

Young Carers Action Day 2022

Taking action on isolation



We will be starting at 4:30pm

@YcAlliance

#YoungCarersActionDay

Welcome and housekeeping

- 🌸 Ensure microphones are on mute
- 🌸 We will be recording the session
- 🌸 Introduce yourself and make use of the chat
- 🌸 Any questions will be followed up after the event
- 🌸 Join in the conversation on Twitter - @YcAlliance #YoungCarersActionDay



CARERS TRUST

Young Carers Action Day survey

Laura Bennett

Head of Policy and External Affairs

Carers Trust

#YoungCarersActionDay

@CarersTrust

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Young Carers and hospitals



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Young Carers snapshot poll

Andy McGowan

Head of engagement

Caring Together

#YoungCarersActionDay

@CaringTogether

@NorfolkYCForum

@YcAlliance

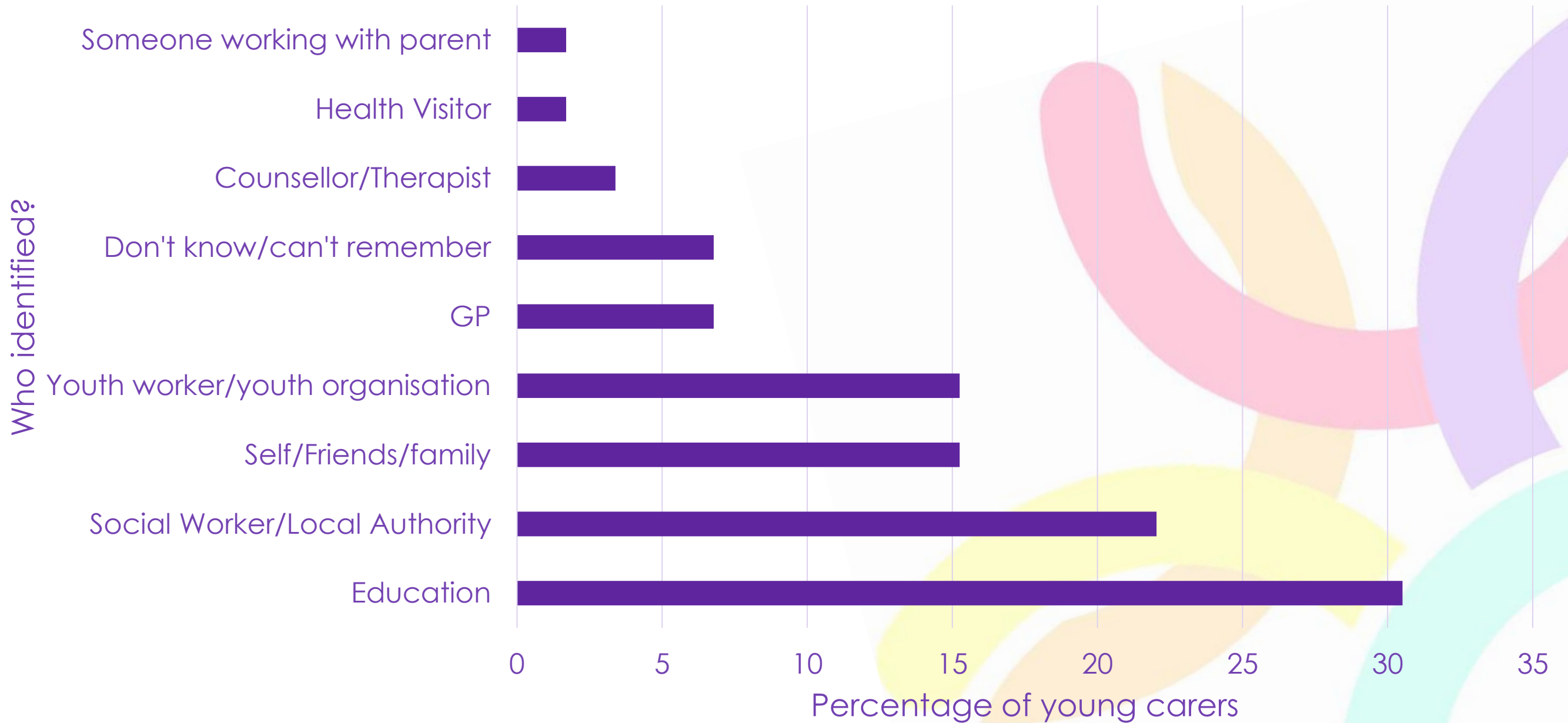


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Young carers snapshot poll

- ✿ 59 young carers from across the country completed the survey
- ✿ The average age they started caring was 7. On average, they were linked into support at the age of 10.
- ✿ There were some young carers caring for over 10 years before being identified
- ✿ Only just over half reported having had a young carers assessment (34% didn't know if they'd had one and 12% said they hadn't)

Who identified them?



What difference did support make?

- ✿ *“The school has given me much more support and I am able to express how I feel freely”*
- ✿ *“I’m on a mentoring course and it helps me learn how to communicate better with my brother and listen to my mum”*
- ✿ *“I've had people to support me through some of the worst times in my life. And through some of the best.”*
- ✿ *“I can relate to others like me in my age group and we can discuss our lives as young carers and how it has affected us, this has improved my mental health. I feel more relaxed and not so stressed all the time.”*
- ✿ *So much difference - I feel supported and not alone“*

Recommendations

1. The Health and Care Bill should be amended so as to ensure that hospitals have a duty to identify any potential young carers before a patient is discharged.
2. The commitment in the adult social care reform white paper to '*amend the school census, at the earliest opportunity, to include young carers*' needs to be implemented as a priority.
3. Ofsted should ensure:
 - that local authority children's services are complying with their statutory duties towards young carers,
 - that school and college staff, and particularly designated safeguarding leads are '*alert to the needs of*' young carers ('*Keeping Children Safe in Education*' statutory guidance for schools and colleges')
4. CQC also need to play a key role in ensuring that health and care services have systems in place to pro-actively identify potential young carers.

NHS England & Improvement Health Champions 'Top tips for GPs'

Paula Cruise

Leadership Support Manager, NHS England & Improvement

Laura

Young Carer Health Champion



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Sheffield Young Carers – Research into practice

Sara Gowen

Managing Director

@SheffieldYoungC

#YoungCarersActionDay

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Young Carers National Voice

Ruth Sullivan

Manager – Young Carers Team

The Carers Centre for Brighton & Hove



Thomas – Young Carer, Sheffield Young Carers



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Young Carers National Voice (YCNV) network

- The aim of YCNV is to bring together young carers from different areas of the country to campaign collectively on the issues that are important to them.
- The network is also a space for young carers' workers to come together and share resources and practice around participation and voice.
- The group started in February 2020 with a meeting in Birmingham and the group have been meeting regularly online since then.
- We currently have 20 young carers organisations from across England involved and are always keen for more to join.



YCNV



- In the first year of the network, the group wanted their collective campaign to focus on identifying and supporting young carers in education settings.
- They produced some 'Top Tips' and an 'Identification Guide' which were sent to over 2000 schools and colleges.
- The group also launched a petition to make it a requirement for every school to have a Young Carer Lead.
- In addition to their education campaign, the group have:
 - Met with the Children's Commissioner for England
 - Co-produced the 'Young Carers' Rights: Making Them Real' document and met with members of the House of Lords as part of a campaign to get young carers included in the Health and Care Bill

YCNV

This year (2021-22), the group decided to focus their campaign on:

1. Increasing the identification of young carers by mental health services
 2. Improving young carers' experiences when they are using mental health services
- The group have produced top tips for mental health professionals (could be used in other settings too), template wording for mental health service referral forms to help identify more young carers, and a poem.



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graph TD; YCA[Young Carers Alliance] --- R[Research]; YCA --- P[Policy]; YCA --- Pr[Practice]; YCA --- V[Voice];
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Research

Policy

Practice

Voice

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- 🌸 Information-sharing channel
- 🌸 Collaboration opportunities
- 🌸 Sharing best practice
- 🌸 Stronger collective voice
- 🌸 Open to individuals and organisations
- 🌸 Will be working with young carers on a Bill of Rights and Responsibilities for Young Carers which it will champion



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Closing remarks

Professor Saul Becker

Andrew and Virginia Rudd Professor of
Social Care Research & Education Practice



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Thank you for attending



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Dates for your diary:

Thursday 31st March – Children and Families Act and Young Carers –
How is it working 7 years on? 10-11am

Monday 6th June – Research, policy and practice forum, 1-3pm

Friday 25th November – Research, policy and practice forum, 10-12pm

www.youngcarersalliance.org

youngcarersalliance@caringtogether.org

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