

# Education Advisory Team Staff Training



We're here to help carers of all ages, across Surrey, with free information, support, events, advice and more. [www.actionforcarers.org.uk](http://www.actionforcarers.org.uk)



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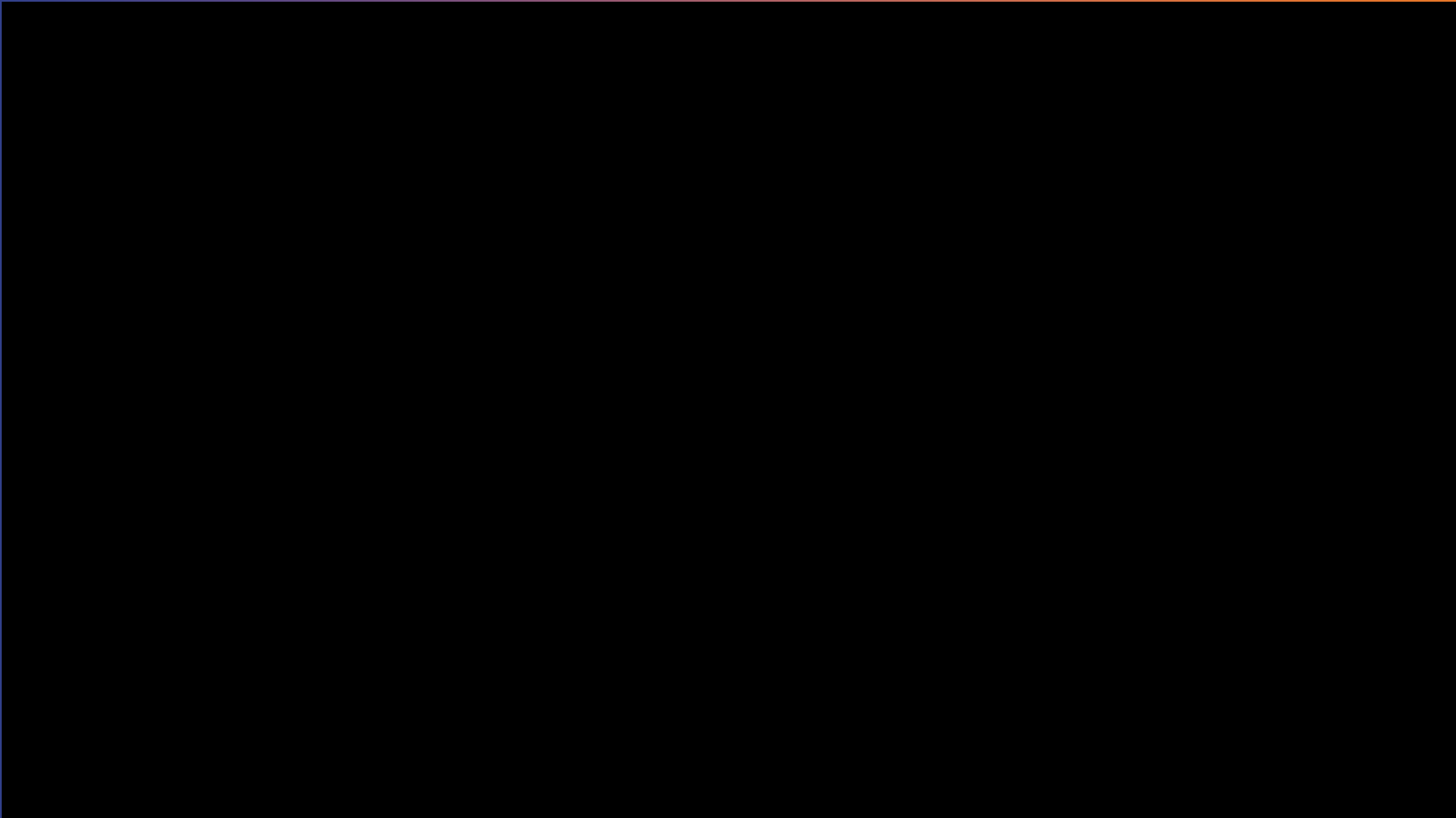
[action for carers surrey](https://www.instagram.com/action_for_carers_surrey)

A Network Partner of  
**CARERS  
TRUST**

- What young carers do.
- The impact on young carers.
- How to identify and support them.

# What is a young carer?

Someone under the age of 18 who is caring for a family member or friend with a physical or mental health problem or disability, a substance dependency or life limiting illness.



<https://www.youtube.com/watch?v=wzr4UF49Ccw>

# How many are there?

- Currently estimated at well in excess of  $\frac{3}{4}$  of a million in the UK
- 14,000 in Surrey
- 3 in every classroom at least – probably nearer to 4 or 6!

# Who do they care for?

- Someone with a physical or learning disability
- Mental health conditions or drug and alcohol misuse
- Serious or long term illnesses

(Any family member such as siblings, parents or grandparents)

# How do they care?

- Emotional support
- Practical support
- Adult responsibilities
- Personal care
- Communication

# Impact in Education

Young Carers are at greater risk of not achieving their potential and of becoming NEET when leaving school.

**Young carers leave school with the equivalent of 9 GCSE grades lower than their peers who have no caring role.**

Issues young carers face at school:

- Lateness and absence
- Lack of focus
- Tiredness and fatigue
- Difficulty completing homework or assignments
- Poor mental health
- Difficulty accessing extra curricular activities
- Bullying



# Covid-19 Impact

Increased pressures on Young Carers due to COVID-19

- Increase in Caring responsibilities
- Isolation from peers and coping mechanisms
- Little free time for schoolwork and respite
- Health challenges
- Difficulty accessing schoolwork
- Anxiety about the future

# How can you identify young carers?

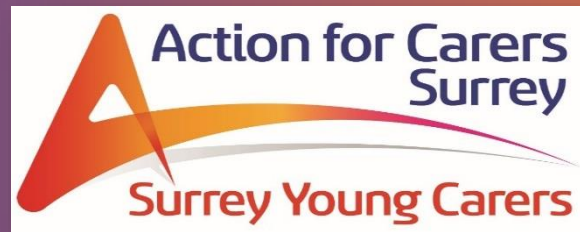
- Regular lateness or unexplained absence
- Physical neglect
- Regularly tired
- Behaviour
- Isolated from peers

# Supporting young carers in school

## Angel Award

- Identifying young carer champion
- Staff training
- Promote and display
- Assemblies
- Young carer group
- PSHE
- Policies
- Identification





## Surrey Young Carers Support

- 1:1 support and group invitations
- Time Out
- Peer support
- Information and advocacy to young carers and their families

Contact us on

[syc@actionforcarers.org.uk](mailto:syc@actionforcarers.org.uk)

Or visit

[www.surrey-youngcarers.org.uk](http://www.surrey-youngcarers.org.uk)