

YOUNG CARER CO-ORDINATOR E-NEWSLETTER



Issue 1: August 2013

Hi Everyone

Welcome to the very first edition of this Young Carer Co-ordinator E-Newsletter, sent to you as part of the Schools Awareness Raising Campaign at Edinburgh Young Carers Project. We hope to produce one e-newsletter each quarter to provide you with information and updates about our schools work, other EYCP service activities, and relevant local and national young carers policy and strategy. I hope you enjoy your read!

Tracey Stewart
Schools Project Manager
Edinburgh Young Carers Project

Find us on:



Schools Awareness Raising Project - Update

Our Schools Awareness Raising Campaign has now been running for almost three years, working with Primary and Secondary schools across Edinburgh to help school staff identify and support young carers. We have already worked directly with 44 schools, over 130 teachers and over 700 pupils, through staff training, awareness-raising assemblies and PSE pupil workshops, but there is still a long way to go.

The campaign has identified almost 160 young carers across the City. But with an estimated 5000 young carers in Edinburgh, and less than 200 being supported in young carer services, schools still have a huge role to play in helping to identify and support "hidden" young carers in the City. Continued funding from the Edinburgh Community Health Partnership and Big Lottery, means that the Schools Awareness Raising Campaign will be extending its reach to support more schools to achieve this aim, with some exciting new

projects and resources planned for the near future. For the rest of this year, we are hoping to work with cluster groups in the North and East of Edinburgh to identify young carers, and we've already been working successfully to achieve this in Trinity Academy, Drummond Community High School, Stockbridge Primary School and Leith Walk Primary School, to name a few.

If you're based in the North or East of Edinburgh, then you'll be hearing more about our schools project, but feel free to get in touch with us sooner if you want!

Finally, we're very excited to welcome Kelly Dunnett onto the schools project team. Kelly has previously been a Development Worker at EYCP and after having a maternity break, she'll now be returning to work with teachers to assess and support young carers who are identified through the schools project.

With thanks to our partners and funders for their ongoing support to the Schools Awareness Raising Project:



Service News - Carers Week Success!

This year, our young carers celebrated **Carers Week 2013** (10-16 June) with some amazing activities to raise awareness!

Some of our young carers were involved in making jewellery, soaps and body lotions, which they then sold at our local Sainsbury's, who



were supporting Carers Week nationally.

They raised an amazing £218, half of which was donated to Marie Curie Cancer Care. We would like to thank Sainsbury's and everyone who made a donation on the day!

Another fantastic event that took place during carers week was the **Carers Recognition Event**, held at The City Chambers on 11th June. James, one of our Young Carer Ambassadors did a presentation about 'what a young carer is'. He was amazing! And it's not the first time James has wowed professionals and peers alike with his presentation skills. James, a pupil at Holyrood R.C.

High, has previously given a presentation to his whole school (!) about being a young carer.



A couple of massive achievements James, well done!

Young Carer CPD Opportunity - Available for all Teaching Staff!

Course Title	ASL: Young Carers - Identification and Support
Course Date, Times and Venue	Wednesday 11th September 2013, 4.30pm—6.30pm Faith Mission Room 2, Faith Mission College, Gilmerton Road, EH17 7JD
Course Duration	2 hours
Target Audience	Staff in primary and secondary schools, mainstream and special
Course Tutor	Iona McLeod (City of Edinburgh Council) and Tracey Stewart (Edinburgh Young Carers Project)
Aims and Outcomes	To ensure staff are aware of the legislation regarding Young Carers. To support staff in the identification of Young Carers. To inform staff of methods of in-school support for Young Carers.
Course Content	Legislation affecting Young Carers Profile of a Young Carer Assessment How to support a Young Carer in school Recording in SEEMIS
Booking Information	Course Code: CF1801 Online booking is available through the City of Edinburgh Council CPD Directory (http://www.edinburgh.gov.uk/directory/104/cpd_directory)
Further Information	iona.mcleod@ea.edin.sch.uk tracey.stewart@youngcarers.org.uk

Project Carers - Young Carers Peer Education Project

We have been lucky enough to receive funding from the Edinburgh Community Health Partnership to deliver a peer education project in schools across the City.

This exciting (and possibly first of its kind!) young carer peer education project involves some of our 16+ year old young carers at Edinburgh Young Carers Project. Many of these



young people, when reflecting on their own experiences of being young carers at school, wanted to do something meaningful to raise awareness of young carers in schools, and help young carers feel confident to self-identify to teachers.

The result: four enthusiastic young carers have undergone a bespoke training programme, equipping them with the necessary skills to deliver workshops and presentations to secondary school pupils about young carer issues. The peer education team have called themselves **Project Carers** and they have developed some innovative and experiential **Who Cares?** workshops! The workshops have been tailored specifically to S1 and S4 pupils - school years that the team found



most personally challenging as young carers.

Project Carers are available NOW to deliver their workshops in schools in Edinburgh. Please get in touch if you would like them to visit your school, or to find out more about the sessions, including aims and objectives, or more generally, to discuss the benefits peer education can bring to young carers.

Spotlight on SEEMIS!

Remember to add any identified young carers at your school onto SEEMIS - whether this gives rise to any additional support needs or not. This will ensure young carers can access new support mechanisms as they become available!

For further details contact Iona McLeod at City of Edinburgh Council - iona.mcleod@ea.edin.sch.uk

Young Carer Census Results

The results of the 2011 Census should be available later this year, which will give us an updated figure for young carers in Scotland. Will this figure be near the 100,000 young carers estimated to be living in Scotland?

School Focus - Stockbridge Primary

We were extremely pleased to be chosen by Primary 6 pupils at Stockbridge Primary School to take part in their fundraising project with HOTS teachers. After I spent time with the children in their class to raise awareness of young carer issues, the pupils worked incredibly hard to raise money for EYCP, as well as other local charities, The Yard and Barnardos Edinburgh. From such events as a book swap, mini Olympics, bag packing and a food fair, a total of £909 was raised and split between the 3 charities - representatives of whom are seen here in this picture collecting cheques at Stockbridge's **Celebration of Success** assembly.

I'm looking forward to continuing working with Stockbridge Primary on young carer awareness and issues!



Every issue, we'll be looking to feature a different school in our **School Focus** article. If you want to highlight new or innovative young carer work in your school, please get in touch and we'd be delighted to feature your story for others to be inspired by!

Spotlight on Young Carer After-School Groups

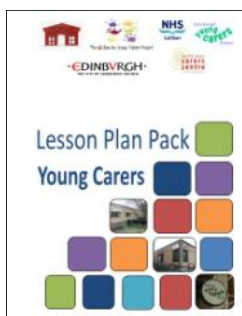
From Tuesday 17th September, we will be delivering a **brand new** young carer after-school support group for pupils from Boroughmuir, James Gillespie's and St Thomas of Aquin's High Schools. The groups will be time-limited and issue-based, providing support for 20 young carers to manage their caring roles more confidently. We hope to be able to offer more after-school or lunchtime support groups in the new year, so please get in touch if you would be interested in working with us to set up one in your school or cluster area.

Spotlight on Scottish Learning Festival 2013

We will be attending this years Scottish Learning Festival in Glasgow in September (as delegates). Let us know if you or your colleagues are attending and would like to use this opportunity to meet up to have a brief discussion about young carers at the breaks or networking times.

Edinburgh Young Carers Project Schools Resource Packs

Our Schools Resource Packs and Lesson Plan Packs (aimed at secondary school pupils) are now available in electronic form and can be emailed to you on request - great if you've lost or misplaced them since last year! Every secondary school should have a copy of these already, but if you haven't seen them, see the activity below for a peek at the type of thing they can offer for your PSE programme.



One of the main aims in the Schools Awareness Raising Project is to help schools deliver young carer lessons as part of their curriculum, whether that involves our schools workers delivering the lessons on your behalf, in partnership with Support for Pupil teachers, or organising teacher training to increase confidence in workshop delivery.

We also have plans over the next year to develop the resource pack to make it more relevant to primary school teachers and pupils, covering earlier levels of the Curriculum for Excellence - watch this space!



Example Activity - Handle with Care!

Resources: shoe box labeled *Handle with Care*, paper, flipchart and pens

Learning Outcomes:

To be aware of the concept of caring and understand some caring roles
To explore who carries out caring tasks
To explore what a young carer is and some of the responsibilities involved

Duration:
55 minutes

Activity 1:

Show the box labeled *Handle with Care*, and ask questions around where they

have seen a box like this before, what does it tell us about the contents, how should we handle the box.

Clarify - who would read the label, key words: fragility, avoid damage, remain unharmed

Activity 2:

Bring a volunteer to the front - who would read their care label? Discuss. Collaborative working - on paper, describe the people who would care for them, and how they would show they care

Clarify - different family structures and

the difference between professional and personal care, and who provides these.

Activity 3:

Introduce task cards of caring roles and discuss whether these are normally carried out by adults or children (can role play tasks if appropriate). Think about a situation e.g. living with a parent with a long-term illness or disability - what happens to distribution of tasks.

Finally - Class discussion around what a *young carer* might mean - can show EYCP definition after discussion.