



SKEGNESS  
ACADEMY

Young Carers

“Heroes without capes”

# About me.

## Hello

I am the appointed person for Young Carers at the Skegness Academy and I understand and recognise the amazing role you may take on at home.

I would like to have a sessions every other week, this could include cooking, crafts, sports activities, trips and others e.g.

These sessions will also run in the holidays. I am keen to support you all and offer support to all our recognised YC here at Skegness Academy.

If you would like more info or to take part come and see me for a chat, I will be in room B27

I look forward to seeing you all Miss Liversidge

# What is a young carer?

**“Young carers are an absolute force to be reckoned with”**

A young carer is someone under 18 who helps to look after someone in their family or friends who is ill, disable or misuse drugs or alcohol

# Stories of a Young carer

- Billy is a 13 year old who helps to look after his brother Freddie who has severe learning difficulties

I care for my brother to give my mum a break, I would like to see my friends more, but I cant. I struggle to complete my homework due to all the noise in the house and finding quiet time



Millie is 13, she helps to look after her mother who has a physical disability

- I help my mum when she drops things and I have to pick them up, she had a stroke and now her left hand has gone numb and she sometimes struggles to talk. At times mum struggles to get out of the house and I have to make sure I help and prepare her medication. Sometimes I have to go and get mums prescription and at time I go and do the shopping



Ellie is 17 Years old she cares for her mum, younger brother and baby sister.

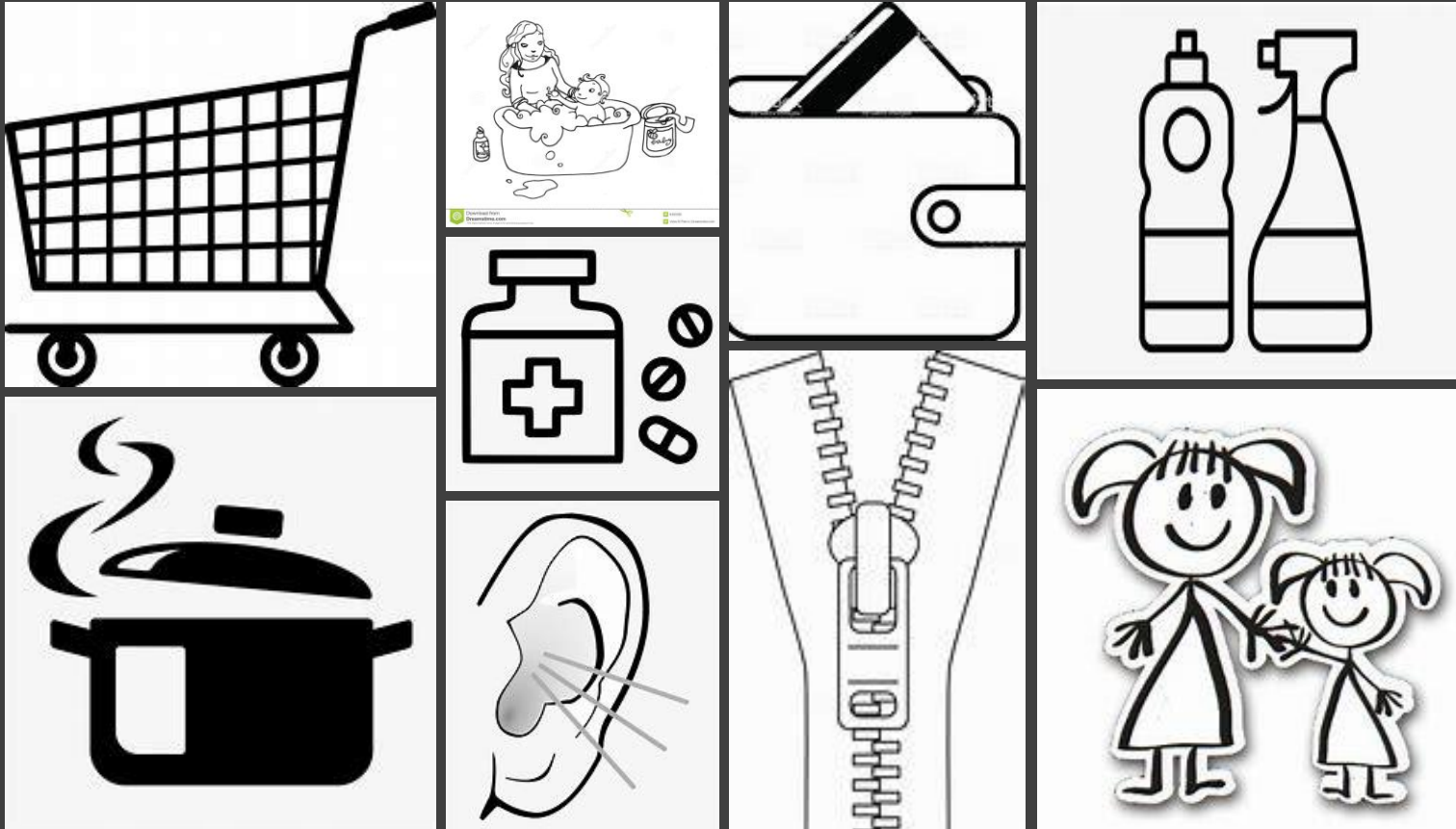
- Whilst my mum was struggling with her needs and the needs of my siblings due to disabilities, I had lots of pressure at home. I had to ensure I cooked tea, helped my mum with every day chores and organise transport and appointments for my siblings. Due to this pressure at home, I had to drop out of college, I feel very isolated having to stay in and care for my family and very alone with no one to support me.





# Facts about Young Carers

- There are over 800,000 Young carers, this is only the ones who are recognised.
- Some families will themselves not recognise that the child or young person is a 'carer', often because they do not regard their responsibilities as unusual in any way or outside 'normal' expectations of family obligations
- 4 out of 10 young carers (39%) have not disclosed to school staff that they are young carers.
- **27%** of young carers aged 11-15 miss school
- Having to care for someone can often mean missing school or having to bail on friends. It can put their childhood on the back burner. Many young carers, and the people around them, don't even realise they're carers.
- 39% said nobody in their school was even aware of the caring responsibilities
- **1 in 3** young carers have a mental health issues
- **80%** of young carers felt more isolated during the pandemic

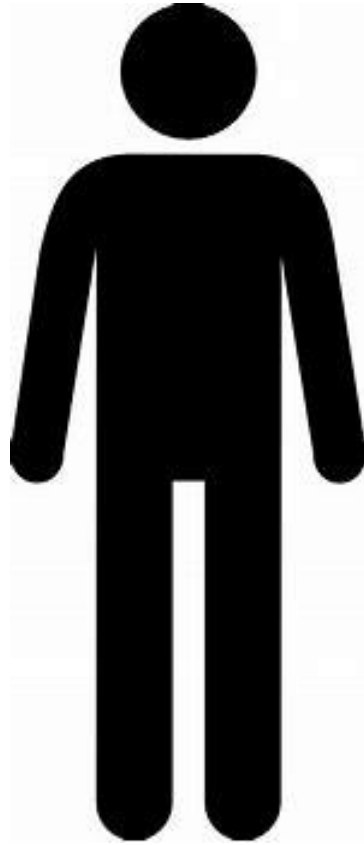
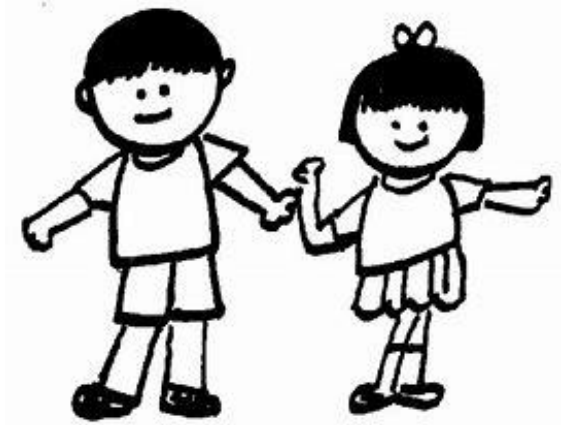


## Some of the daily things that YC do.

---

Cleaning  
Shopping  
Communicating  
Taking their siblings to school  
Getting prescriptions  
Adminstrating medication  
Bathing there family members  
Cooking  
Paying Bills  
Helping to get others dressed





## Who are Young Carers looking after?

SIBLINGS 25%

FATHER 20%

MOTHER 50%

GRANDPARENTS 5%

# Vulnerabilities compared to Non Young Carers

- 4 X more likely to get bullied
- 2X more likely to be late for school
- 2 X as hard to make friends at school
- 2 X more likely to get angry
- Did you know 40% of Young Carers have not told their school they are Young Carers?



# Indicators of Young Carers

- Late to school
- Tired
- Withdrawn
- Poor focus
- Poor progress
- Isolated



Thank you

- I hope you are all aware of just a little percentage of the day to day basis a YC will experience.
- Don't forget if this sounds like something you would like to be involved in, Don't forget to come and see me.

Thank you