

# The Carers Resource Harrogate/Craven

Children and Families Team

# The Carers Resource Young Carers Project

- started 8 years ago
- with 2 staff in the team

# Staff Team

- 4 Young Carer Workers (33hr, 16hr, 16hr, 10hr), 2 of which term time only.
- 2 Sibling Workers (30hr, 18.5 hr) 1 term time only.
- 2 Parent Carer/Family workers(30hr,16hr)
- 1 Go Sitting Service Co-ordinator (12hr)
- 1 After School Club Teacher (18.5hr)
- 2 part time Youth workers – youth club

# Funding

- NYCC fund us for 2 - 28hr posts, part Social Care, part Carers Grant, part Education and part Health.
- The rest of the service is funded via – Comic Relief, The Big Lottery, PRTC, BBSky, Community Foundation, Rotary Club, Ladies Inner Wheel etc.

# Who are Young Carers?

Children under 18 who care for a family member, who have a disability, illness or mental health/ drug or alcohol issues

1/12

One in twelve young people  
within a secondary school will  
be young carers!

# Statistics

- Work with 284 young carers – scratching the surface!
- 47 of these sibling carers.
- 9 of these are caring for grandparents.
- Of 248 young carers 91% caring for one parent, 9% caring for 2 parents.
- Equal gender mix.

# Statistics - conditions

- 32% physical disability.
- 27% caring for MH issues.
- 22% drug and alcohol issues.
- 21% learning disabilities.
- 15% autistic spectrum.
- 3% MS
- 3% Stroke
- 3% elderly/Dementia



# · Why support Young Carers:-

- isolated - not alone!
- Need time away from caring
- May need to share problems/worries/issues - often bullied/low self esteem.
- May need support in education / have limited aspirations.
- Meet other young people in similar situations
- Memories
- Need family life with well supported parents -we signpost

# Voices of Young Carers

Why can other children's mum's cope with 4 children  
but my mum can't cope with me?

Will I die too?

I must keep going, what else can I do?

I hate my mum, but I love her and feel guilty too!

I missed a lot of school because mum wasn't well & I  
didn't like leaving her in case she tried to hurt  
herself

# In a recent Health Survey by NYCC/Healthy Schools and PCT

(8275 children and young people surveyed across  
North Yorkshire)

- 30% of pupils said they worry about family problems 'quite a lot' or 'a lot'.

31% of pupils they felt afraid of going to school because of bullying at least 'sometimes'.

70% of pupils said they were bullied 'a few times', 'often' or 'everyday' in the month before the survey.

# Basically

We help Young Carers travel  
through their childhood!

Emotionally, Socially and  
Educationally!

# We offer :-

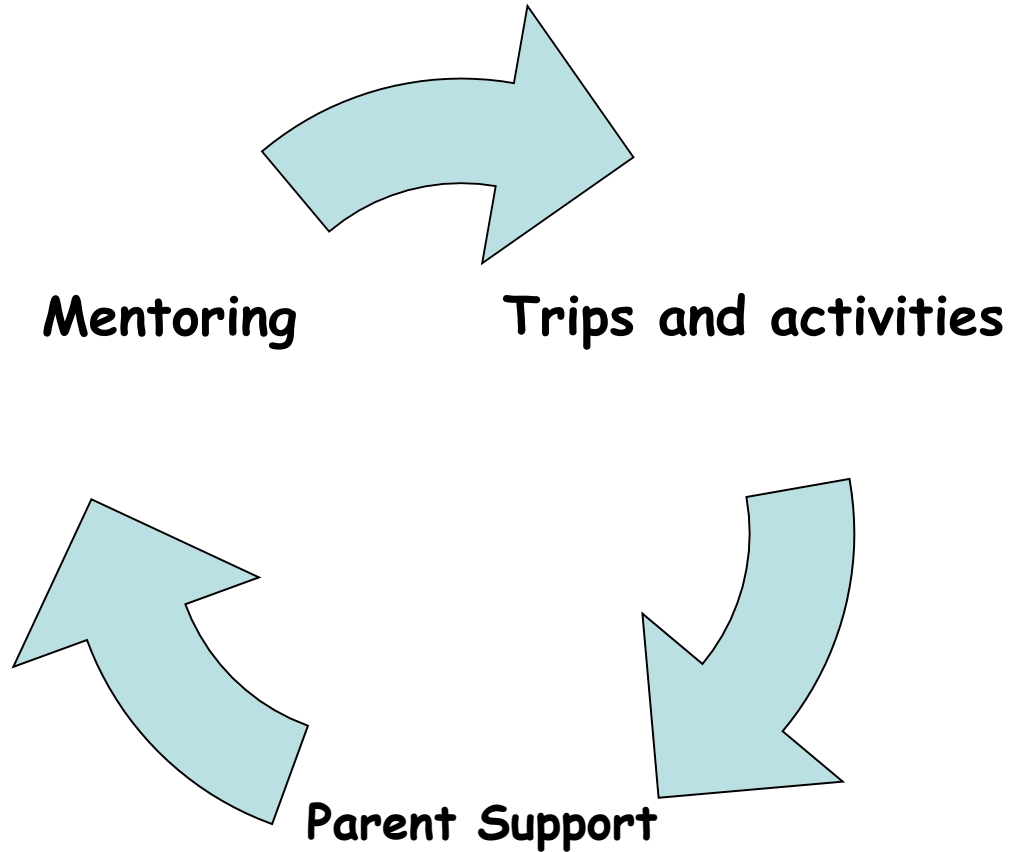
- One to One mentoring support  
Emotional/educational/social support - 1 hour sessions. 99 yc receiving one to one!  
( a significant + adult info makes a difference - think back.)
- Courses - cookery/ lifting and handling/ dealing with anger etc
- Trips and activities
- Youth Club
- Weekend residentials
- Drop in TRAX
- Family support

## Engaging: -

- Referral made - usually by phone. Educational Social Worker/Social Worker/ CAMS
- Assemblies - Year 7 / Year 9
- Self Referrals

**Engaging:-**

## **Simple Model of Work**



**But it works!!**

## Issues for Young Carers Project: -

- Referrals coming in when Young person too far into 'behavioural issues'
- Grey areas - caring for or 'affected by' (Gaps in provision for these young people)
- Fear of what other professionals will do once identify themselves.
- Funding!
- Not identified in the Children and Young Peoples Plan.



## Young Carers info

"About a Boy" - Hugh Grant Film

"An illustrated Mum" - Jacqueline Wilson

"Promoting whole family Practice for Young Carers"

[www.childrenssociety.org.uk/youngcarers](http://www.childrenssociety.org.uk/youngcarers)

[www.youngcarers.net](http://www.youngcarers.net) - PRCT website

Children caring for parents with mental illness - Aldridge and Becker. (Saul Becker) [S.Becker@bham.ac.uk](mailto:S.Becker@bham.ac.uk)

Growing up Caring - Vulnerability and transition to adulthood - Young Carers Experiences - Chris Dearclen & Saul Becker





