

NO LiMiTs

**Helping Young People
Help Themselves**

www.nolimitshelp.org.uk

Is your school aware of your caring role?



● Yes	11
● No	2
● Not sure	8

Do you feel supported by your school?



● Yes	6
● No	5
● Sometimes	10

What support do you receive from school?

I was seeing the school nurse regarding my brother's autism.

I can talk to them if I am feeling worried about mum. They help me get through it

Home-schooled - relationship between teachers, YP and parents very close. Teachers completely aware when mum is having a bad day or I am having a bad day because of my caring role.

I don't receive support in school

My form teacher sometimes has conversations with me.

I used to receive 1:1 time with a person who is trained to do that. They recognise when I have had a harder time and give me something to help me like Christmas presents

How could schools improve their support for young carers?

I don't think they can do more. I think they are doing their best at the moment especially with the pandemic going on.

Someone from school to check in with me am make sure I am OK - outside of lessons

May be know about young carers so that people can come out to share their experience and support

I like the idea of maybe knowing who else in my school is a young carer so we could take time out together to talk to each other

Have young carers after school groups. Put support in place earlier as soon as a young carer is identified.

Not give them as much work and get angry if they don't finish or do it

Does being a young carer affect your education?

● Yes	7
● No	4
● Sometimes	10



Does being a young carer affect your opportunities?



● Yes	6
● No	8
● Sometimes	7

Does being a young carer affect your future goals?



● Yes	4
● No	11
● Sometimes	6

How does being a young carer affect your education, opportunities or future goals?

It has been hard to complete by home-learning during lockdowns. The sibling who I care for has also been home schooling which can be disruptive, frustrating and caused arguments in the family.

Can affect my education because sometimes I get stressed out and that affect my concentration.

I can't go round to my friends houses and go to their parties.

Because I can't spend as much time with friends or doing work because I'm helping with them

I can get tired at school because I get tired at school as my brother has been coughing at night and sometimes I don't get time to do my homework

Sometimes I wake up to help my mum, I used to fall asleep at school. If I don't get enough sleep then I am grumpy

Do you receive support from anyone outside your family with transport?

● Yes	5
● No	14
● Sometimes	2



What support with transport would be useful to help you with your caring role and help you access education or opportunities?

It could give me a break from my caring role (to do an activity, have breathing space)

It would be helpful to have bus cards one COVID-19 has slowed down a bit so we can travel more.

Mum does not drive and has mobility issues. If we can't get a lift from friends we often have to use taxis to get to school lessons - huge finance costs which often hinders the ability to do leisure activities.

I get support to get to school and back but do not get support to go to other activities which means I can't get there.

Having someone who I can trust to get me somewhere on time

If I could take the bus or a car but I can't cause buses are pretty expensive and I don't have a car

Transport for Young Carers

- Before Covid transport was provided by 1 staff member for access to young carers groups and activities only (where possible)– very limited
- Bus fare reimbursed for young carers only attending groups/activities. Parents/Carers accompany by bus/taxi/train – financial cost
- Young People (especially under 13's) reluctant to travel independently (worse in winter months)
- Group venue not in a central location – difficult to access re: public transport
- Some young carers would benefit from support to access activities/education – rarely available
- Under 11's would need an appropriate adult to accompany them in taxis

Challenges

- Unable to deliver School Assemblies face to face this academic year due to pandemic.
- Member of school staff supporting YC – inconsistent. (e.g. Dedicated YC Worker School, Pastoral Lead, Safeguarding Lead, Deputy Head Teacher, Head of Year, ELSA, etc) Support in school is often time limited due to the high demand – YC often need ongoing support
- Some Secondary schools are difficult to identify and contact the appropriate person to liaise with regarding young carers
- Pastoral teams in schools are overloaded and most are unable to prioritise the needs of young carers.
- Increased support for young carers who are 'home educated' (home education team)
- Future aspirations are often impacted by concerns around who will look after cared for person
- Befriending Service – only lasts for 6 sessions - (pick up and drop element). Time consuming; recommendation to make this a minimum year support offer.

Recommendations

- Schools need more support setting up the school's programmes than is currently available within the young carers team. Add capacity into the current young carers team to enable the roll out of the Young Carers in Schools programmes
- Funding to support a dedicated Transition Worker (14+) Research shows varying approaches across the Country (e.g. Several local Councils have dedicated full-time staff members to carry out this work).
- Schools to include Young Carers awareness in PSHE lessons – raising awareness of support amongst hidden YC in school
- Staff inset days to include Young Carers awareness training (*No Limits currently run four SCC Wednesday workshop training sessions on Young Carers although teachers are not able to access these sessions due to being within the school day*)
- Free or subsidised public transport across Southampton City for Young Carers to access support groups and other respite activities (*could be accessed with a Young Carers identity card*)
- Access to a Young Carers Identity Card can be used for priority for vaccines, etc, shopping, or discounts for leisure/positive activities.