



Young carers - Supporting schools to support their students

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Who are young carers?







A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. (Source NHS England)

The care they give is unpaid.

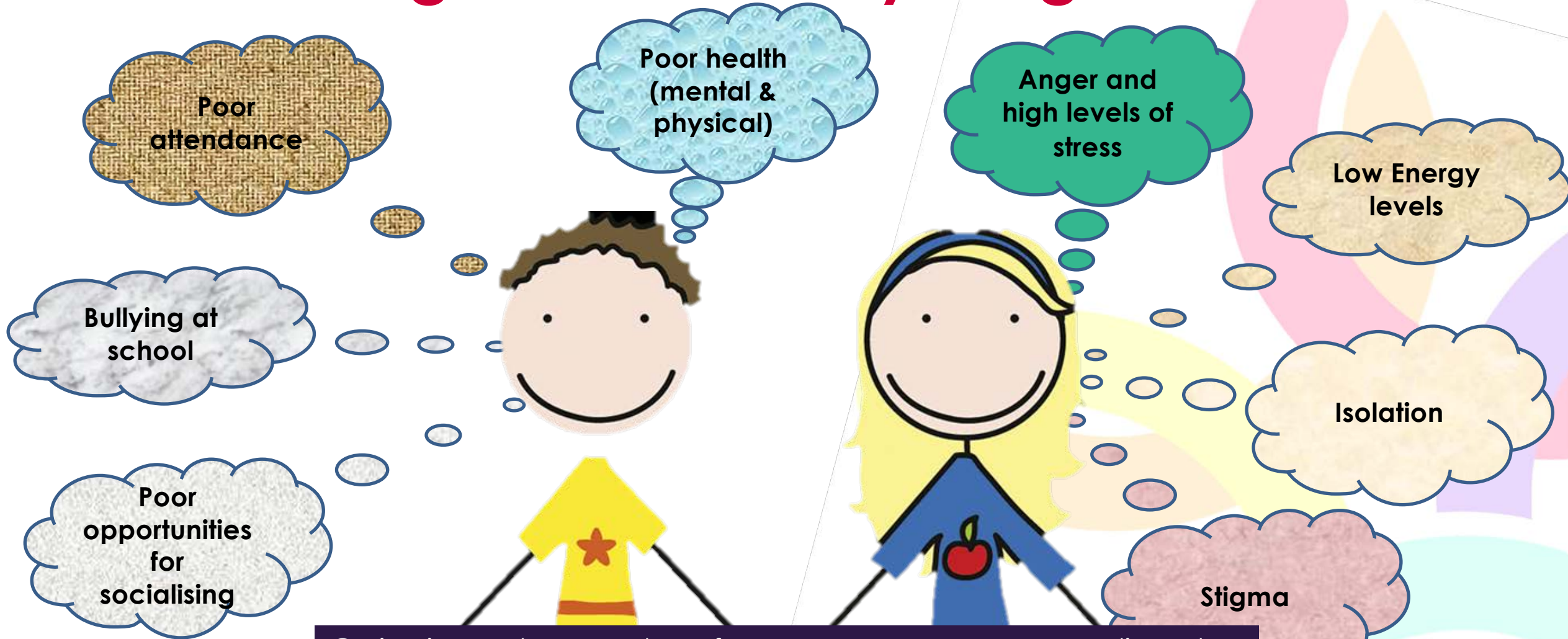
Young carers are children and young people under the age of 18

Young adult carers are aged 18 – 25

Who are young carers?

-  It is estimated that there are likely to be 2 young carers in every class, in every school
-  In the last census, over 600 young people in Norfolk were reported as caring for more than 50 hours a week.
-  Nationally, over half of young carers in a survey said they never/not often get help from school with caring roles; 40% said they had no-one at school to talk to about being a young carer
-  68% of young carers report being bullied in school
-  On average, young carers are caring for at least 3 years before they are linked into support
-  They are twice as likely to be not in education, employment or training (NEET) post-16

How caring can affect a young carer



Caring is seen by a number of young carers as a very rewarding role – bringing with it a range of positive emotional and psychological benefits (Becker, 2016)

School census and young carers

- ✿ From January 2023, young carers are being added to the census return for the first time
- ✿ Uses the section 17ZA of the Children Act 1989 definition: a young carer is, *'a person under 18 who provides or intends to provide care for another person (which isn't to a contract or voluntary work)'*.
- ✿ The guidance also makes reference to [Keeping children safe in education](#) and [Working together to safeguard children](#) (both outline how **all** school staff should be particularly alert to the potential need for early help for young carers.)

School census and young carers

 Schools will be able to use the following codeset (CS118):

Code	Young carer indicator
N	Not declared
P	Identified as a young carer by parent or guardian
S	Identified as a young carer by school

 Schools' Management Information Systems (MIS) should provide 'N' as the default value (Not declared)

 If they self-identify in school = Use 'S'

What can Schools do to identify & support Young Carers?

- 🌸 Carer Friendly Tick Award - Education
- 🌸 Awareness raising with students
- 🌸 Awareness raising with staff
- 🌸 Governor with responsibility for Young Carers
- 🌸 Review systems for recording
- 🌸 Signposting / Refer to Young Carers Services
- 🌸 Transitions Work

Young Carers Matter Norfolk

- ❑ Commissioned by Norfolk County Council
- ❑ Delivered by a range of partners led by Voluntary Norfolk
- ❑ Information, Advice and Guidance
- ❑ Whole-family support
- ❑ 3-6 month programme of locality-based 1:1 or targeted group support
- ❑ Transition support
- ❑ Support for schools



To find out more

www.youngcarersmatternorfolk.org

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Young Carers Challenge for Schools

Ahead of Young Carers being added to the school census, Caring Together, Norfolk County Council and Young Carers Matter Norfolk have set a challenge

The challenge is that by the end of this academic year every school in Norfolk has:

- 1. A young carers champion so that young carers have someone trusted to talk to about any issues relating to their caring responsibilities**
- 2. A young carers agreement/policy/statement so that every young carer knows what support is available in their school**
- 3. A young carers flag on their pupil management system**

39 schools have signed up to the challenge so far – has yours???

www.caringtogether.org/youngcarerschallenge