

YOUNG CARER CO-ORDINATOR E-NEWSLETTER



Issue 12: Autumn 2019

Dear Colleagues,

Welcome to the twelfth edition of the Young Carer Co-ordinator E-Newsletter, sent to you as part of the Schools Awareness Raising Campaign at Edinburgh Young Carers. We have been having a busy summer here at EYC with holiday programmes and residentials, as well as getting our teeth into Carers Week and the Scottish Young Carers Festival! We hope that you enjoy reading about recent groups and events in this issue.

Schools Awareness Raising Campaign - Update

I have enjoyed visiting many of you at your schools and organisations over the past few months, and getting to grips with the running of the Young Carer Co-ordinator Network. We have been involved with many of you through the delivery of assemblies, workshops and continuing professional development sessions to support you in your vital role with young carers.

Our Young Carer Co-ordinator Network has now grown to 84 schools, colleges and universities. Don't forget that as part of this network you can draw on the shared experience and knowledge of your fellow members through our Network Meetings, which happen twice per year - read more about the next planned meeting later in the newsletter.

We are about to launch our We Care Schools for Young Carers Award, which we hope that many schools across Edinburgh and Scotland will get involved in in order to recognise and strengthen their practices relating to young carers. Please see page 3 of this newsletter or visit <https://www.youngcarers.org.uk/schools-awareness-project/we-care-awards/> for more information about how your school can get involved.



The Carers Act (2016) and the delivery of Young Carer Statements in Edinburgh continues to be a popular topic of conversation in meetings with staff. In line with this legislation, all young carers should be offered, or can request, a Young Carer Statement. This statement will document the young carers' personal outcomes and identified needs.

The recent Edinburgh Joint Carers Strategy (2019 –2022) prioritises working with schools to raise awareness and identify young carers, as well as ensuring all identified young carers are offered a Young Carer Statement. The paperwork to be utilised for the Young Carer Statements is in the process of being developed by the City of Edinburgh Council. We will continue to inform the network as and when we receive any updates relating to this.

Please do get in touch at any point if you require any advice or guidance, or would like to discuss the possibility of some input from our Schools Project, wish to make any referrals or requests for support, we are always happy to talk this through with you.

Anna Gray, Schools Project Manager
Edinburgh Young Carers

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



Find us on:



School Focus...

Longstone Primary School

An update from Head Teacher Angela Pearston



A year ago Longstone Primary contacted Edinburgh Young Carers to ask for support to identify young carers as, with only one pupil identified as a young carer, the school thought that there must be a number of children taking on a caring role at home who could benefit from support. A year on and, thanks to the support of Young Carers Edinburgh, the school has identified over forty potential young carers. The support of Young Carers Edinburgh has been wide-reaching and has helped to raise awareness across the school of young carers. The support has included:

- Staff training to raise awareness of Young Carers and their needs
- A whole-school assembly to raise pupils' awareness
- Workshops for all P2-P7 pupils to explore further the role and needs of young carers

The next steps for the school now are, with the continued support of Young Carers Edinburgh, to look at supports for its identified young carers, to continue to raise awareness amongst pupils and staff of the benefits and challenges of being a young carer and, ultimately, to ensure that young carers are identified, valued and supported.



Our next Young Carer
Co-ordinator Meeting will be on:

Friday 8th November
1.30-3pm

The Edinburgh Academy
42 Henderson Row
EH3 5BL

If you would like to attend the meeting, or would like to request a copy of the agenda, please contact anna.gray@youngcarers.org.uk

“It’s OK not to be OK”

An update on the Health Opportunities Team Partnership from Gary Shaw (9-12 Development Worker at Edinburgh Young Carers)

This summer saw the start of an exciting new wellbeing project in partnership with the health opportunities team (HOT's). 'It's okay not to be okay' is aimed at young carers aged 9 - 14. 'It's okay not to be okay' is a mixture of group work and 1:1 support, the group support allows young carers to learn how to cope with difficult feelings such as stress, worry, anger or sadness, through the use of peer support and fun activities, whilst the 1:1 supports offers a safe space for the young person to chat about anything they want to! The aim of 'it's okay not to be okay' is to help every young person who accesses either group or 1:1 support to understand their feelings and find ways to cope with how they are feeling.



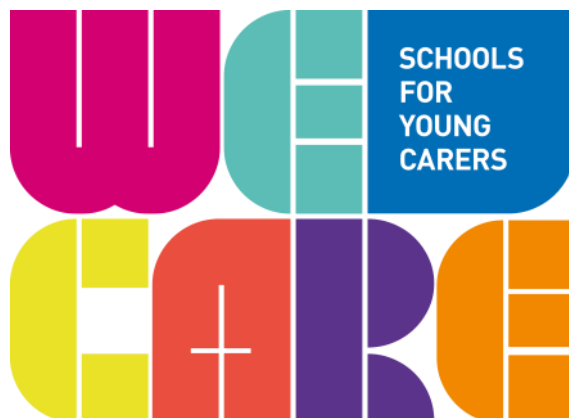
We have a new website! Have a look at <https://www.youngcarers.org.uk/>

We Care Schools for Young Carers Award

On Thursday 24th October 2019 we will launch the **We Care Schools for Young Carers Award!**

The We Care Award is a national award which recognises and rewards existing good practice that schools and educational establishments across Scotland have adopted to raise awareness of, identify and support young carers, as well as to encourage and support other schools and educational establishments to improve their policy and practice for young carers. The award is aimed towards Primary and Secondary levels of Scottish Education.

We Care is a flexible and personalised programme which recognises that each school is on a different journey to supporting young carers, and so we have created three different award levels that you can achieve. Each level will provide opportunities to challenge and further your school's practice in each of the themes below, as well as be recognised for your achievements.



- Your School's awareness and understanding of young carers;
- Identification and Assessment;
 - Support;
- Listening and Involving and;
 - Working Together.

By registering for the We Care award, schools will have access to new and exclusive guidance documents and support tools, which are only available to award participants. You will also have access to an online award portal, enabling you to download resources and submit evidence to us easily.

How Does my School Register for We Care?

To take part in the We Care Schools for Young Carers Award, you can either:

- ⇒ Register through the Edinburgh Young Carers website at www.youngcarers.org.uk/register, OR
- ⇒ Contact the We Care Award Team Directly at wecare@youngcarers.org.uk

You can begin the award at any time during the academic year, but registration will open each year in September, the application deadline will be the following May, and awards will be presented at a celebration event in September.

If you would like more information, please get in touch to arrange a school visit or visit <https://www.youngcarers.org.uk/schools-awareness-project/we-care-awards/>.



We would like to extend an invitation to young people, families and professionals to our :

EYC FESTIVE FAMILY FUN DAY!

Sunday 1st December 12 –2pm
The Hub
Castlehill, EH1 2NE

Join us for festive fun, activities, refreshments, Christmas stalls and much more—**all welcome!**

Contact
 anna.gray@youngcarers.org.uk or
 the EYC office (01314752322) for more
 information

Young Carer Awareness Day

Thursday 30th January 2020

Let us know if you have any plans for Young Carer Awareness Day!



Remember
 ...not every carer's role looks like this

Some carers' roles look like this

Source:
 George Heriot's School

Girls Group: An Update from Kelly (Schools Development Worker at Edinburgh Young Carers)

Over the past few months, we have been delivering a girls group, with the aim of supporting young women and girls who already attend EYC groups. The group aims to help each young woman to develop a positive sense of identity and self-esteem, as this have been highlighted as an important issue for this age group and for girls in particular. It aims to help them explore body image, emotion and future ambitions in a safe environment.

The objectives of the Girls Group are:

- To assist the members to develop trusting relationships with each other
- To provide a safe space for the young women to discuss how they feel about themselves
- To help them improve their confidence and self-esteem
- To support the young women to develop appropriate techniques to deal with stressful situations
- To allow them to explore and further their sense of personal identity
- To help the young women to develop and explore options for their future e.g. education, career, family



So far we have run several sessions where we have explored issues affecting young women, with a particular focus on being a young women and a young carer. We had the fantastic experience of being able to go along and support Scotland in the UEFA women's euro 2021 qualifier where we were able to celebrate in a 8-0 result!!

We have more fun sessions ahead and have also recently enjoyed a one night residential during which the girls got involved in a podcast discussing young women's issues (keep an eye out for this on our SoundCloud account in December 2019: <https://soundcloud.com/user-409617233>).

Spotlight on...

Summer Activities

The Development Workers at Edinburgh Young Carers facilitated a wide range of activities and residentials as part of the summer programmes this year. At EYC, our aim is to ensure that young people have a break from their caring role, as well as the opportunity to enjoy their summer holiday as a young person first and foremost. As well as the groups mentioned below, we offered specialist group provision over the summer holidays, including a P7 transitions group and core skills group (e.g. swimming, cycling) for young people caring for somebody due to drug or alcohol misuse.

UNDER 12'S

The Under 12's enjoyed residentials to Glasgow and Hopscotch. The young carers were also able to enjoy a total of 11 day trips including Fife Deer Centre, Jupiter Artland, Stirling Castle, Dynamic Earth, the Royal Yacht Britannia, Gorgie Farm, Camera Obscura and many more!



12-15 Group

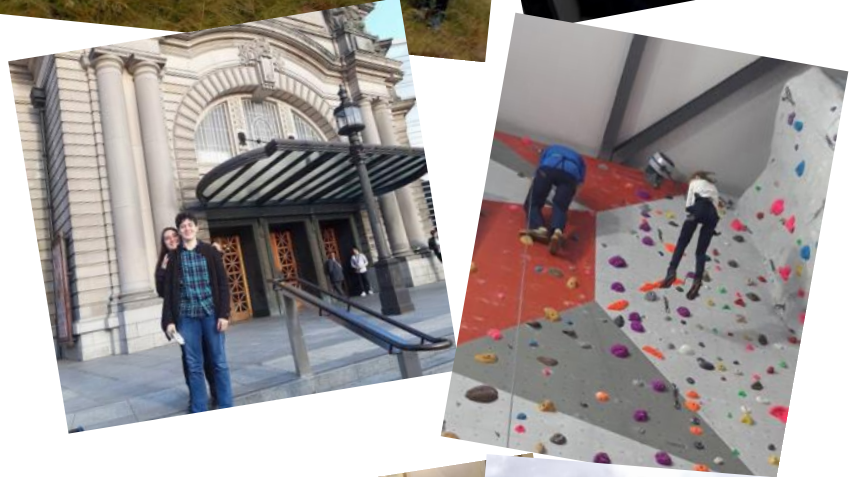
The 12-15 year old young carers supported by our service had the opportunity to go on an exciting camp & trek residential in Skye. They also enjoyed a visit to the Scottish Young Carer Festival at Fordell Firs.

The group enjoyed lots of fun trips and workshops, including mindfulness nature walks and a visit to the Edinburgh Festival and a Refugee Awareness workshop.



16+ Group

The 16+ group continued as normal over the summer holidays, ensuring continued respite for the young carers in this group. The young people took part in activities including Roller Disco, music workshops, a visit to the climbing arena at Ratho and picnic in the Meadows!



Family Fun Days

Since our last newsletter, we have continued to host family fun days. These are an opportunity for young people and families supported by our service to get together, have fun, and meet other families in similar situations. Families have enjoyed fun days including a full day at Dynamic Earth, a trip to the Edinburgh Festival and day out at Craigtoun Park in St. Andrews!

