

YOUNG CARER COORDINATOR E-NEWSLETTER



Issue 8: Spring 2017

Hello and welcome to the Spring 2017 edition of the Young Carer Coordinator E-Newsletter, sent to you as part of the Schools Awareness Raising Campaign at Edinburgh Young Carers Project. We have been extremely busy at EYC, from the 12-15 group's trip to Mull, to the 16 Plus Forum's first conference, to the 100 Schools Challenge! Read on to find out more about what we have been up to and about new developments which you will see over the coming months!

Kirsty Miguda
Schools Project Manager (Maternity Cover)
Edinburgh Young Carers Project



Schools Awareness Raising Campaign - Update

As we reach the end of Edinburgh Young Carers Project's funding year, it is a good opportunity to reflect on the past year for the Schools Awareness Raising Campaign. Our annual report will be distributed in the coming weeks with finalised figures but in the meantime we are delighted to report that over 6,000 school pupils in Edinburgh have engaged with our workshops and assemblies over the last year.

Additionally, we have recently trialled a new model of CPD for school staff, holding workshops in "cluster areas". These have been a great success and received positive feedback. We are really keen to engage as many school staff as possible in our CPD sessions as we believe that assisting school staff to identify and support young carers is key to

ensuring the most effective support for young carers in Edinburgh. We plan to hold further sessions in the coming months so look out for emails about these soon.

We have also recently launched our new Schools Assessment Model and Schools Update Form. Shona, our Schools Development Worker, has written an article about these below.

Please do not hesitate to get in contact if you would like any more information about the Schools Awareness Raising Campaign or would like to find out how we can work with your school.

Kirsty Miguda, Schools Project Manager

With thanks to the Big Lottery for their continued support.



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Book Group for Young Carers Affected by Parental Drug and Alcohol Misuse

Our Drug and Alcohol Team are collaborating with Portobello Library to create a book club to assist with young carers' literacy.

The book club started on 21st February at Portobello Library. The group will initially run once a month for 6 months and 7 young carers will be coming along. The club will provide a fun, relaxed environment where young carers can explore and enjoy the world of books.

We will cover lots of fun subjects like animals, dinosaurs and a few familiar characters like Horrid Henry and the Worst Witch.

By Christy Mulvaney and Tina Hedley, Drug and Alcohol Workers

Kiran's Trust!

Look out for exciting new developments in our fantastic partnership with Kiran's Trust in the coming months!

New Schools Assessment Model

The new Schools Assessment Model is a clear and easy to understand structure for schools and young people to understand the process from referral from school through to joining a group/meeting their key worker or exiting the service. We have created the model as a response to discussion with staff. We are always looking for ways to streamline things and ensure that we have a transparent process.

A member of school staff making a referral can expect the schools development worker to be in touch with them shortly after the referral is made. The development worker will be in touch to arrange an initial discussion with the pupil and provide them with information to take home. The assessment process they will then go through includes our Footprint document which assists us to define a baseline for our young people of what their caring role is and how it affects them, physically and mentally or emotionally.

Following on from this there will be a home visit by the schools development worker and the appropriate age group's development worker (unless the referral has been taken forward by the Drug and Alcohol team, as they will be in touch separately and follow their own process).

After this has happened and we have received consent from the family, we are in a position to provide schools with an update on the young person. This will include who their worker is and if they are attending a group, so that school is aware if they will be picked up from school. The young person will then move on from the schools service and continue with the age appropriate worker. Please do not hesitate to get in contact if you have any queries about our new model.

By Shona James — Schools Development Worker

100 Schools Challenge! *By Kirsty Miguda—Schools Project Manager*

On 27th January, the Schools Team (Kirsty and Shona) embarked on a 100 Schools Challenge for Young Carers Awareness Day.

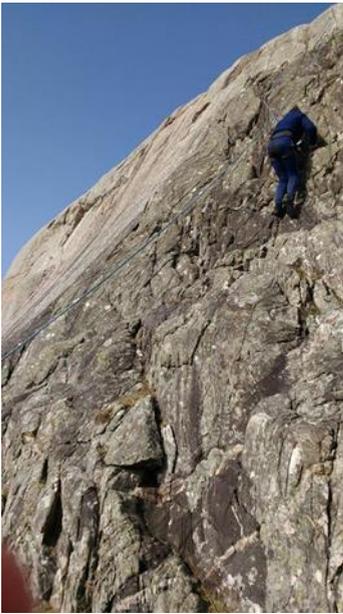
The aim of the challenge was to raise awareness about young carers across Edinburgh by asking 100 schools to display information about young carers on the day. With the help of North West Young Carers, Broomhouse Young Carers and In Your Corner, we distributed materials including posters and stories about young carers to over 100 schools. We also asked schools to post photographs of their displays on Twitter, if possible. We were

delighted with the response from the schools, who entered into the challenge with great enthusiasm.

On the day, we also visited Portobello High School with Aileen Campbell MSP to speak with young carers and school staff and appeared live on BBC Radio Scotland to discuss young carers. We were thrilled with the Twitter response in terms of awareness-raising, with our Twitter "Impressions" rising 438% on the day, perhaps partly thanks to the high profile "retweet" pictured above! A huge thank you to everyone who took part!



12-15 Trip to Mull!



The trip this year was a fantastic opportunity for 11 young people to travel to the island of Mull and explore many of its outdoor opportunities. The activities included Coasteering, Rock Climbing, and a breath taking walk behind a waterfall. There was also plenty of time for the young people to relax and have time to themselves, to form bonds with each other.

On a more serious note, the residential also gave workers and young people time to get to know each other. As a result it lets us deliver a more relevant programme during our normal groups. As a result of this residential we have identified several issues that were highlighted within the trip. These issues may have taken 6 months to surface during group time, but due to the team spirit and “everyone together” ethos of the trip these issues can be tackled earlier.



“I could stay here for a month!” – K 14

“I’m so proud I got to the top at rock climbing, even more so after I did it the second time” – C 14

“I would like to do this as a job, I’m trying to work out how many times I can come back before I’m 16” R - 14



“I feel so relaxed here and I can’t believe I don’t miss TV or my phone!” – J 14



By Jamie Faichney, 12-15 Development Worker

Landmark Trust

The Landmark Trust offered EYC two properties for our families in their 50 for Free offer in March 2017. Two of our families were able to go on holiday, one for a few days during the week and the other for a weekend break. The properties were The Pineapple, Dunmore, Central Scotland and Auchinleck House, Ochiltree, Ayrshire.

Our families had a wonderful time, some of the feedback included: ‘such a great experience’; ‘we came back in a new light and are so thankful for the trip away! The pineapple building is so pretty and in such a nice area we felt like we were in our own little world ’; and ‘a fantastic time away, so nice to get a break away from our house’.



A huge thank you to the Landmark Trust for giving our families this opportunity.

By Shona James — Schools Development Worker



The 16 Plus Forum's Conference *by Shona James — Schools Development Worker*

On Tuesday 28th March the EYC Forum held their first mini conference event at the City Chambers in Edinburgh. Their topic for discussion was the Carers (Scotland) Act 2016; how would young carers choose to be involved in discussion about their Young Carers Statements; and further implications of the Act in their lives.

The debate was lively and there were Twitter and Facebook conversations happening at the same time with Young Adult Carers from Renfrewshire. There was lots of chat over Twitter and Facebook with 272 reaches when they began to debate about what young carers' priorities are in the new Act.

Renfrewshire Young Adult Carers' messaged 'We're also discussing the importance of recognising young adult carers' service as this age ranges' needs differs from the younger groups. The group highlighted the importance of peer support and the service being tailored to where they are in life.' This was echoed throughout the room at the conference as well.



The debate continued with Young Carers discussing; should support for Carers be decided by local authorities or decided at a national level? The Carers (Scotland) Act 2016 currently states that support for young carers should be provided by each individual local authority. Both in the room and online, Young Carers spoke about not wanting their support to become a 'postcode lottery' depending on where they live. Most thought it should be decided at a national level and they also agreed that if it is set at government level it might be clearer in terms of what support a young carer is entitled to.

The Forum ran a fantastic event, it was the first time any of them have been involved in running an event like this and we are all very proud of them. It was well thought-out, and was well attended by Young Carers from across Edinburgh and online by Young Carers, both past and present from across Scotland.

EYC's Counselling Service

By Jamie Faichney, 12-15 Development Worker

EYC has recently employed a young persons' counsellor on a weekly basis. The service is on a Friday and consist of 5 slots per week. The blocks are generally not time limited but are reviewed every 6 weeks and agreement to continue or stop is discussed between the young person and the counsellor. EYC has chosen to employ a counsellor due to the reported increase of mental health problems in Scotland and in young people in particular. The 12-15 worker conducted some research with the 12-15 groups (around 40 young people) and one of the issues to emerge was the need for a dedicated counsellor at EYC. The reasons identified were that the young people felt safe at EYC, there were concerns about long waiting lists for CAMHS and the young people felt that there needed to be a 'step' before CAMHS. We were also able to collate information about mental health and wellbeing from our 'Footprint' young carers assessment tool. Since the counsellor has started, several young people have accessed the service.

(Recent research has echoed the feedback from our young carers about mental health. More information can be found in the following documents:

Mental Health and Wellbeing Among Adolescents in Scotland (Scottish Government)

WellScotland - Scotland's Mental Health (www.wellscotland.info/about/resources)

"Coping is difficult, but I feel proud" Perspectives on mental health and wellbeing of young carers (Children and Young People's Commissioner for Scotland, Carers Trust Scotland and Scottish Young Carers Services Alliance))