



**QUICK GUIDE**

# Setting up a group for Young Carers in your school



### Questions to answer before starting!

- Who has the lead for Young Carers at your school?
- What does your school's Young Carers' policy say about these children and how they will be supported to achieve academically?
- Who will be responsible/accountable for any group that is set up? You will need at least 2 members of staff to cover absences, etc.
- What is the budget to run this group? Refreshments, activities, resources.
- What are the aims and objectives of the group?

### Practicalities

- How will young carers be involved in setting up the group, and in any future development? (see 'Involving young carers' section below).
- How will you measure the impact of the group? For example, improvement in attendance, increase in self-confidence, increase in self-esteem, improved resilience, achieving educationally.
- When and where will it run? Over lunchtime or after school.
- How often? How long? Is it a safe and private space?
- What is the intended culture of the group?
- Will there be access to a phone?
- How and where will you advertise the group? See the poster included with this guide.

### Involving young carers

- How will you consult them prior to set up?
- What do they want/need from the group?
- When, where, how often, how long, etc?

- How do they want to spend the time?
- What do they want the group culture to be? The group rules?

### YOUNG CARERS GIVE TOP TEN TIPS FOR SCHOOLS

1. Recognise that our responsibility as carers can affect our education and schoolwork.
2. Find out about us, what we need and how we are not like other students.
3. Take time to find out about individual problems at home. Sometimes we're too embarrassed to tell you ourselves.
4. Don't automatically punish us if we're late. Sometimes we can't help being late because we're helping out at home.
5. Provide more support such as lunchtime drop-ins or homework clubs.
6. Be flexible – give us more time and help to do homework or coursework.
7. Include information about young carers and disability issues in PHSE lessons.
8. Let us phone parents if we need to find out if they are OK.
9. Make sure there is a clear and up to date community notice board which has support information for us and where else we can get help in the community.
10. Ensure teachers are offered training on young carers and disability issues both at university and on inset days.

Source: The Children's Society Young Carers Festival

### Other resources

#### WSSC YOUNG CARERS SERVICE

- Identifying and supporting young carers in school: a learning resource for staff and students. <http://schools.westsussex.gov.uk/Page/7645>

#### CARERS TRUST

- Supporting young carers in School: an Introduction for primary and secondary school staff. <http://static.carers.org/files/supporting-young-carers-in-schools-booklet-6860.pdf>
- Supporting young carers in school: a step-by-step guide for leaders, teachers and non-teaching staff. STEP 6. Tool 2: running a peer support group for young carers. <https://professionals.carers.org/stepbystep>

### RESEARCH

Find famous people who have had a young carer role and display pictures of them in your school.

Jade Ewan is a singer/songwriter, who used to be in the girl group Sugababes, and used to be a young carer for her mum and dad.



Both myself and two Leaders of Year and Student Managers have looked at the guide and posters and think they are both informative and factual.

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