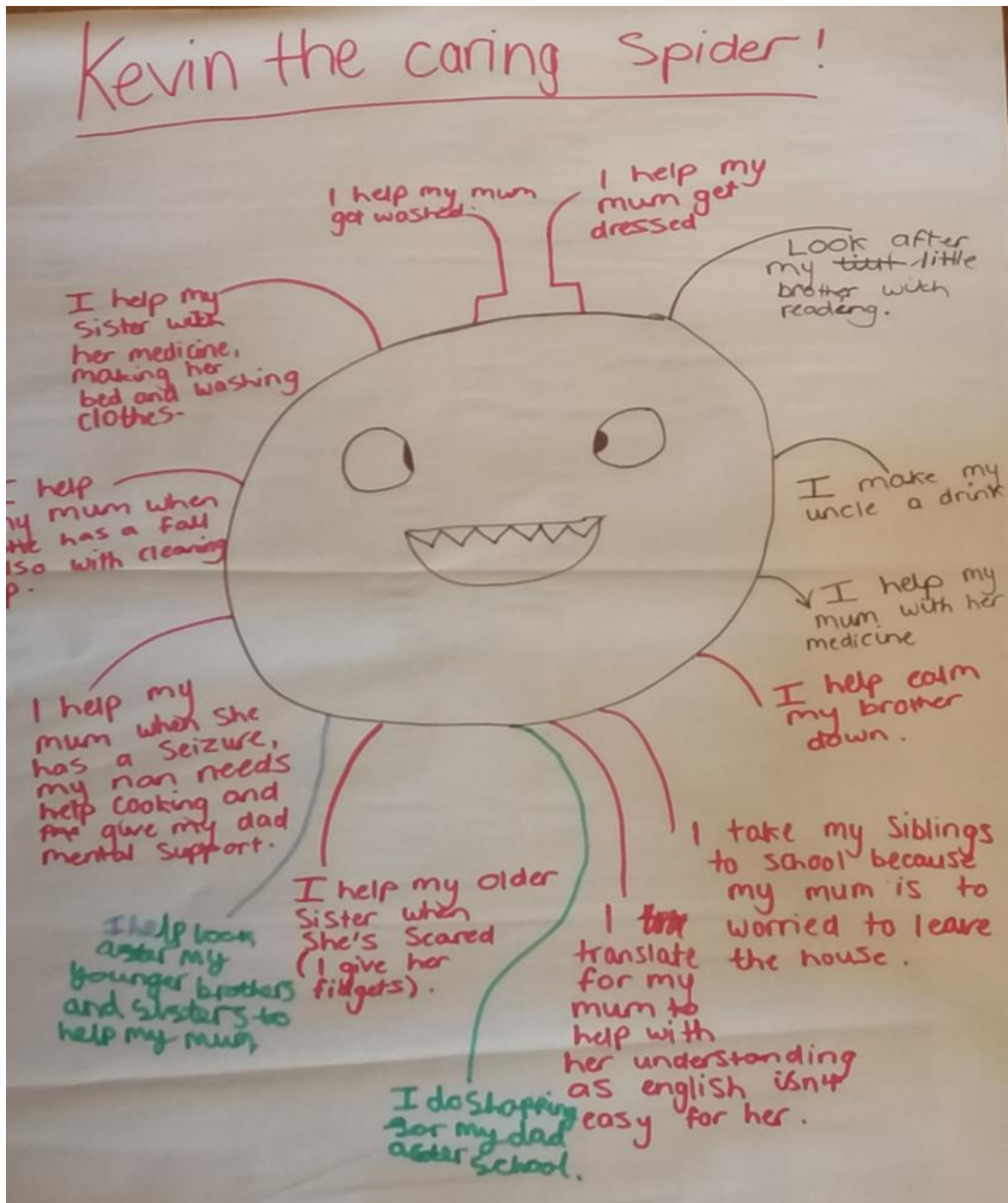


Young Carers Newsletter

November 2022

Young Carers Matter – Participation Group

Our Young Carer participation group has been busy looking at how to help people understand what a caring role looks like. It can be easier to recognise that someone might have to do some extra chores, but caring is often far more complicated than this.



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I CARE.....

Take dog out

Doing Shopping

I look after my family
by cleaning the house.

I help him fix the van
with him. I always
give him my pocket
money when he needs it.
I always make coffee
and cook meals sometimes.

Pull Socks
off

Help my mum and Dad
Looking after my brothers
while mum work at
home or putting things away

Pushing the
wheelchair.

COOK my brothers
dinner

Helping with
Medication

Help clean
the house.

I care for my Dad
and I look after
my sisters and keep
my sisters occupied for
my Dad

Love the dogs
Love the cats
+ love my family

Making sure they drink enough.

helping mum get
in the bath
new Ver
to chore

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We would like to thank our 'Young Carers Matter' group for all their hard work!



We would love other Young Carers to become involved in this participation journey with us. If you would like to be part of this, please feel free to contact us at youngcarers@lincolnshire.gov.uk

Carers Right Day – 24th November 2022

Caring Costs in so many ways. It could be the cost to unpaid carers' wellbeing and ability to access health services. Sometimes it's the financial costs associated with looking after someone – or the effects on carers' employment options. Taking care of someone may cost carers the quality of their relationships, through not being able to take time out to spend with friends and family or through changes to the relationship with those they care for. And the current cost of living crisis is being felt even more acutely by carers throughout the UK.

That's why, this Carers Rights Day, we want as many organisations and individuals as possible to help us:

Ensure carers are aware of their rights
Let carers know where to get help and support
Raise awareness of the needs of carers

You may know of Young Carers or be working with parents who also have a caring role, or colleagues juggling employment and caring responsibilities. You may be a carer yourself.

You can request information, advice and support Under 18s: youngcarers@lincolnshire.gov.uk

Over 18s [Lincolnshire Carer Service - Request for support](#) | [Request for support – Lincolnshire County Council](#)

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School Census

From January, the school census will include Young Carers for the first time. Schools will record whether a pupil is a Young Carer, and who identified them as such. The change will provide a much better picture of Young Carer numbers and has the potential to significantly increase awareness, identification and support.

[Complete the school census - Data items 2022 to 2023 - Guidance - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/complete-the-school-census-data-items-2022-to-2023)

If your school would like some support and guidance around identifying Young Carers, please feel free to contact YoungCarers@lincolnshire.gov.uk



The Holiday Activities and Food programme (HAF) is a government funded programme that provides reception to year 11 pupils who receive benefits-related free school meals in Lincolnshire access to free healthy meals and activities over the summer, Christmas and Easter holidays. Young Carers are included as an eligible group regardless of whether they are entitled for free school meals.

The next delivery period of HAF will take place during the Christmas holidays running from Monday 19th December 2022 to Tuesday 3rd January 2023 (excluding weekends and bank holidays).

To book on to a club eligible families will require a HAF Evoucher code which can be provided by schools. The HAF Evoucher will include a link that you can click on to take you to the booking site. The booking site lists all Lincolnshire HAF clubs, and you can narrow your search by postcode for the most local clubs to you.

To keep up to date on key information please sign up to the HAF newsletter via <https://www.lincolnshire.gov.uk/school-pupil-support/holiday-activities-food-programme>

ART Project

We are very excited to be working in partnership with Lincoln Library to have a Young Carers art exhibition, which will take place the week beginning the **13th of March 2023** to coincide with Young Carers Action Day. While people will be able to go and visit to see the works in person, we are also hoping to have a virtual tour made available.

We would love to be able to showcase any art projects that school groups have produced – either as a collaborative piece or as individuals. If you are interested and would like some more info, please contact Sally.stanfield@lincolnshire.gov.uk

Young Carers Facebook Page

This is a Private Group for Young Carers aged 13 and over., parents and Professionals who are supporting Young Carers. We share information, resources and some of the fun things happening in our Groups. If you want to share some good info or just have a message you would like to share with other Young Carers – please feel free to put together a post.
Please search for 'Lincolnshire Young Carers' on FB

Useful Links

www.kooth.com – online mental wellbeing community


www.Youngsibs.org.uk - online support service for children and Young people who have a disabled brother or sister.

www.Youngminds.org.uk - a mental health charity for children, Young people and their parents, making sure all Young people can get the mental health support they need

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Emma Banks, Learning Support Assistant from Kesteven and Sleaford High School has shared details of a Young Carers support card they use in school to support their Young Carers. The cards were produced in collaboration with the students. Emma says, “we touch base on any information regarding Young Carers, give Young Carers an opportunity to discuss their world and what is going on for them at home if they wish. We always do an activity which they seem to have fun with. Continuing to ask for their ideas along what they would like to do”

If your school, setting or agency would like to share some good practice examples or something that is working well please email sally.stanfield@lincolnshire.gov.uk We would love to share in the next Young Carers Newsletter

<p>Today is a good day.</p> <p>Scale of current feelings: 0,1,2,3,4,5,6,7,8,9,10</p>	<p>I was unable to complete the homework set. I can catch up.</p> <p>I need to speak with you individually at the end of lesson.</p> <p>Scale of current feelings: 0,1,2,3,4,5,6,7,8,9,10</p>
<p>I have faced challenges at home, and I am struggling to focus on today's lesson.</p> <p>I don't feel I can publically contribute to today's lesson.</p> <p>I need to leave the classroom for 5 min.</p> <p>Scale of current feelings: 0,1,2,3,4,5,6,7,8,9,10</p>	<p>Thank you Emma for your continued support towards Young Carers in your school 😊</p> 

Young Carers Card

A Young Carers Card can be a helpful way to help your school understand that you are a Young Carer. It can also be useful if you are going to a doctor or hospital appointment, it will help the professionals understand what you do to help the person you care for. Its free and you can apply for your Young Carers card here

<https://www.lincolnshire.gov.uk/xfp/form/481>



Young Adult Carers

If you are an Adult providing care and support for someone – it may be helpful to contact the Carers Service - The Lincolnshire Carers Service may be able to give you further advice. If you need to talk to someone about your caring role, call 01522 782224 (8am to 6pm, Monday to Friday). To find out what help and support is available, email carersservice@lincolnshire.gov.uk

If you are a Young Carer and need some help or a professional supporting a Young Carer and need some guidance, please contact either Sally Stanfield directly at sally.stanfield@lincolnshire.gov.uk or Rachel Stokes at youngcarers@lincolnshire.gov.uk