

A Good Education for Every Norfolk Young Carer

Autumn 2015

Making Progress Together

“We are determined that all Young Carers will receive the support they need in line with our ambition for ‘a good education for every Norfolk learner’. This leaflet is one in the series ‘Raising Educational Achievement for Disadvantaged Learners.’”

Chris Snudden,
Head of Education
Achievement
Service



Who are young carers?

Young Carers are children or young people aged under 18 who provide care, assistance or support to another family member.

They carry out, often on a regular basis, significant caring tasks and assume a level of responsibility which would normally be associated with an adult.

Young Adult Carers are aged between 18 and 25.

Caring responsibilities vary considerably and may include supporting family members who are disabled, have special needs, are physically or mentally ill, or who are dependent on drugs or alcohol.

39%

of young carers have said that nobody in their school was aware of their caring role - Carers Trust 2015

National research shows that there may be as many as one young carer per primary and secondary school class in Norfolk



Norfolk County Council

Impacts on education...

Studies have shown that caring responsibilities impact on primary school, high school and post 16 learning. **Attendance and attainment can suffer.** Students may have reduced opportunities for participating in extra-curricular and social activities, experience fatigue, and fall behind with work. Young carers are often the victims of bullying.

"At GCSE level young carers perform the equivalent to nine grades lower than their peers i.e. the difference between nine Cs and nine Ds." Carers Trust 2014

Despite often being highly capable, Young Carers aged between 16 and 18 years are twice as likely as their peers to not be in employment, education or training.



Our duties towards young carers

Norfolk County Council are working with partners to reduce inappropriate or excessive caring by children and young adults.

The local authority has a statutory responsibility to assess and support the needs of young carers and their families under the Children and Families Act 2014 and the Care Act 2014.

Currently the majority of requests for Early Help Family Support services originate in Schools.

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Identifying Young Carers

Schools are vital and ideally positioned to identify young carers early and initiate support, ensuring that they are able fully to participate in their education and have a fair start in life.

Young carers can be difficult to identify and many are reluctant to come forward for help for a variety of reasons. Many young carers are unaware that there is support available for them and their families.

"Schools have a key role in identifying and supporting all young carers. OFSTED take particular interest in the experiences of more vulnerable children, including young carers, during inspections."

Edward Timpson, the Minister of State for Children and Families 2015

In many schools young carers are identified early, and are supported to fulfil their potential. Appropriate opportunities are put in place for students to self-identify and positive reasons are provided for them to do this.



Which one is the young carer?

A range of services are available to your school to help you to identify and support young carers and improve their levels of attendance, attainment, and achievement.

Your school can...

- ✓ help young carers and their families receive outside support
- ✓ raise awareness of young carer issues among staff members and students
- ✓ implement a whole school approach towards supporting this vulnerable group
- ✓ establish a lead professional in your school who can advocate on behalf of young carers



Healthy Schools
Norfolk

The Enhanced Healthy Schools Award is a useful tool, completed over three terms, to help schools embed changes that will enable the identification and support of young carers. This whole school approach will also provide evidence of impact. The Healthy Schools team deliver a wide range of training events.

Contact Josie Wells:
josiewells@nhs.net



Online resources are available which include:

- ✓ An excellent film produced by the NYCF; which is suitable for awareness raising among staff teams and students alike.
- ✓ Appropriate teaching materials which are suitable for tutor group activities and PSHE lessons across all age groups.
- ✓ E-learning packages, staff training aids, and useful guides for school leaders and pastoral teams.
- ✓ A number of staff training workshops are available throughout the academic year with a focus on supporting young carers. These are for pastoral leaders and support staff and are often delivered across school clusters.

The Norfolk Young Carers Forum (NYCF) are an established focus group of young carers who provide the voice for young carers in our county, and often on a national basis. The NYCF can provide your school with a template for good practice in supporting young carers and can award your school with a Quality Assurance Standard.



Improving outcomes...



Your school, college or training provider can invite an external agency to deliver a drop in or “awareness raising” session for your

students. These can be delivered by agencies who deliver specialist services from the not for profit sector, or from the Norfolk School Nurse Team.

Your **School Nurse** can play a key role in: identifying young carers at an early stage, protecting their health and wellbeing, and

ensuring that they and their families are linked into and receive further support from other services that they may need.

Older students may wish to take advantage of **shadowing** opportunities that are available within local further and higher education providers. The University of East Anglia are particularly keen to encourage **Young Adult Carers** to apply for their courses.

Kickstart
the moped loan people

Young Adult Carers may be eligible for a **free moped**, training, and safety equipment from the Kickstart moped scheme.
www.kickstartmopeds.co.uk

For more information visit:
www.schools.norfolk.gov.uk/youngcarers
Or email: sue.hobbs@norfolk.gov.uk
For more information about services to young carers, young adult carers and their families visit:
www.carersagencypartnership.org.uk

Specialist Services

A range of services are delivered by outside agencies for young carers, young adult carers, and their families.

Norfolk County Council commissions specialist services for young carers throughout our county:

- ✓ **Break (Families House)** deliver intensive individual support for young carers and their families across Norfolk.
- ✓ **The Benjamin Foundation** deliver positive activity sessions for young carers at venues across Norfolk, as well as other services for schools.

There are also a host of other specialist services available for young carers and their families which are delivered by other agencies.

School Ambassador for Young Carers

We strongly recommend that you establish a lead professional for young carers in your school, college, or training provider.

A lead professional will help to drive forward a whole school approach to supporting young carers, can monitor progress, and can advocate on behalf of young carers and their families.

We can provide your lead with training, support, resources, and advice.



One in 20 miss school because of caring responsibilities...

By working together we can address the inequalities that young carers face within education.

✓ **A good education for everyone**