

MYTIME

YOUNG CARERS

SUPPORTING YOUNG CARERS AND THEIR RETURN TO SCHOOL

Young carers have faced significant challenges during lockdown; many have struggled to keep up with home learning because of their caring responsibilities. More young people will have become young carers as a result of the increase in mental health issues, substance abuse and lack of access to services.

These tips were created by young carers from across the country and provide schools with some tips to help them transition back into school.



TIP 1:



Young carers well-being

Young carers have seen a large increase in their caring responsibilities during lockdown. On coming back to school, young carers may need someone to talk too. A person that they trust and understands their situation. Creating time every week for them to talk to their tutor or someone in the pastoral team to check how they are coping. Also having a dedicated email that they can use to share how they are feeling could be useful.

TIP 2:

School work

Young carers could find that because of the increase in their caring responsibility, they are struggling or overwhelmed by the workload when they return to school. Young carers may have had to prioritise caring for their family member over completing schoolwork and are therefore could be further behind on their studies. They may be nervous about returning to school as a result. Offering young carers extra time and support when they return to school is extremely important.

TIP 3:



Concern about returning to school

Young carers may be caring for family members who are at high risk and therefore they may have significant concerns about returning to school. Sharing information about going back to school and the safety precautions, which have been put in place to protect students, will allow young carers and their parents to prepare. For example, sharing photographs of the classrooms and details of the new protocols that have been put in place to protect them from contracting covid.

TIP 4:

Transport

Young carers may have concerns about travelling to and from school using public transport or School Buses. Letting young carers know about other transport options which might be available to help them get to and from school safely would be extremely helpful. Advice on how to use PPE correctly and giving them access to PPE would also be extremely helpful.



 01202 710701

 enquiries@mytimecharity.co.uk

 www.mytimecharity.co.uk



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TIP 5:

Hidden and new young carers

Lots of young carers are not known to their schools and as a result are unable to access support which is available to them. Providing training to staff on how to identify young carers can help to increase staff awareness and ensure these young carers have access to the support and opportunity they need to be successful. Providing training can also help staff understand how to make a referral for a young carer assessment.

HOW CAN MYTIME YOUNG CARERS HELP?

- ✓ We can provide CPD to staff on how to identify and support young carers
- ✓ We can help schools set up a young carer support programme
- ✓ We can provide young carers with access to tutoring to support them academically through the Connie Rothman Learning Trust
- ✓ We can provide young carers with access to counselling to support their emotional needs through the Leonardo Trust
- ✓ We can provide young carers with the chance to take part in our Making Memories Programme or a stay at our R & R Retreat Centre
- ✓ We run a weekly online youth group for young carers to help create community and reduce feelings of isolation

For further help or advice please contact MYTime Young Carers on enquiries@mytimecharity.co.uk or call us on 01202 710701

Dorset Schools- to refer a young carer for assessment please contact Carers Support Dorset www.carersupportdorset.co.uk or 0800 368 8349

BCP Schools- to refer a young carer for assessment please contact childrensfirstresponse@bcpcouncil.gov.uk or 01202 735046

Thanks to the young carers from the following organisations who created these tips:

