

1 in 5 secondary school age children is a young carer (BBC 2018)

Young carers have significantly lower educational attainment at GCSE level: the equivalent to nine grades lower overall than their peers (Crossroads caring for carers 2008)

55% of young carers in Bristol and South Glos have been absent from school due to their caring responsibilities (Young Carers BSG Attendance Survey 2018)

75% of young carers in Bristol and South Glos have been absent from school due to the impact of their caring responsibilities (Young Carers BSG Attendance Survey 2018)

68% of young carers report having been bullied (National Centre for Social Research 2010)



Compared to all the pupils sampled in the South Gloucestershire Online Pupil Survey 2017, Young Carers were:

70% more likely to report feeling generally unhappy at school

65% more likely to express low levels of confidence about their future

77% more likely to report feeling generally unhappy 'quite often' or 'most of the time'.



Carers Support Centre: Young Carers Service

We provide support to young carers age 8-18 years old. This includes one to one support, groups, activities and caring breaks.

To find out more about our service and to refer a young carer for support please contact us.



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Bristol and South Glos Young Carers



Who cares in school?

Young carers are doing more than just homework after school. We need you to care about us in school.



A young carer is a child or young person aged between 8-18 who provides regular ongoing support and care to a family member who is disabled, has a long-term illness, mental health issues or is affected by substance misuse.

Young carers experiences in school

Young carers report being:

- Late for school
- Missing whole days off school
- Bullied
- Isolated and alone
- Penalised by school behaviour and attendance policies
- Late to return homework

They can struggle with stress due to the pressure of juggling caring and their education. They often suffer from depression and anxiety as a result.

Young Carers Voice is the young carers participation group for Bristol and South Glos. They have made a film to explain their experiences and what support they need.

You can watch the film on our website or YouTube

What schools can do

With support from the Young Carers Service you can sign up to the Young Carers in Schools Programme (YCiS). Our dedicated YCiS Development Officer can provide you with support and assistance.

Starting with a baseline review of what your school is already doing, we can support you to find ways you can improve support for young carers.

We can provide:

- CPD training
- Assemblies
- Support to start a young carer group
- Advice on policies and procedures

You can also achieve an accredited award from Carers Trust and the Children's Society, which is recognised by Ofsted.

Young carers need support in school

This can include:

- Identifying them - they may not know they are a young carer
- Having a Young carers Lead in school to talk to if they have a problem
- Staff being aware of their situation so they do not have to repeat their stories
- Staff being trained in young carer awareness
- Awareness raising in assemblies for students
- Providing a Young Carer Support Group
- Allowing flexibility with school policies which may have a detrimental impact on young carers.



Don't just take our word for it...

We asked 72 schools who had received a Young Carers in Schools Award about the impact of implementing the programme.

89% said they had identified more young carers in their school.

94% said they had noticed improvements in the wellbeing and confidence of young carers at school.

60% had seen a positive impact in the achievement of young carers in their school.

74% had noticed improved attendance among young carers in their school.

100% said they would recommend Young Carers in Schools to other schools.

78% identified that young carers were better connected / supported by other organisations.

97% said they had a better understanding about the types of support young carers may need.

61% reported that young carers were more able to engage in extracurricular activities.