model' for his research which has 'put young carers at the heart of many universities widening participation plans'. In 2020, the UK-wide charity, Carers Trust, appointed him as their first ever Ambassador, to represent and speak out for unpaid family carers of all ages. He has been featured in 9 television documentaries, TEDx, and more recently (2020) a 25-minute interview with TV journalist and political commentator Andrew Marr on the 'future of caring in Britain'.

Saul has 560 publications and keynote conference papers, including 18 authored and edited books. He has been the Principal Investigator on 55 research awards, most of which have focused on young carers. Formerly, he was the Provost and Deputy Vice-Chancellor at the University of Sussex. He has held Professorial posts at Cambridge, Sussex, Birmingham, Nottingham and Loughborough universities.

Saul is a recognised Community Organiser, having established three Citizens UK Branches. He is also a Registered Social Worker with Social Work England (since 2005). He has worked as a local authority social worker and senior welfare rights officer, and now holds a number of roles in national and local Carer charities.

In his childhood Saul was a young carer. As an adult, he also cared for his mother. He now lives in the lovely sea-side town of Brighton, England.