




NO LIMITS

**Helping Young People
Help Themselves**



Young carers- definition

Children and Families Act 2014 Section 96

“...a person under 18 who provides or intends to provide care for another person (of any age, except where that care is provided for payment, pursuant to a contract or as voluntary work).”



Young carers in Southampton



Delivered by two 30-hour Young Carers workers

- No Limits received 126 referrals in 2019-2020
- Since April 2020 we have received 35 referrals
- We currently support 80 Young Carers across the city
- There are 466 young people under 15 in Southampton providing care, and a further 1,612 young people aged 16 - 25 (2011 Census).



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Breakdown of who our young carers are caring for

Presenting Issue	Count of YP	%
cares for a sibling	28	35.00%
cares for an adult	37	46.25%
multiple care responsibilities	15	18.75%
Grand Total	80	

Care Needs of Person Cared For	Count of YP	%
Memory & cognition	1	1.25%
Mental health	37	46.25%
Physical: access & mobility only	6	7.50%
Physical: personal care	14	17.50%
Social: isolation/other	17	21.25%
Social: substance misuse	3	3.75%
(blank)	2	2.50%
Grand Total	80	

Young Carers postcodes



Post Code	Count of YP	%
SO14	4	5.00%
SO15	7	8.75%
SO16	31	38.75%
SO17	8	10.00%
SO18	11	13.75%
SO19	19	23.75%
Grand Total	80	

What we offer

No Limits supports Young Carers in Southampton both face to face and via Zoom:

- Family Assessment – looking at the needs of all family member which may result in sign posting/making referrals to other services across the City/Hampshire
- Young Carers Assessment - looking at the specific needs of the young person and what support is needed/wanted
- Delivering regular groups to provide the young people with knowledge, skills, respite, fun and soft outcomes sessions
- Delivering tailored workshops to the young people relating to their caring roles and their own needs (What is a Young Carer?, Looking After Myself)
- Providing 1:1 support for young carers with high levels of need in terms of their caring role
- Matching young carers with volunteer befrienders to provide positive relationships, build self-esteem, confidence and engage with new activities in their local community
- Providing fun activities and access to opportunities they might not otherwise be able to take part in
- Working with schools to develop Young Carers support in school

Views of our young carers -

WHAT BEING A YOUNG CARER MEANS TO ME?

Being a young carer means helping someone older than me because I help my parent

A young carer is someone who will always be there for their parent even if they've done it quite a lot and will always help

Caring for family

It's hard at times but its nice to know that I'm helping my sister

Views of our Young Carers -

THEIR EXPERIENCE OF OUR SERVICE:

Young carers in Southampton is very fun and social because we get to have fun and meet other young carers

We do a lot of activities, which is fun. Young carers in Southampton helps me clear my mind when I am really stressed

Having 'wacky' workers (in a good way)

Young carers in Southampton is a group that respects people

I feel free to talk about things

The Facts

- Young carers have significantly lower attainment at GCSE. The equivalent of nine grades lower overall than their peers.
- Young people from BAME communities are 1.5 times as likely as their peers to be young carers, and are twice as likely to not speak English as a first language
- Young carers are 1.5 times more likely than their peers to have a disability, long-term illness, or special educational need
- The average annual income for families with a young carer is £5000 less than families who do not have a young carer.
- Young carers are more likely than the national average to be NEET; more likely to be persistently NEET over 2 years; more likely to be in lower paid jobs than their peers in their early 20s

(The Children's Society: Hidden from View, 2013).



Impacts on our Young carers

- Physical injury/illness/developmental
- Emotional – anxiety/behaviour problems/mental ill health
- Worry and stress
- Educational – attendance and achievement
- Impacting on future life chances
- Social – Loneliness & Isolation and Hidden Harm
- Not sure how to relate to kids their own age
- No Concessions (recognised carers card)
- Lost transitions funding (18-25 year olds)

What our Young Carers are telling us

More Young Carers in the city than we can provide an ongoing service for

Days out, respite, fun activities and peer inclusion (what enables children to be children)

Transport- all other areas have transport support

Support for under 8s only support option is Honey Pots

Gap in provision 5-11years: lack of support services

A lot of Young Carers are being 'home schooled' and are not receiving and home schooling or education support.