

# The Young Carers Covenant



We are committed to a future where all young carers and young adult carers:



## **Are identified at the earliest opportunity**

We work with many schools, healthcare providers, and other community groups to ensure that they are able to identify and support young carers.



## **Are able to thrive in education**

We work with education providers to raise awareness of young carers, helping to improve their knowledge and understanding. We offer school workshops for their young carers groups with a focus of learning new skills, healthy eating, and money management.



## **Can access and succeed in employment/training opportunities**

We are able to support young carers with CV writing and employability skills. We are soon to be launching a mentor role for our young carers which will be something for their CV along with enrolling them on some of our basic training for their role.



## **Have time for themselves**

We run young carers groups and trips enabling young carers to have a break from their caring role, spend time with friends, and enjoy trying new activities they might not have done before.



## **Are safe and secure**

As a charity we keep young carers safe and secure by following NSPCC ratios, ensuring that all of our staff are Enhanced DBS checked, and undergo regular child and adult safeguarding training. We have qualified youth mental health first aiders and regularly check in with young people's wellbeing and emotions on every group/trip.



## **Can access support for themselves and their family**

As a dedicated all age carers charity we offer support for young carers and their families as well as signposting and referring them to any additional support services which are appropriate.



## **Feel they have choices in their lives**

We feel that all young carers have a right to be heard and listened to and our young carers service is very much led by the young people. We consult with the young carers regularly to ensure our delivery meets their requests. We also support young carers to feel that they are young people first and that they have equal opportunities and choices as they transition into adulthood.



## **Have good physical and mental health**

We offer young carers respite activities, chances to get their voices heard, skills based workshops, and outdoor activity days. These help to improve young carers' physical and mental health.



## **Can access and benefit from the rights they have**

We actively promote the rights of all carers, particularly around Carers Rights Day, ensuring that carers and professionals know what these rights are in order to uphold them.



## **Live free from poverty**

We support families to apply for grants and advise them about benefits that they may be able to receive. We also support young carers around money management skills to support them when they are in charge of household bills.