

# Young Carers in Southampton



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(Primary)

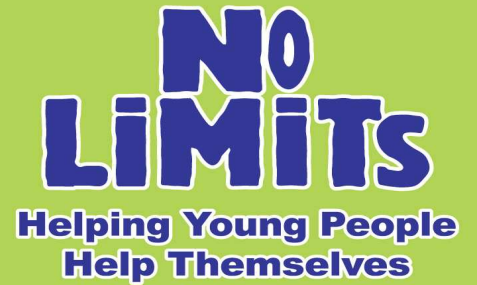


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[www.teamyoungcarers.org  
.uk](http://www.teamyoungcarers.org.uk)

# Young Carers in Southampton

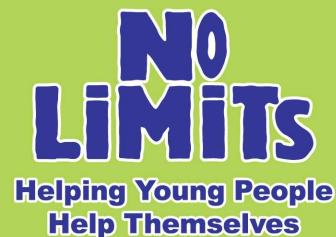
## Provides...



- **Youth/Support Group – online & face to face**
- **1:1 support – in school, in the community or online**
- **Workshops – What is a Young Carer? / Looking After Myself**
- **Fun Activities and Day Trips throughout the year**
- **Residentials including the annual Young Carers Festival Weekend & KES Summer Camp**
- **Befriending Service**

# **Young Carers in Southampton**

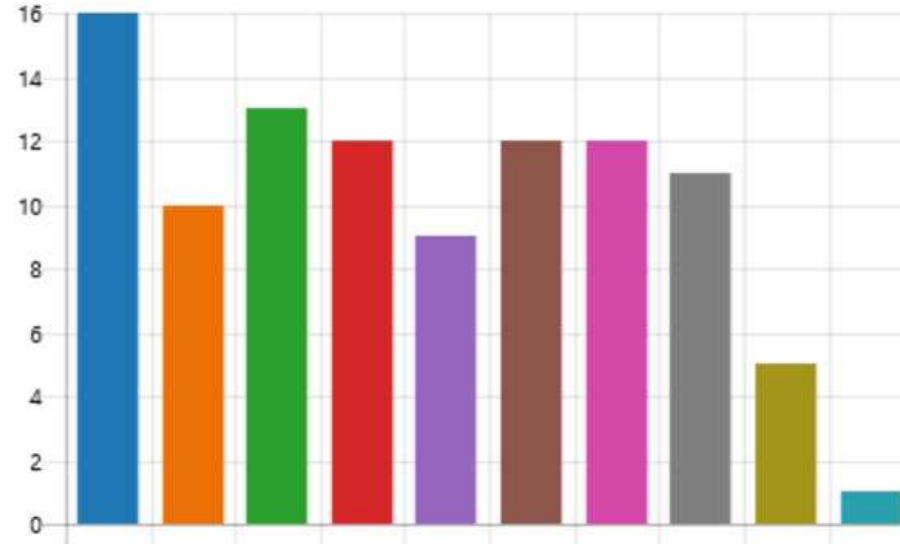
## **Provides...**



- **Information and guidance**
- **A break away from home and your caring role**
- **A chance to meet other Young Carers and make new friends**
- **Fun, laughs and new opportunities**
- **To be listened to and have a voice**
- **To feel supported and not be judged**

# What is helpful about the Young Carers in Southampton support that you currently receive?

Zoom group	16
Face to Face group	10
Young Carers	13
Trips and activities	12
Befriending	9
One to one emotional support	12
Information and advice	12
Have Your Say (e.g. Carers stra...	11
Signposting/referrals to other ...	5
Other	1

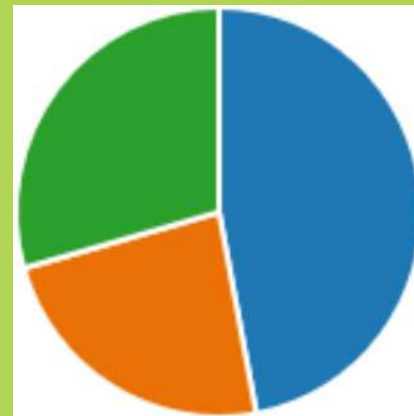


Has your caring role affected your emotional well-being?



● yes	10
● no	3
● sometimes	4

Has the Coronavirus Pandemic affected your caring role?



● Yes	8
● No	4
● Sometimes	5

# HOW HAS YOUR CARING ROLE AFFECTED YOUR HEALTH OR EMOTIONAL WELL-BEING? WHAT SUPPORT HAVE YOU HAD?

PMHW, Young Carers, NL  
Counselling and have been  
referred to counselling via  
Barnardo's

I am very drained

I've had counselling in  
the past but it didn't do  
much, I just ended up  
falling out with my  
counsellor and have not  
yet met my new one as I  
am doing school from  
home

I know I can talk to  
my mummy when  
I'm upset

I have had ELSA for my  
anxiety over my brother

# HOW HAS YOUR CARING ROLE AFFECTED YOUR HEALTH OR EMOTIONAL WELL-BEING? WHAT SUPPORT HAVE YOU HAD?

It sometimes made me feel a bit overwhelmed. I received ELSA and Young Carers support

Whenever something is happening with the person I care for, it has a huge effect on my daily life and overall mood

My brother had a cardiac arrest and was in hospital for a month and there was no one to support me. My dad was away and mum was with my brother. I had to stay with family friends. I had some emotional support at my old school.

I have support from CAMHS but my caring role gives me a lot of worries and anxiety.

It is stressful causing me to sometimes have panic attacks if I can't do anything

# HOW HAS THE CORONAVIRUS PANDEMIC AFFECTED YOUR CARING ROLE?

I've been trapped inside with my mum and sister, its like living inside hell. All we do is swear and shout. We can't ever get along anymore but we hate school more so refuse to go, nor me and my sister feel safe or comfortable in our school.

We are both nervous when going out and my nana can't help mummy as much as normal

It has made me really stressed out. My sibling has been having big meltdowns. Feel lonely and low in mood at times

My caring role increased because we had no support/carers coming in to the home.

We have to be careful because of how high risk my mum is



# HOW HAS THE CORONAVIRUS PANDEMIC AFFECTED YOUR CARING ROLE?

I cannot go out to go to the shops, and we aren't receiving reliable food and income

I can't get away as we are always together

I was looking after my siblings and mum but then I got Covid so I couldn't do that anymore

I had difficulties in getting medication for both mum/dad and myself. Medication is restricted to pick-up only and only dad has been able to do this outside of working. Mum's anxiety heightened especially before Xmas going into Tier 4. My sister is returning to Uni next week so will revert to being the main carer for mum whilst dad is at work.

# WHAT IS YOUR AND YOUR FAMILY'S EXPERIENCE OF ACCESS TO HEALTH & SOCIAL CARE SERVICES?

We have a family navigator, my sister has CAMHS and group therapy, I have young carers and a possible counsellor but they probably cancelled by the time I am back at school.

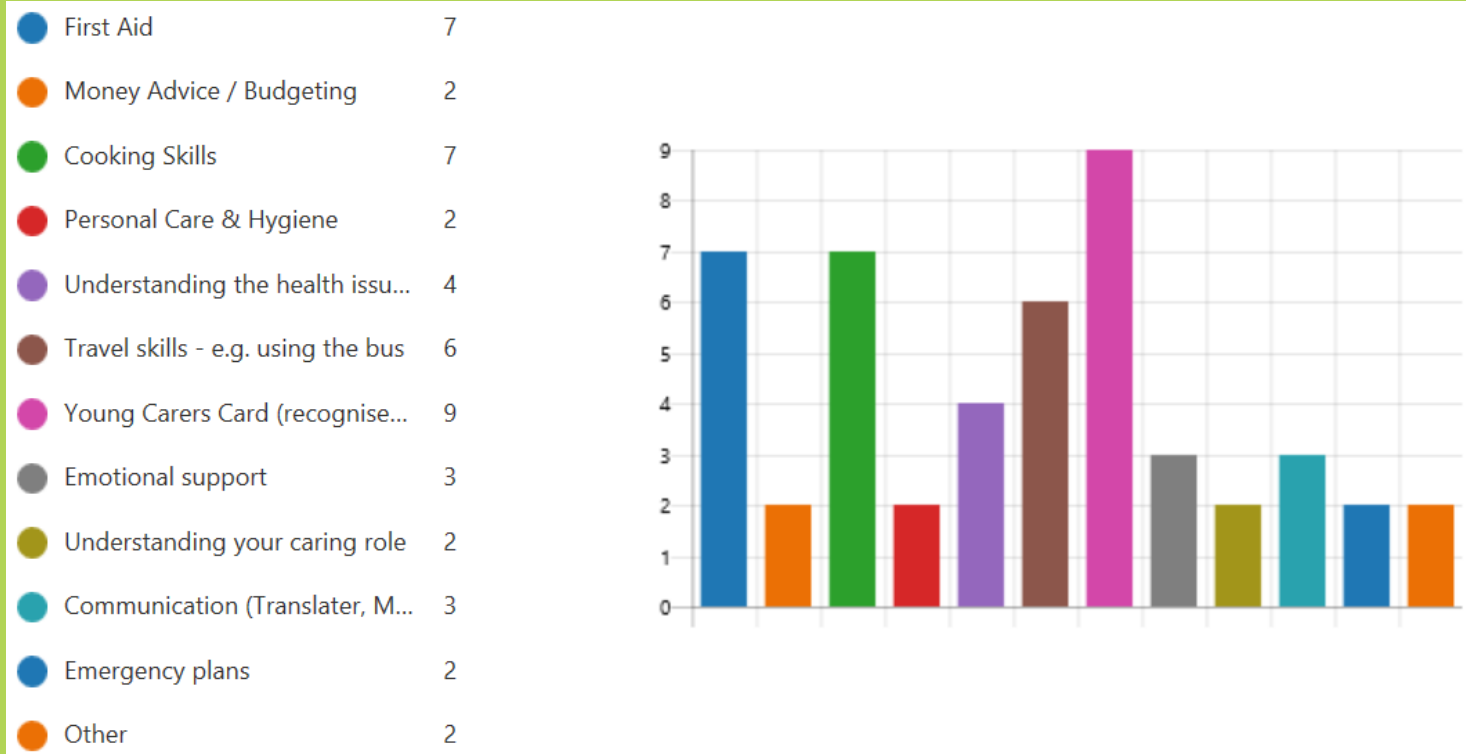
Never had a unpleasant experience

Awful, barely any support from them

Our experience of access to mental health services has been both positive and negative at different times

Hard to get in touch with GP surgery / phone lines very busy and have experienced booked appointments being cancelled on the day. Struggle with phone consultancy - prefer face to face - YP and mum struggle with this method

# What training, workshop or practical support do you want/need in relation to your caring role?



# Is there any other support that you would like for Young Carers?

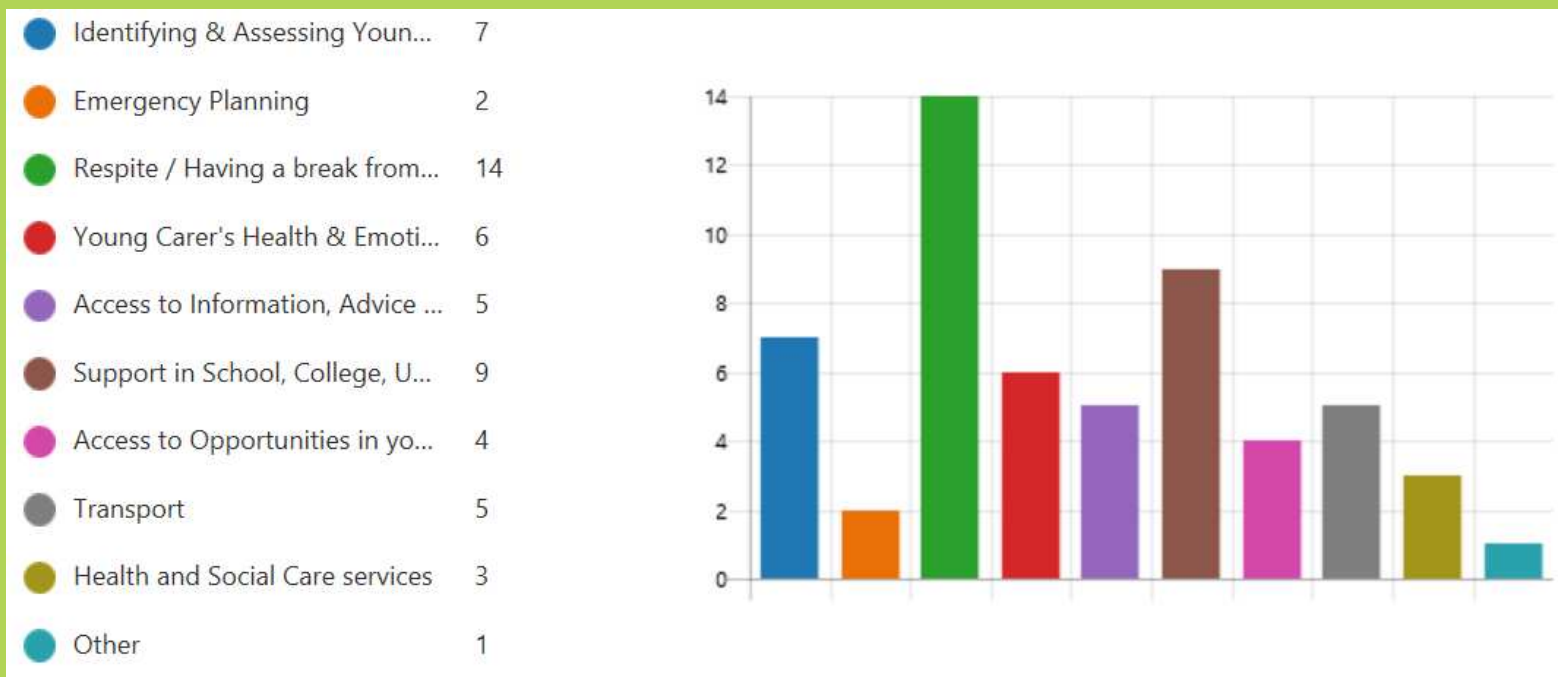
Support in school -dedicated school staff to support young carers. School to do more work to raise awareness of young carers - assemblies and PSHE lessons.

To have more training for younger young carers. A lot of the opportunities/support are for 11+.

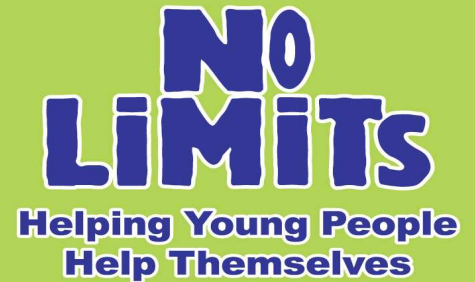
24/7 support service from young carers project - crisis usually happens in the evenings at weekends & Art Therapy

Have Young Carers Next Steps back to support 16+ - Money budget, life skills, housing advice Insight into illness of person care for

# What area is the most important to provide/improve support with your caring role?



# **CARERS HEALTH, WELLBEING SAFETY**



## **Challenges**

- 1. Limited support for Young People 11+ – long waiting lists, short intervention**
- 2. Limited support available for under 11's (and even less for under 8's)**

## **Recommendations**

- 1. When young carers attend GP appointments with the person they care for, some GP time should be given to them to check on their wellbeing.**
- 2. GP's take the opportunity to register young carers as carers when they visit GP with a person they care for.**
- 3. Improve young carers identification through school nursing & dedicated young carers support in schools**
- 4. Implement a young carers card**
- 5. Improved services for young carers under the age of 11**

# CARERS IDENTIFICATION, RIGHTS AND RECOGNITION

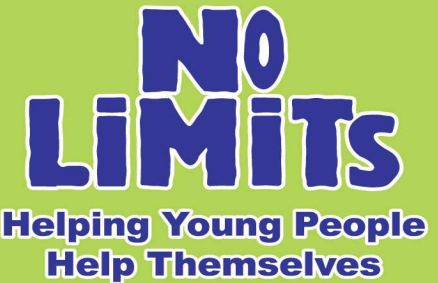
## Challenges

- 1. Family assessments are time consuming**
- 2. Hidden young carers – lack of referrals - BAME, drug and alcohol, adult services, GP's etc Inappropriate referrals due to lack of other services esp under 11's**
- 3. Vulnerable YC have difficulty accessing support/respite breaks due to lack of transport/lack of engagement by parents**
- 4. Improved partnership working**
- 5. Need more respite breaks to be available**
- 6. Venue for groups small/not easily accessible**

## Recommendations

- 1. Simplify the YC assessment – other services to complete complex family assessment**
- 2. Training/awareness raising**
- 3. Improved transport support**
- 4. Activities Coordinator**
- 5. Dedicated and appropriate City Centre venue**
- 6. Implement young carers card**

# ACCESS TO INFORMATION, ADVICE, AND GUIDANCE



## Challenges

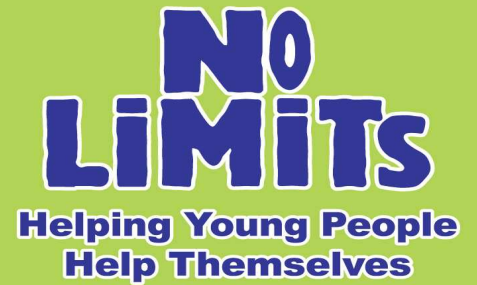
- 1. Information for young carers not widely available**
- 2. One to one support is limited**
- 3. Specialist Transitions support for 16+ is limited**

## Recommendations

- 1. Carers in Schools programme to be implemented/normalised & development of Young Carers in Southampton website**
- 2. Increase Project Worker capacity/support with YC in Southampton & schools**
- 3. Transition worker 14+ to start YC transition into further education. Can also support schools careers advice**



# ACCESS TO HEALTH AND SOCIAL CARE SERVICES IN THE CARING ROLE



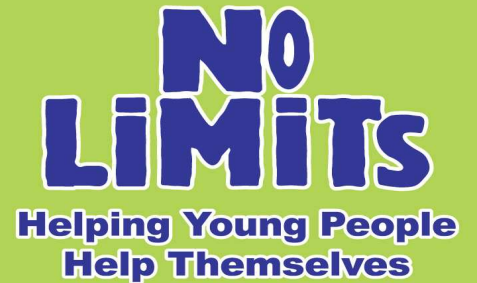
## Challenges

- 1. Social Service support inconsistent**
- 2. Lack of Young Carer specific workshops**
- 3. Young Carers views not taken into account by Adult Services**

## Recommendations

- 1. Social care responsible for completing early help assessment before sending referrals into YC project**
- 2. Increase capacity within the YC team/partnership working to deliver specialised workshops**
- 3. Include YC views in assessments**
- 4. Increased training for health and social care staff**

# **SUPPORT IN EDUCATION AND WORK**



## **Challenges**

- 1. Carers in Schools Programme not being widely implemented in Southampton**
- 2. Lack of capacity to offer dedicated support to young carers in schools**

## **Recommendations**

- 1. YC in Schools Programme to be rolled out for both Primary and Secondary (needs additional staff capacity)**
- 2. Schools to identify dedicated YC support staff (champions) in schools.**
- 3. Transition's worker to support young carers into further education, work and beyond**
- 4. Increase employers' awareness of carers roles and responsibilities**