

Additional resources



In addition to the tools and information contained within the Step-by-step Guide, a variety of additional resources have been produced by Carers Trust, The Children's Society and other UK, national and local organisations, which school staff may find useful when developing their young carer provision.

Details about each of these resources are provided below, categorized into the following topics:

- **General information about young carers** – including online resources and links to research and reports.
- **Online support for young carers** – providing details of websites specifically created for young carers.
- **Awareness raising material** – including additional noticeboard materials for use with staff, pupils and their families.
- **Consulting young carers** – providing a link to participation packs.
- **Teaching resources** – containing teaching material for key stages 2 and 3; young carer awareness materials such as films and case studies and PSHE lesson ideas.
- **Identifying and supporting young carers affected by stigmatised illnesses, disabilities or displacement issues** – such as HIV, substance and/or alcohol misuse, mental health issues, refugee or asylum seeker status.
- **Working with school nurses** – including key information for school nurses, and those working with them, about how to support the health and wellbeing of young carers.



To see the most up to date list of additional resources, visit the Young Carers in Schools website – www.youngcarersinschools.com/step-by-step.

General information about young carers

Websites

Carers Trust's Professionals website

Carers Trust's Professionals site is for all those working in health, social care or education who come into contact with carers. Using the knowledge and expertise of The Carers Trust Network, it aims to provide the information and resources professionals need to put practice into action and provide quality support to carers.

professionals.carers.org/

The Children's Society Include Programme website

The Children's Society's Include Programme offers information and resources, from booklets on how to support young carers to toolkits that help when working with young carers.

youngcarer.com/resources

Publications

Sempik, J and Becker, S (2013), *Young Adult Carers at School: Experiences and Perceptions of Caring and Education* (Carers Trust).

Research carried out by The University of Nottingham and published by Carers Trust exploring the experiences and perceptions of young adult carers at school.

professionals.carers.org/sites/default/files/young_adult_carers_at_school-8_11_13-1_proof_4_final.pdf

Family Action (2012) *Be Bothered! Making Education Count for Young Carers* (Family Action).

A report by Family Action highlighting the problems for young carers in school.

www.family-action.org.uk/content/uploads/2014/06/Be-Bothered-Make-Education-Count-for-Young-Carers.pdf

Online support for young carers

Carers Trust online services

Carers can get 24-hour support, every day of the year, from Carers Trust's online services for carers. Carers Trust online services are open to all carers, wherever they live in the UK and whatever their age.

Support from Babble for young carers under 18

Young carers aged under 18 can join Babble (babble.carers.org) to chat with other young carers, share experiences and get information or advice in a fun and safe environment.

Babble is run by a friendly team of qualified support workers who can answer young carers' questions and offer help and advice via email or one-to-one webchats.

Ask the team a question via: youngcarers@carers.org.

Support from Matter for young adult carers aged 16–25

Young adult carers aged 16–25 can visit Matter (matter.carers.org) to connect with other young adult carers in an online community where they'll be able to share their thoughts and experiences in a safe online space and find or give support.

Matter is run by a friendly team of qualified support workers who are on hand to provide confidential support, by messaging or email.

For email support contact matter@carers.org.

National Young Carers Initiative, Include Programme

A website containing a range of information, tools and resources to help young carers gain support and advice. Run by The Children's Society, this website includes tools to support young carers to know their wellbeing; know their rights run an influencing change project; know where to go for more help and get contact details for local young carers services.

youngcarer.com

Awareness raising material

Young carers awareness materials

Carers Trust posters and lesson activities

A range of posters and ideas for activities and lessons are available to download.

Professionals.carers.org/young-carers-awareness-materials

Each year, Carers Trust organises Young Carers Awareness Day – a day of recognition for the 700,000 young carers in the UK – with accompanying colourful materials to use.

Carers.org/young-carers-awareness-day

The Children's Society School Noticeboard Pack

This pack contains a schools noticeboard poster to inform students of their local young carers support network, a leaflet outlining how to implement this resource, a staff noticeboard poster and the national resources list to add to and update your noticeboard.

youngcarer.com/sites/default/files/imce_user_files/Resources/Professional/Booklets/school_noticeboard_poster_4th.pdf

Consulting young carers

The Participation Pack

The Children's Society Participation Pack will support you when consulting with young carers in your school.

youngcarer.com/resources/ptp/participation-pack

Teaching resources

Young carers awareness materials

Carers Trust posters and lesson activities

A range of posters and ideas for activities and lessons are available to download.

Professionals.carers.org/young-carers-awareness-materials

Carers.org/young-carers-awareness-day

Young carers awareness film

A short film from Carers Trust about young carers and what they do.

www.youtube.com/watch?v=upw8ryrqWvc

Young Carers Resource Pack for Schools

Teaching material for key stages 2 and 3 produced by Action for Carers Surrey. They are designed as a six week module of lessons and assembly talks to be integrated into schools' existing PSHE programmes.

www.actionforcarers.org.uk/professionals/working-young-carers-under-18/resources-downloads/

My Life 4 Schools

My Life 4 Schools is a free, key stage 2 PSHE and Citizenship teaching resource, produced by The Children's Society. On this website, child friendly stories, animation and online activities bring to life key topics and themes from the key stage 2 curriculum, including a lesson plan on young carers.

<http://mylife4schools.org.uk/>

Primary Drama Young Carers project

Resources developed by Hampshire Inspection and Advisory Service and The Children's Society Include Project raise awareness of young carers by using drama as an active teaching strategy. Resources are targeted at years two and three but are easily adaptable.

youngcarer.com/sites/default/files/imce_user_files/Resources/young_carers_and_drama_pack_sarah_reid_hias_autumn_09_gc.pdf

Makewaves

There are several videos on the website makewaves that can be shared with young people to highlight the issues facing young carers (please be aware these videos are created by young carers across the country. If one of your pupils is in the video, please consult with them prior to sharing it with the school).

www.makewav.es/ycif

Identifying and supporting young carers affected by stigmatised illnesses or disabilities

Websites and downloadable resources

Rethink Mental Illness information

Information designed for people who know someone who has mental ill-health.

www.rethink.org/carers-family-friends/what-you-need-to-know

Supporting Young Carers in Families Affected by HIV

This toolkit from The Children's Society provides information, resources and good practice guidance about supporting young carers affected by HIV.

youngcarer.com/resources/families-affected-hiv

Supporting Pupils with Substance Misusing Parents

The Children's Society booklet provides information for schools about the issues faced by children and young people due to their parents' problematic substance misuse and gives suggestions for good practice.

youngcarer.com/sites/default/files/substance_misusing_booklet_2011_3rd.pdf

Stars National Initiative

The Children's Society Stars National Initiative is a hub of information, guidance and resources on parental alcohol and substance misuse, and the impact it has on children and families.

<http://www.starsnationalinitiative.org.uk/>

Refugee Toolkit

A good practice resource from The Children's Society designed to enable all service providers to stay informed about the needs, rights and entitlements of refugee and asylum seeker young carers and their families, and to carry out effective and appropriate signposting and joint working.

www.refugeetoolkit.org.uk/

Engage Toolkit

A toolkit from The Children's Society which provides an understanding of the needs of black, Asian and minority ethnic family carers.

www.engagetoolkit.org.uk/

Who Cares? project

Through the Who Cares? project, the Kidstime Foundation provides a comprehensive kit of materials which primary and secondary school teachers can use to address the needs of children and young people affected by a parent with mental ill-health.

kidstimefoundation.org/the-who-cares-project/

Working with school nurses

Videos, websites and tips

Meet the School Nurse Carer Champions video

A school nurse video produced at the School Nurse Champions for Young Carers Training day on 5 June 2014. This video enables young carers and those working with them to find out how school nurses plan to support this vulnerable pupil group.

www.makewav.es/story/537747/title/meettheschoolnursecarerchampion

Supporting the Health and Wellbeing of Young Carers

Designed by the Department of Health, Department for Education, Carers Trust and The Children's Society, Supporting the Health and Wellbeing of Young Carers provides a model for a coordinated approach between school nursing, education, local authorities and young carer services.

www.gov.uk/government/uploads/system/uploads/attachment_data/file/299270/Young_Carers_pathway_Interactive_FINAL.pdf

Tips for school nurses

Created by young carers for school nurses.

www.makewav.es/story/536186/title/ourmessagesforschoolnurses




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 www.facebook.com/CarersTrust
 www.twitter.com/CarersTrust
 www.youtube.com/user/CarersTrust

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