

**Kirklees Young Carers School newsletter**  
**Issue**  
**Spring Term 2022-23**

Welcome to the second issue of our newsletter, designed to keep you up to date with any new developments regarding Young Carers! We intend to send it out via e-mail once a term, so please let us know if there is anything you would like us to include, particularly around sharing good practice.

## **School Young Carers Q&A drop in –**

On the **15<sup>th</sup> March its Young Carers Action Day** an annual day organised by the Carers Trust. The Day exists to raise awareness of young carers and the incredible contribution they make to their families and local communities. As part of the campaign each year, young carers and young carer charities call upon their communities to increase support for young people with caring responsibilities.

**This years Young Carer Action Day theme is ‘Making Time for Young Carers’**

We know it's easy for young carers to start feeling overwhelmed because of everything they need to do for their caring role on top of all their schoolwork and revising for exams. What young carers told us was that it doesn't need to be this way. They think the things that would make them feel less overwhelmed, healthier and happier are:

- ▷ Improved support in schools
- ▷ More access to breaks,
- ▷ Better access to counselling support
- ▷ More financial support

Below is resources from the Carers Trust you could use in your schools on the day –

[a4-ycad-activity-packhr.pdf \(carers.org\)](https://www.carers.org/a4-ycad-activity-packhr.pdf)

**Kirklees Young Carers** will be holding a **virtual Q&A** for you to find out more about what our service looks like, how you as a school can support young carers to make time, meet their request for improved support within schools and ask any questions.

**If you wish to join us please let us know , it will run 12 -1 on the 15<sup>th</sup> March - details below**

Microsoft Teams meeting

**Join on your computer, mobile app or room device**

[Click here to join the meeting](#)

Meeting ID: 395 692 477 742

Passcode: uhFKGc

[Download Teams](#) | [Join on the web](#)

[Learn More](#) | [Meeting options](#)



### Safeguarding –

Recently, a Child Safeguarding Practice Review was published in Norfolk which we would strongly encourage anyone working within young carer services, local authorities, health, safeguarding children's partnerships to read. The case really highlights some pertinent issues which you may wish to consider how you would approach in your area:

- Issues where parents repeatedly don't consent to services for their children
- What support is provided to young carers with their own additional needs which means a young carers service may not be the best support option for them?
- How to ensure whole-family practice
- Impact of parental mental ill-health on children (This is taken from the report: "A Family member said that AL self-harmed a little when he was younger, just scratches. He had seen his Mother do it and thought this was a normal thing to do when you were upset.")
- Multi-agency working
- Report can be found here - [CSPR-AL FINAL-FOR-PUBLICATION.pdf \(norfolkscb.org\)](#)

### Date for your diary – Mental Health Awareness Week 2023

Given the impact that caring responsibilities can have on the mental health of young carers and young adult carers, you might be interested in getting involved in Mental Health Awareness Week. The dates for 2023 have been confirmed as Monday 15<sup>th</sup> to Sunday 21<sup>st</sup> May 2023. Next year's theme is Anxiety and you can [sign up for email updates here](#)

Are you aware of the Young Carers In Schools Award this is overseen by the Children's Society and provides you with tools, resources, advice etc that you can use in your schools to support young carers see link below for more info. Don't forget though we can work with you too!

[Young Carers In Schools Award | Young Carers | The Children's Society \(childrenssociety.org.uk\)](#)

## Young Carers School Census!!

We hope you are on your way to completing the school census data for your settings and that you have been able to respond to the new data regarding young carers. Again if by doing the census this has made you think about how as a school you can better identify and/or support young carers we are here to help you so please reach out.

## DON'T FORGET

### What can you do –

Schools are a key place to identify young carers and as such having things in place or working with us is key. It's a good idea for a school to have a Young Carers Policy (if your school hasn't and would like to implement please contact us as we can provide you with a template). Having a named member of staff within a school to be a key contact for young carers is also good practice (this would also give us a contact for any young carers we are involved in who may be struggling in your school). Please email [carolyn.cranton@barnardos.org.uk](mailto:carolyn.cranton@barnardos.org.uk) to inform who your named member of staff is and if you require a young carers policy template.

Delivering an annual assembly on young carers can show all pupils different lives but also may allow a young carer to self identify themselves to

### Refresher on what, who, how –

We work with young carers aged 8 to 18 yrs old and work with them to reduce the impacts they face due to their caring responsibilities. Our support may include; focus groupwork (such as emotional wellbeing, illness specific groups, transition etc), one to one sessions, signposting, liaising with other key agencies such as schools, social activities and ensuring the cared for person has what they are entitled to in place.

Anyone can refer a young carer into the service see below for link to website which has the referral form to download (please note we must have parental and young person signature on the form otherwise we will return it to the referrer)

[Kirklees Young Carers | Barnardo's \(barnardos.org.uk\)](http://Kirklees Young Carers | Barnardo's (barnardos.org.uk))



You can contact us about any of these items, or anything else relating to Young Carers, by calling 01484 426100 or e-mailing [kerry.mckenna@barnardos.org.uk](mailto:kerry.mckenna@barnardos.org.uk)

Best wishes

The Kirklees Young Carers Team