

YOUNG CARER CO-ORDINATOR E-NEWSLETTER



Issue 11: Spring 2019

Dear Colleagues

Welcome to the eleventh edition of the Young Carer Co-ordinator E-Newsletter, sent to you as part of the Schools Awareness Raising Campaign at Edinburgh Young Carers. It has been exciting few months at Edinburgh Young Carers with a trip to London for our 5-12 year olds, a residential to Abernethy for our 16+ group and a pebble trail across the city for Young Carer Awareness Day in January. I hope you enjoy reading further about recent events and developments planned for the next few months!

Anna Gray
Schools Project Manager
Edinburgh Young Carers



Schools Awareness Raising Campaign - Update

As well as a busy few months for the young carers we work with, there have some exciting recent developments in the schools team. Tracey has now moved on to support Operations and Development at Edinburgh Young Carers (congratulations Tracey!), with me taking over her role in April 2019.

Some of you may already know me from my previous role at In Your Corner, where we worked in partnership to support Young Adult and Student Carers across Edinburgh. For those who have not met me yet I look forward to meeting all of you in your various settings across the next few months.

As we reach the end of our funding year at Edinburgh Young Carers, we are reflecting on our work conducted

this year. We are very pleased to say that this year our Schools Awareness Raising Campaign has engaged with just over 4500 pupils and 300 members of staff this year!

We have some even more exciting developments planned for the coming months with the launch of our Best Practice Award for supporting young carers in school and a Young Carers Podcast.

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.

Anna Gray, Schools Project Manager
Edinburgh Young Carers

With thanks to the Big Lottery , for their continued support of this project.



Find us on:



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Spotlight on...

Abernethy Residential (16+) March 2019

In March 2019, seven young adult carers enjoyed a break at Abernethy Barcaple. They enjoyed a range of activities including a woodland walk and crate-building. The break was an opportunity for the young people to relax and have fun, and they enjoyed pamper and positive-wellbeing sessions, as well as a fun quiz night organised by EYC staff.



One young carer commented:

"Crate climbing was minted and it was good getting away from my caring role and being away with everyone at group"

Young Carer Awareness Day 25th January 2019

Young Carer Awareness Day is always an exciting and important day for us at Edinburgh Young Carers to raise public awareness of the challenges young carers face and campaign on their behalf for greater support.

This year, some young carers supported by our service spent an afternoon creating eye-catching pebbles featuring our logo and hashtags **#sharingourcaring** and **#wecaredoyou**, as well as our twitter handle **@eycp**. Pebbles were spread across the city on the day for individuals and organisations to find and two young carers conducted a social media take of our Twitter and Instagram accounts, enabling others to follow the progress of the trail.



Schools across the city also got involved by creating their very own pebble trail to raise awareness of young carers in their own settings. A huge thank you to all of the schools who took part in our Young Carer Awareness Day pebble trail!



CPD Opportunity

Supporting Young Adult Carers in Education and Beyond

Thursday 19th September
3.30pm—5.00pm,
Location TBC

Young Adult Carers are young people aged 16-25, caring for someone else while transitioning to adulthood.

Young Adult Carers often go unidentified and unsupported, with the negative impact having an enduring impact on their own physical, mental health, education and employment opportunities into adulthood.

Join us to learn more about the specific needs and issues relating to this group of young carers as well as how to support them in education and beyond.

Spotlight on...

The Schools for Young Carers Award

Our Schools Team have recently secured funding to develop an award recognising and celebrating good practice that schools and educational establishments across Scotland adopt to raise awareness, identify and support young carers.



The Schools Award will be piloted from August and will recognise some of the fantastic work schools are doing to become more aware of young carers and remove the stigma associated with caring roles at home, illness and disability. As part of the award, we hope to provide schools with a support pack including a printed booklet and additional resources to be circulated around each setting.

This is an exciting development which we will be consulting about over the next few months. We are hoping sign schools up to the pilot in the next few months—please contact anna.gray@youngcarers.org.uk if you are interested in taking part.

Spotlight on... The Young Carers Forum

Two members of the Edinburgh Young Carers forum attended the Education, Children and Families committee in March accompanied by Kirsten Adamson (planning and commissioning officer at the City of Edinburgh Council).

Members presented the 'We Care, Do You?' film (<https://vimeo.com/275768321>) and updated the group on plans for the development of further resources for teachers and pupils to be used with the introduction of the Young Carers Statements.



London Residential (5-12's)

March 2019

In March 2019, 12 young carers were funded by Shared Cared Scotland's Creative breaks Fund to go on their dream trip to London. Travelling first class by train we experienced LEGOLAND, London by Tour Bus, Harry Potter world and a Thames Cruise, the whole trip being curated by the young people. Such an amazing trip with positive feedback all round.

Amy McKinnon
Development Worker
for the 5-9 age group



Core Skills with Edinburgh Leisure: Update

Tina Hedley-Murray, Drug and Alcohol Worker, EYC

Over the past year, young people with caring responsibilities for someone with problematic drug or alcohol use have been taking part in a core skills programme which provides support on the following key areas: literacy, swimming, cycling, co-ordination and motor skills.

Swimming Group - A swimming group has been running for the past year and has been very successful, with young carers attending a total of 35 sessions over the year. At the start of the group a number of young people had very basic levels of swimming or were non-swimmers. A number of young people were very uncomfortable with going into the water. Within the timescale the young carers have achieved their individual goals: most of the young people are now swimming in the deep end of the pool and are able to dive in the water. The rest of the group are managing to keep afloat and are able to swim.



Book Group - Before taking part in this group, a number of young people had very basic levels of literacy, were non-readers or had issues with learning. A number of young people were very uncomfortable with books and felt books were not for them. The book club meet once a month over a 10 month period in school term time with 7 young carers attending. Each session explored a different book, looking at language, storytelling and literacy. The book club meet in local libraries to encourage young carers to become comfortable with the library environment. The young carers also had the opportunity to build a library at home to enable home study and encourage family involvement.

Upcoming Groups - There will be a Cycling Group and Co-ordination/Motor skills Group in summertime 2019.



Young Carer Co-ordinator Network Meeting, Friday 7th June 2019

1.30—3.00pm

@ James Gillespie's High School

Please confirm attendance with me, anna.gray@youngcarers.org.uk, as soon as possible and let me know if you have any agenda items to add.

Siblings Research Project

Tracey Stewart, Operations and Development Manager at EYC

Over the past year, we have become aware of an increase in the number of referrals to EYC for young carers who are caring for a sibling. On further research, we discovered that currently, 39% of our young carers (5 – 25 years) care for a sibling, and as many as 57% of our young carers aged 5-9 years old are caring for a sibling. Research from the national organisation SIBS has suggested that young carers are one group of siblings who might be most at risk for problems with educational attainment and personal wellbeing, and yet there is currently very little research into the support needs of young carers caring for a sibling.



The dynamics of being a young carer for a sibling rather than a parent are likely to be quite different. *'Siblings' needs often come second to those of their disabled brother or sister, due to the demands of care on parents and the limited support available for many families of disabled children.'* (SIBS) Most siblings argue, fight or compete for attention, but when their sibling has a disability this can lead to complex emotions that are difficult to cope with. Many siblings worry about the future realising that they may be responsible as the main carer of their sibling when they are adults. This can be an enormous burden for a child to carry.



Over the past six months, we have started to engage with our sibling young carers, their families, and the professionals they work with, through listening practice. We have held one professional learning event, two feedback/listening sessions for young carers, one feedback/listening session for parents, and have sent out an online questionnaire to more of our families. We have secured a two-year grant from **The Listening Fund** which will allow us to expand this listening practice, and allow young carers the chance to talk about their situation so we can understand their specific issues and support needs, and plan effectively to meet these needs.

We hope to involve an Edinburgh-based research establishment in this project and be able to disseminate the results of our research and support project to professionals across Edinburgh, and beyond.

Throughout this two-year project, we will link with the Schools Project Manager to ensure that we are effectively communicating with schools. We have already delivered one professional CPD event on sibling young carers, which was attended by delegates from education, health, social work and the third sector in February this year, and we will be planning for more of these events over the next two years.

If you are interested in finding out more about this research project or the upcoming learning events, please get in touch with Tracey Stewart, Operations & Development Manager, tracey.stewart@youngcarers.org.uk.

Save the Date - Carers Week

10th— 16th June 2019

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. At EYC this year we are planning on getting involved with a drama workshop at the Traverse Theatre (12-15 group) and our Young Carers Forum are planning on releasing a Young Carer Podcast!

Do you have any plans for Carers Week? We would love to know!

