

MARCH 2021

# Young Carers in Schools



[WWW.YOUNGCARERSCOVENTRY.COM](http://WWW.YOUNGCARERSCOVENTRY.COM)

**TIME TO REFLECT - A YEAR WE WILL NEVER FORGET**

**TUESDAY 23RD MARCH MARKS A YEAR SINCE THE NATION WENT INTO LOCKDOWN DUE TO THE GLOBAL CORONAVIRUS PANDEMIC.**

**THIS DAY IS BEING MARKED AS 'NATIONAL COVID REFLECTION DAY.'**

## **REFLECTION...** BY RHUPINDER KAUR

We cannot quite believe it has been a year already, or just over since we all innocently went home thinking the virus would be under control and out of our lives within a few weeks. This past year has taught us all so many different things, and at the Young Carers Service we have realised, even more so than before how important our young carers are, and without them it would be impossible for many families to function.

We have also learnt other ways we can

- Support hard to reach young carers
- Deliver virtual activities that are still fun
- Support even more young people - not being able to meet face to face has not limited our capacity to provide support.
- Continue to provide support to professionals in different ways in a more time efficient manner

I think we have all seen the benefits of working virtually, and how we can adopt a blended approach moving forward.

In saying that, on behalf of the young carers service I would like to offer our reassurances in resuming face to face work once schools are open to external visitors. Most of the team has received the vaccine, and as an added blanket of reassurance we are all open to get lateral flow tests, complete risk assessments before each visit and doing everything we can to keep ourselves, the young people and professionals we are working with and the premises we visit - as safe as possible, and of course wearing appropriate PPE/masks. We are also flexible to work closely with you to meet your protocols easily.

We hope to see you all soon - and where we are able to meet face to face, we really look forward to getting back out into the community to resume the important work of supporting young carers.

Until next time, take care.

***Most teachers know who the young carers are in their class. True or False?***

**False - many young carers are usually not aware of who to speak to at school about being a young carer either**

CARERS  
TRUST

# YOUNG CARERS ACTION DAY 2021

#YoungCarersActionDay



As you may be aware - it was Young Carers Action Day on the 16th March 21. We planned a lot of activities throughout March to mark the day, and we know many of you also got involved by delivering assemblies, groups, activities and different ways to mark the day. The main theme for the day was to Protect Young Carers Futures.

We strive to pave ways for young carers to achieve their full potential without their caring role becoming a barrier. The main aspect of our service that many young carers enjoy is respite, and access to activities - so we used this opportunity to discuss with our young carers their thoughts and feelings on protecting their future in a mindful diamond painting session, and even some dance breaks with a virtual musical statues game!

This is what young carers had to say about the skills they have learnt through their caring role:

- strong communication, maturity, patience, to be caring, better reflexes
- self-care; getting ready for the day as well as helping carer to get ready
- support each other, make new friends at the young carers service
- cooking skills, first aid skills, and being aware of safety when caring for a loved one

They also shared their hopes for the future and the types of careers they would like to have by implementing and utilising the skills they have learnt, such as going to university, becoming a chef, pro-tennis player, pro-gymnast, gymnastics coach,, and a writer! It was fantastic to hear the aspirations of our young carers, as often a caring role stops them from achieving their hopes and dreams. We hope to encourage these aspirations by hosting 'career' activities, so we can work with young carers to achieve their goals.

Thank you to those of you who also attended the YCAD Professionals event. Through discussions, we heard that many schools are identifying hidden young carers throughout and due to the pandemic. We would like to work with you to continue to identify those young carers and ensure the appropriate support is there. Have you identified young carers you were previously unaware of?

To ensure schools are equipped to support new/existing young carers, we will be planning further virtual networking opportunities to share ideas and best practice. If this is something you would be interested in, please do let me know if you have any particular availability that suits you best.

We'd also love to hear how you marked the day - send me an email with a short line at [rhpinder.kaur@carerstrusthfe.org.uk](mailto:rhpinder.kaur@carerstrusthfe.org.uk)

*How many young carers are there in each classroom?*

**There an estimated TWO young carers in each classroom**