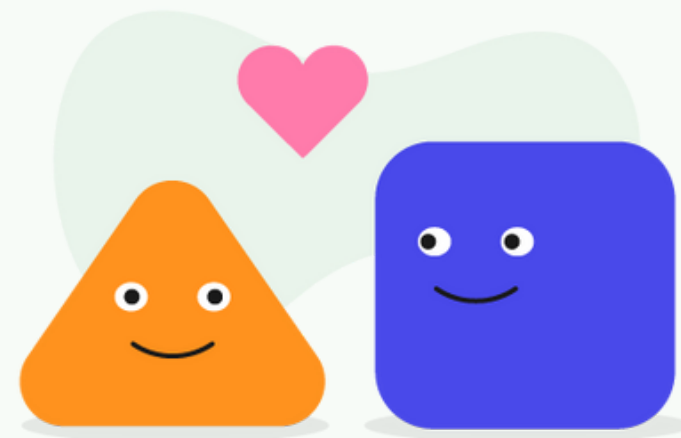


Young Carers Support

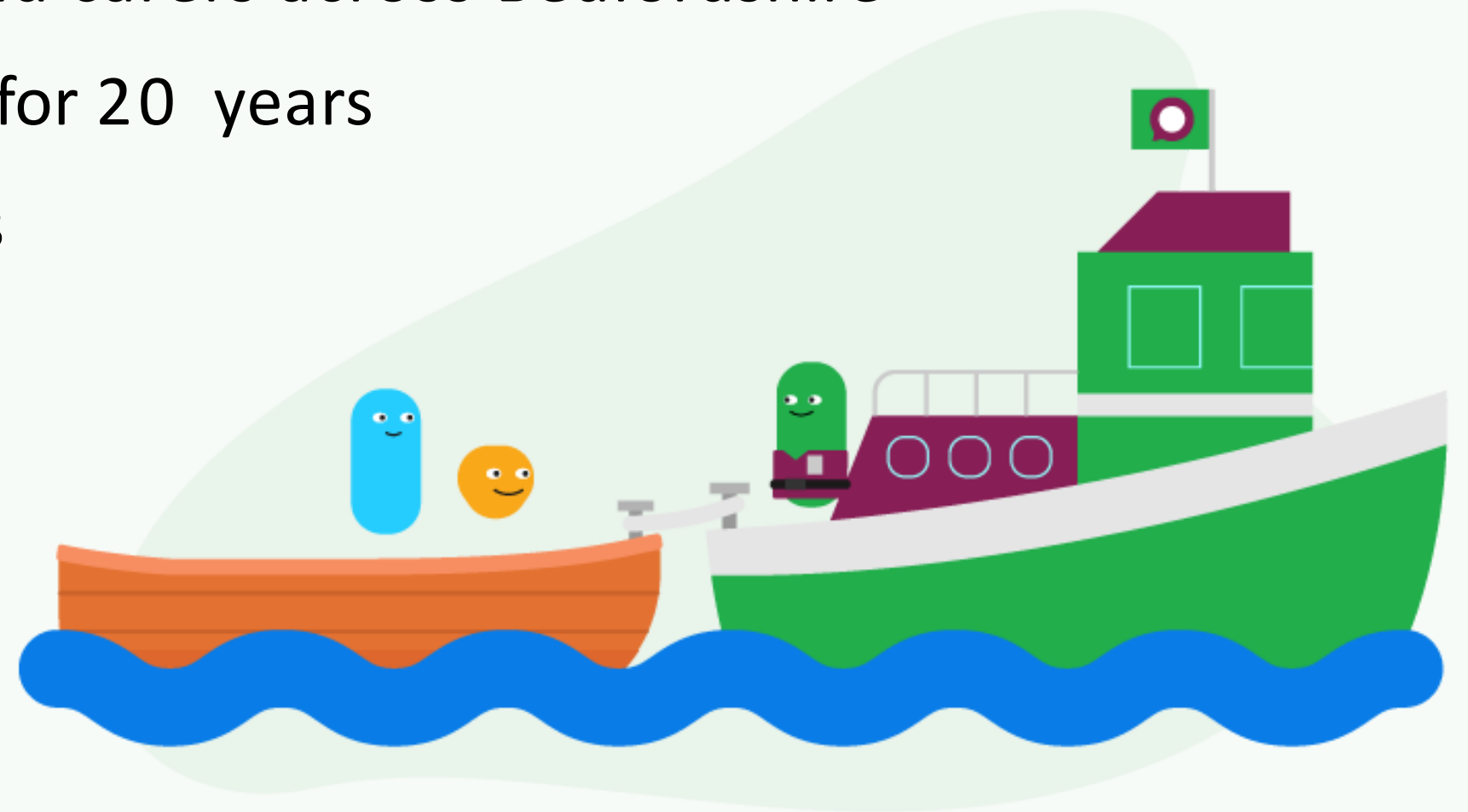
An Insight into Young Carers Support and Wellbeing.



One word which describes a positive childhood ...

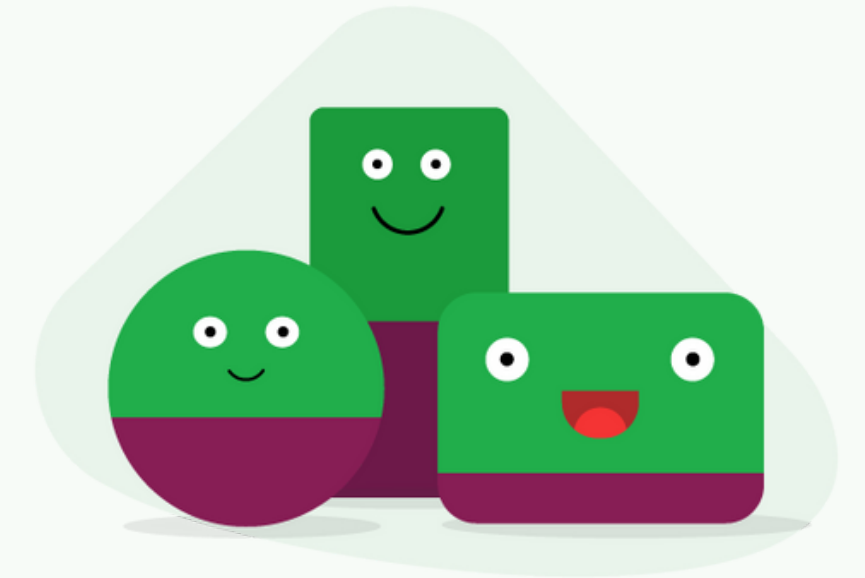
About Us

- We are a non-profit charity who support unpaid carers across Bedfordshire
- As a charity we have been delivering support for 20 years
- More than 13,000 carers are registered with us
- Support is given to carers from the age of 4+



Meet the Teams

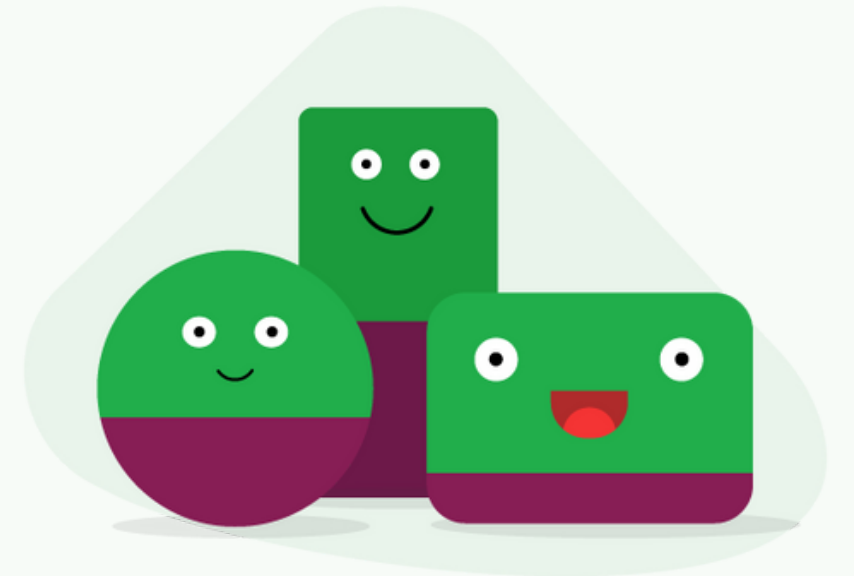
- **Dementia Carers** - Memory Navigation Service
- **Adult Carers** - Wellbeing, Social Activities, Welfare Rights and Training
- **Parent Carers** - Social activities and groups, Training (for conditions), and support with ECHPs
- **Mental Health Carers** - Wellbeing, Counselling, and work with statutory mental health services
- **Young Adult Carers** - Employment and educational support
- **Young Carers** - Wellbeing, Social Activities and Educational Support



Meet the Teams

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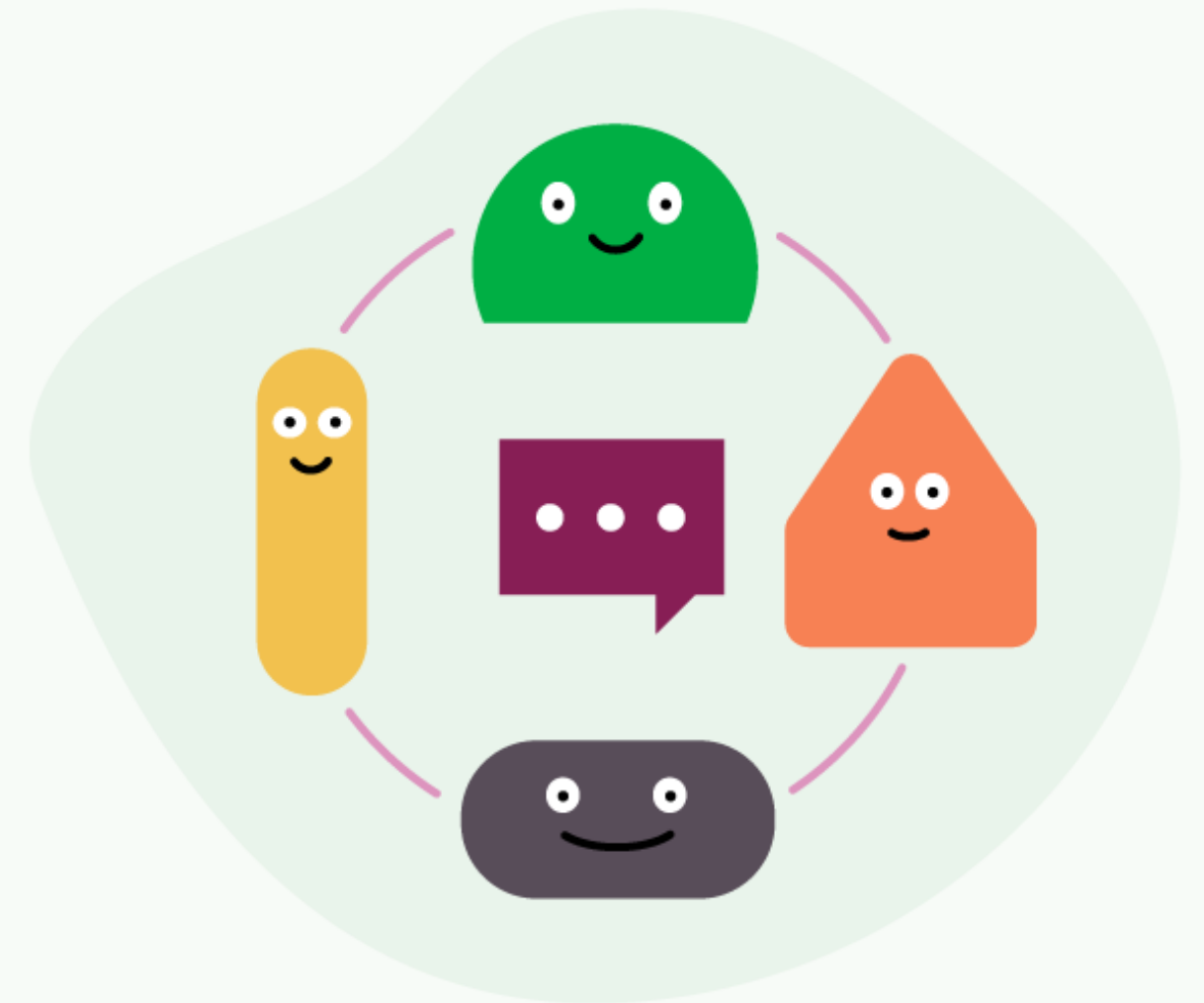
We also provide training, advice and guidance



Young Carers Support

- Where it started: adult carer support highlighted the gap for young carers and putting support in earlier as way of **prevention** and **awareness**.
- Young Carers Support started in 2009
- We currently have over 1,423 young carers registered with us

Recognising young carers, helps us to recognise adult carers and parent carers within the family



Young Carers Offer

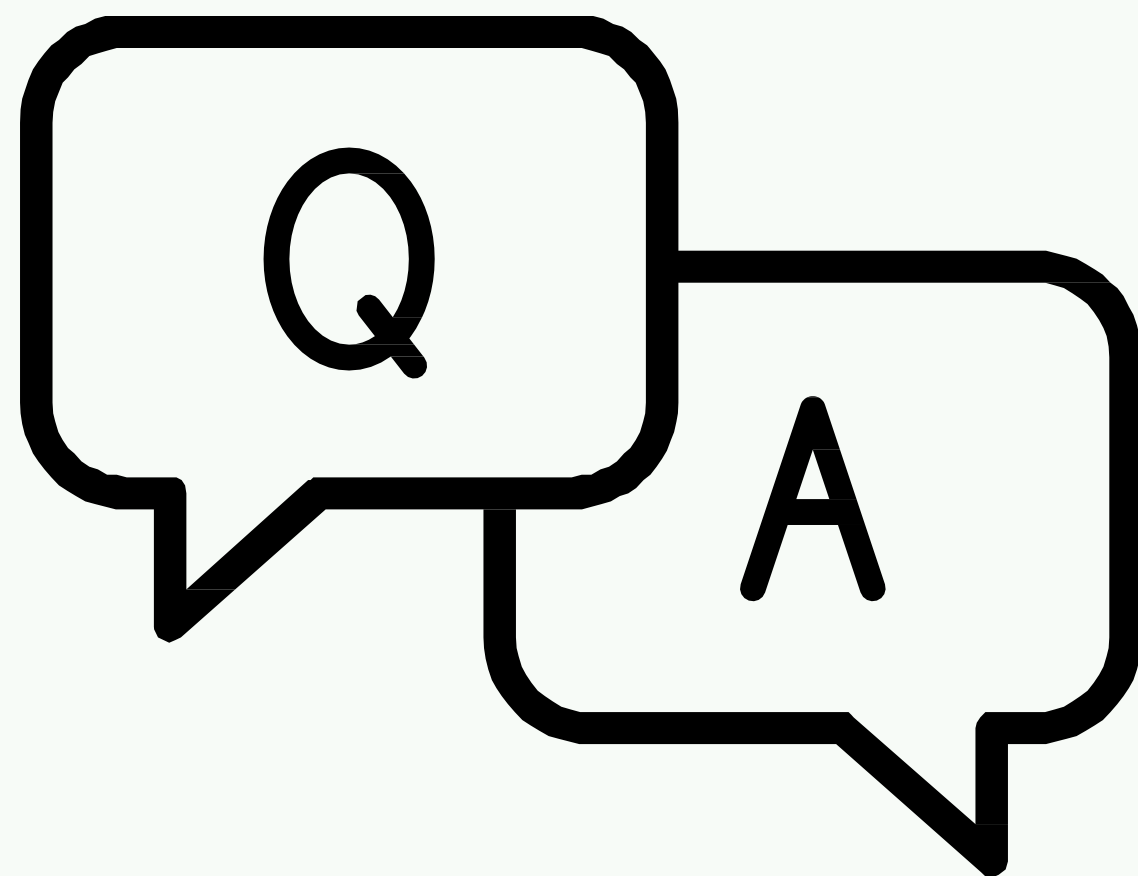
- One-to-one support worker support
- Young carers assessments
- Young adult carers transition assessments
- School and education support - assemblies, census support
- Social activities - LEGOLAND, aqua park, farm visits and much more!
- Clubs and events
- Quarterly newsletter
- Dedicated Young Carer website page



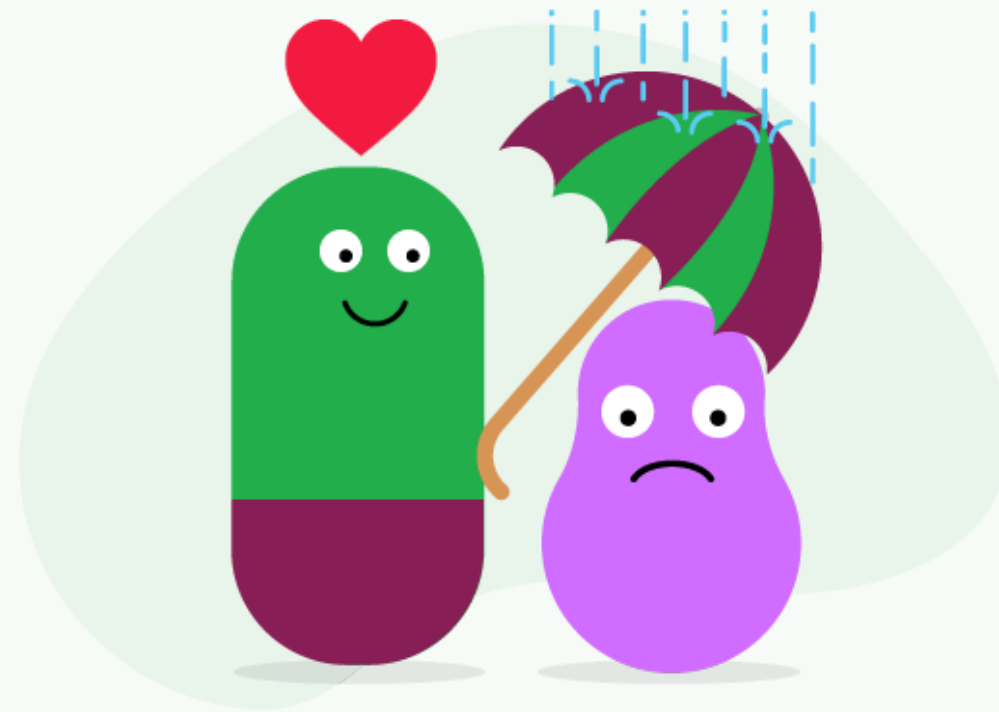
Young Carers Offer

- Family support - life skill sessions
- Support at statutory meetings (TAF)
- Conditions workshops
- Wellbeing support
- Facebook groups
- Grants to help wellbeing
- **Supporting the voice of young carers** - young carers forum, schools network, young carers national voice, and young carers alliance





Young Carers Wellbeing Service

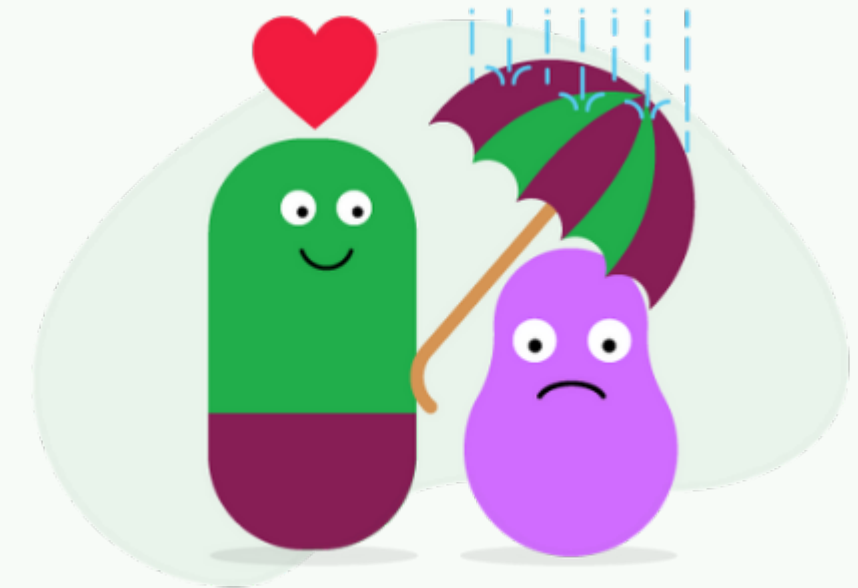


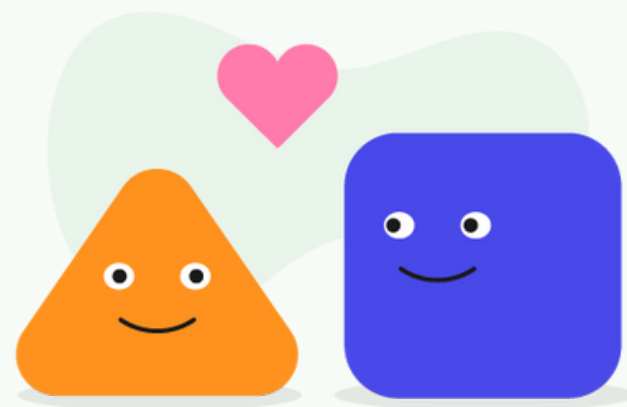
The Wellbeing Service

10 wellbeing sessions for 4-17 year olds (Bedford Borough)

- One-to-one basis
- Externally funded
- Assessments - Young Persons Core10 and RCADS
- 93 young carers have accessed the wellbeing support from 2021
- Referrals are made by schools, professionals, parents and the young carer can self-refer
- Issues identified: **anger**, **anxiety**, **“glass child”**, **school refusal**, and **suicidal ideation**

CORE10 Scoring
0-5 Healthy
>5-10 Low Level Problems
>10-15 Mild Psychological Distress
>15-20 Moderate Distress
>20-25 Moderately Severe
>25-40 Severe Psychological Distress





YC aged 10

11 Wellbeing sessions completed

YP Core10 before: 14 (mild psychological distress)

YP Core10 after: 3 (healthy)

"I really feel like your visits are making a big impact, YC is becoming much better at regulating his emotions and calming himself down when angry or upset"

Young Carer's School

"I feel a lot happier and my head is a lot clearer after having these session"

Young Carer

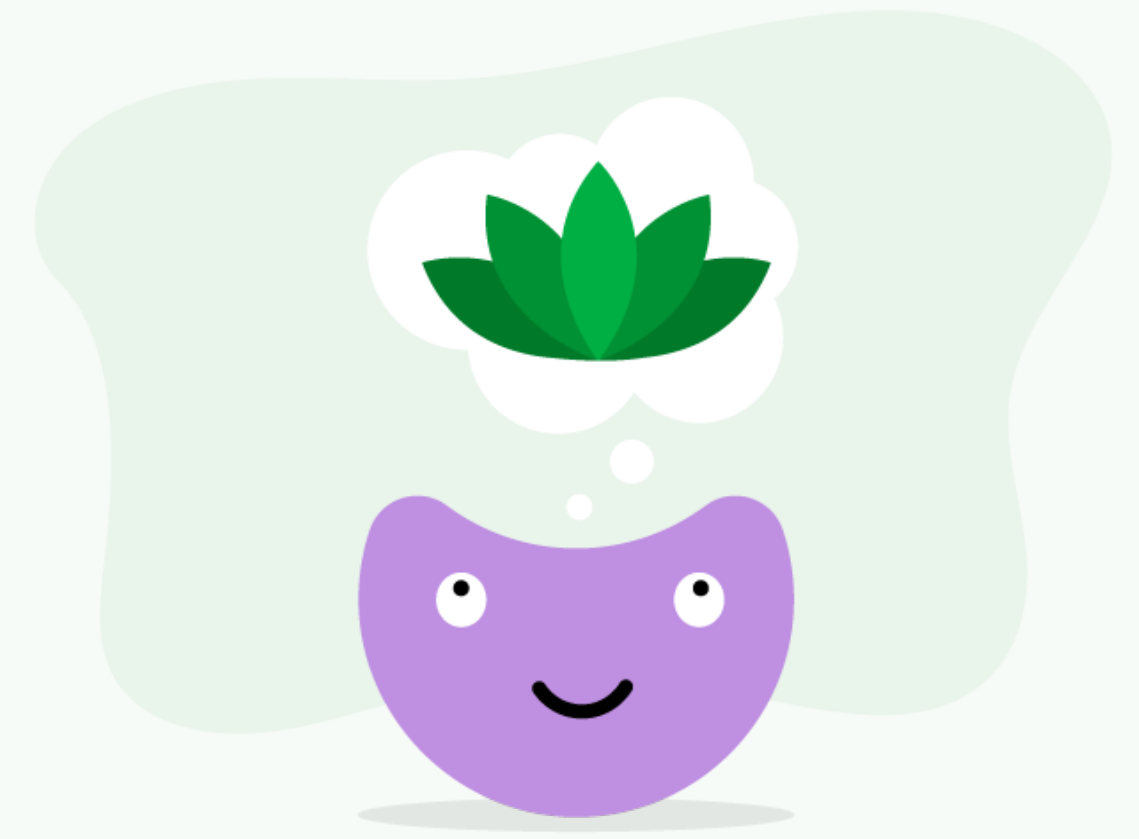
"Thank you so much for all the work you have done with him, he's completely different boy to when he started with you"

Young Carer's Parent

The Wellbeing Service

8 wellbeing sessions for 16-25 years olds (Central Bedfordshire)

- Funded by Central Bedfordshire Council and BLCF
- Partnership working with Mind BLMK, NGYT and The Pathway Still
- Assessments: Core10 - identifies the areas of concern and feedback



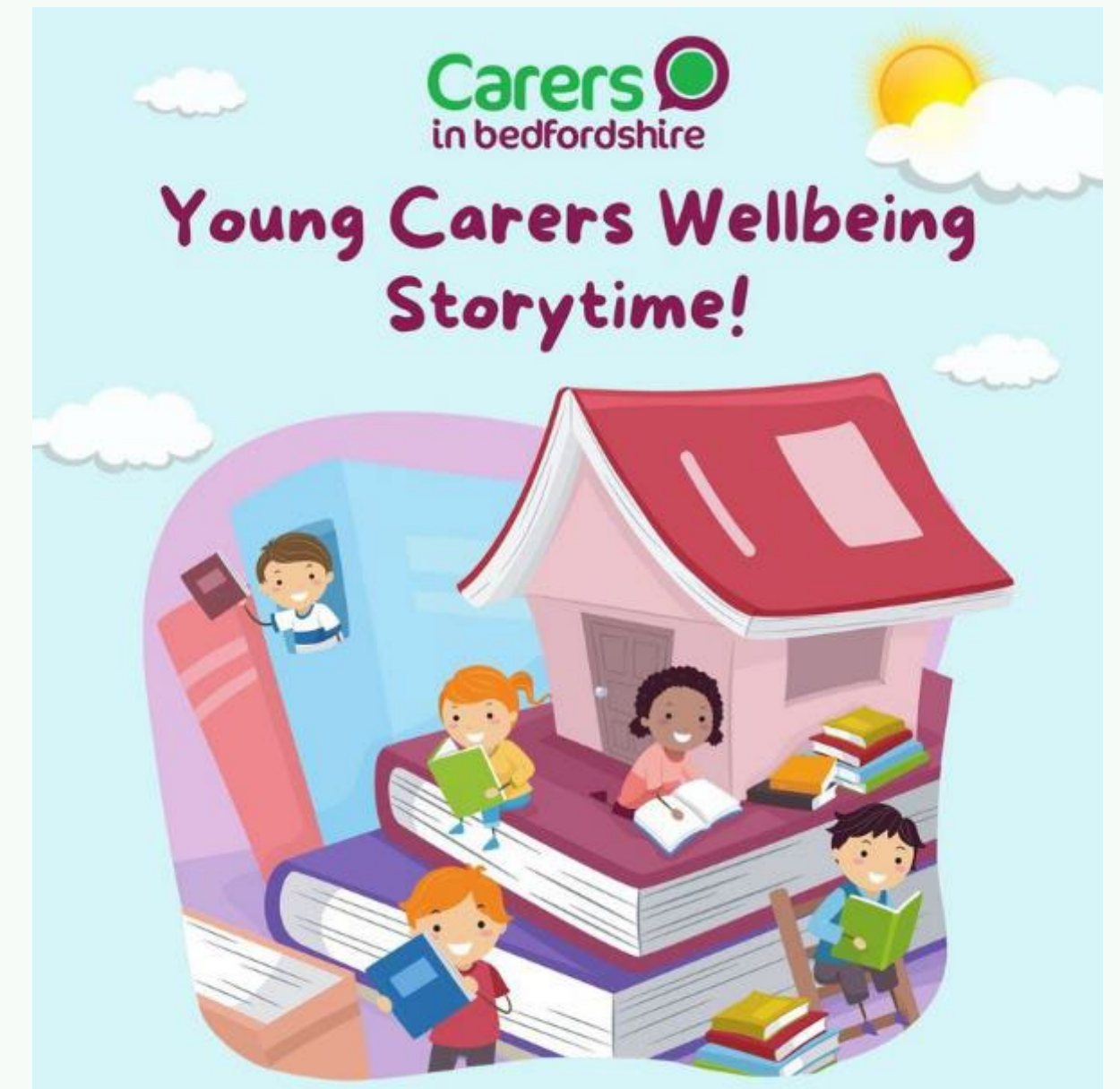
Wellbeing Support in Primary Schools

Storytime sessions (8 sessions up to an hour long)

- Focuses on emotions and values
- Social time for young carers to come together
- Activities relating to their caring role
- “Acceptance is My Superpower” - celebrating differences



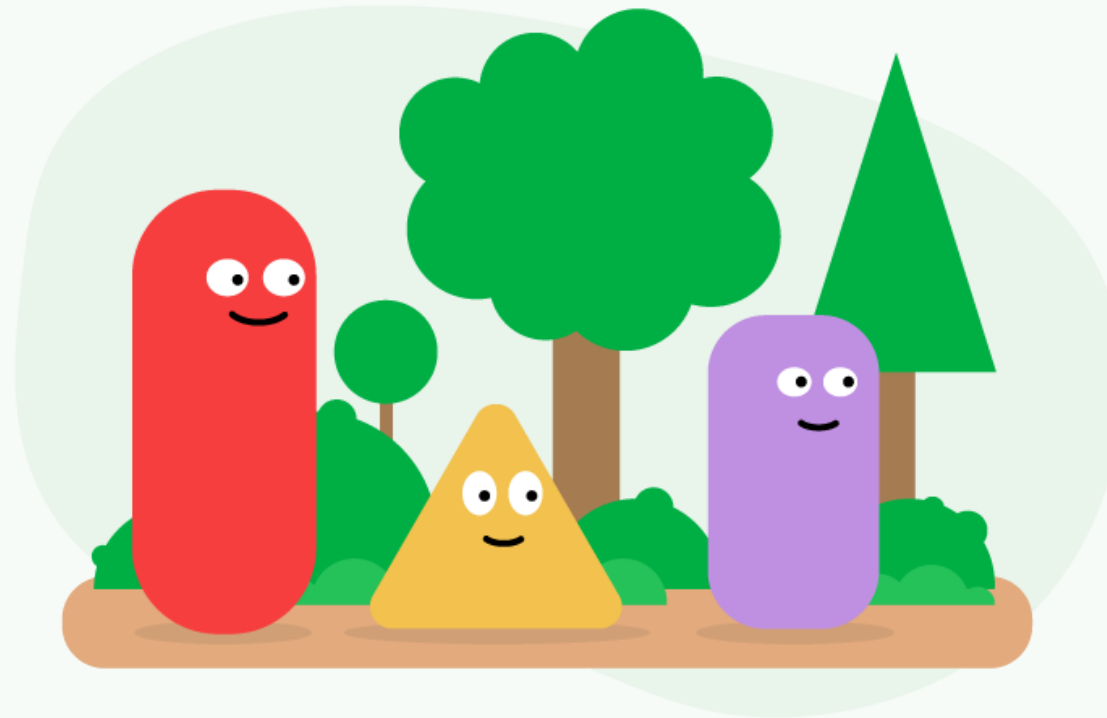
“Confidence is My Superpower”
by Alicia Ortego



Wellbeing Support in Secondary Schools

Breakfast clubs or afternoon sessions

- Groups allow the opportunity for all young carers to access some form of wellbeing support
- Established young carer groups which have been continued by the young carers and the school



School Network and Carers in Bedfordshire

As a Young Carers Team we have created a **School Network** to initiate a dedicated **Young Carers Lead**

- Recognise the importance to have one point of contact in the school that the young carers can go to
- Building rapport and connections with the schools

Current project

- Young carers action day event planned with schools in Bedfordshire
- Tighter knit community for young carers and their families to feel supported



Wellbeing Resources and Activities

- Trips and Activities - centred around the 5 ways to wellbeing
 - Virtual reality team building
 - Farm visits
 - Escape rooms
- Created a wellbeing space in the office as a child friendly environment

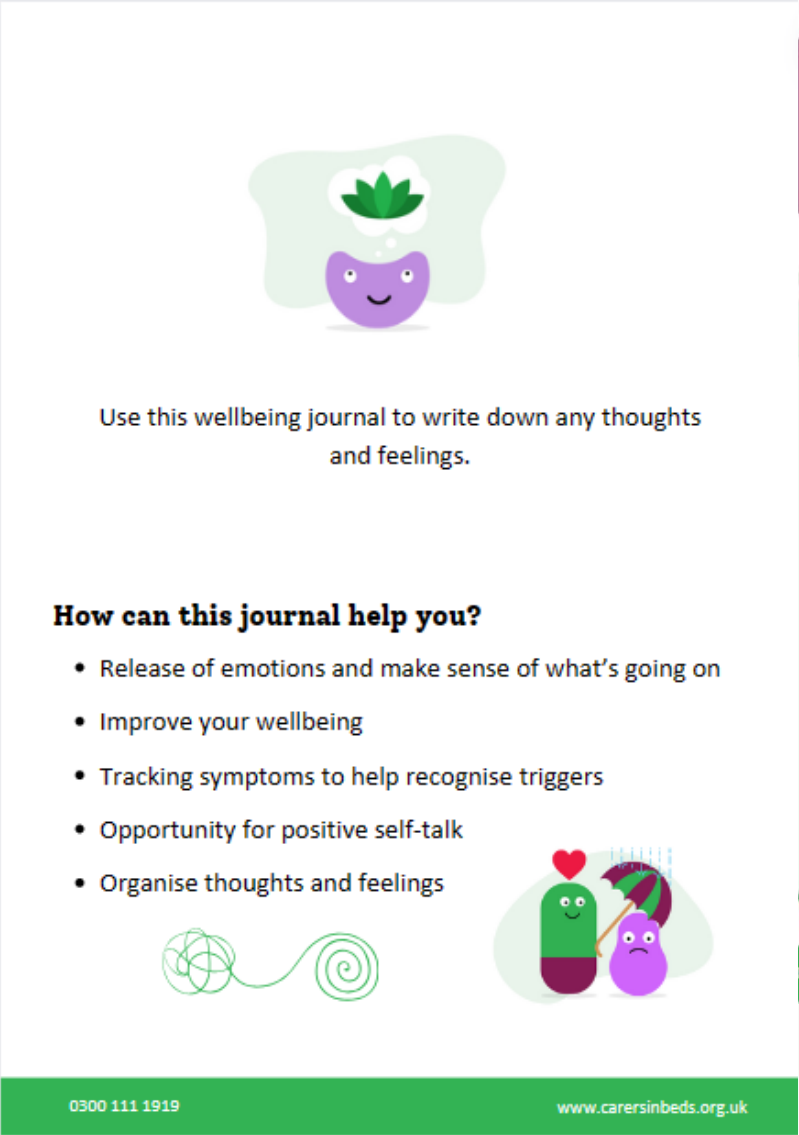
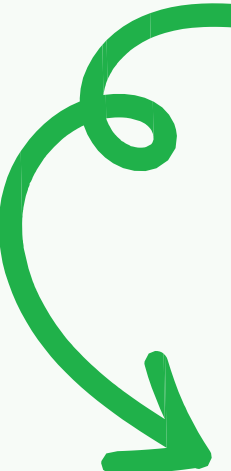


Resources for Professionals

- **Training** for young carers awareness (CAMHS)
- Questions to ask potential carers to help **identify** young carers (Mind BLMK)

Wellbeing Resources

Wellbeing Journal



[Young Carers](#)

[Wellbeing Toolkit](#)



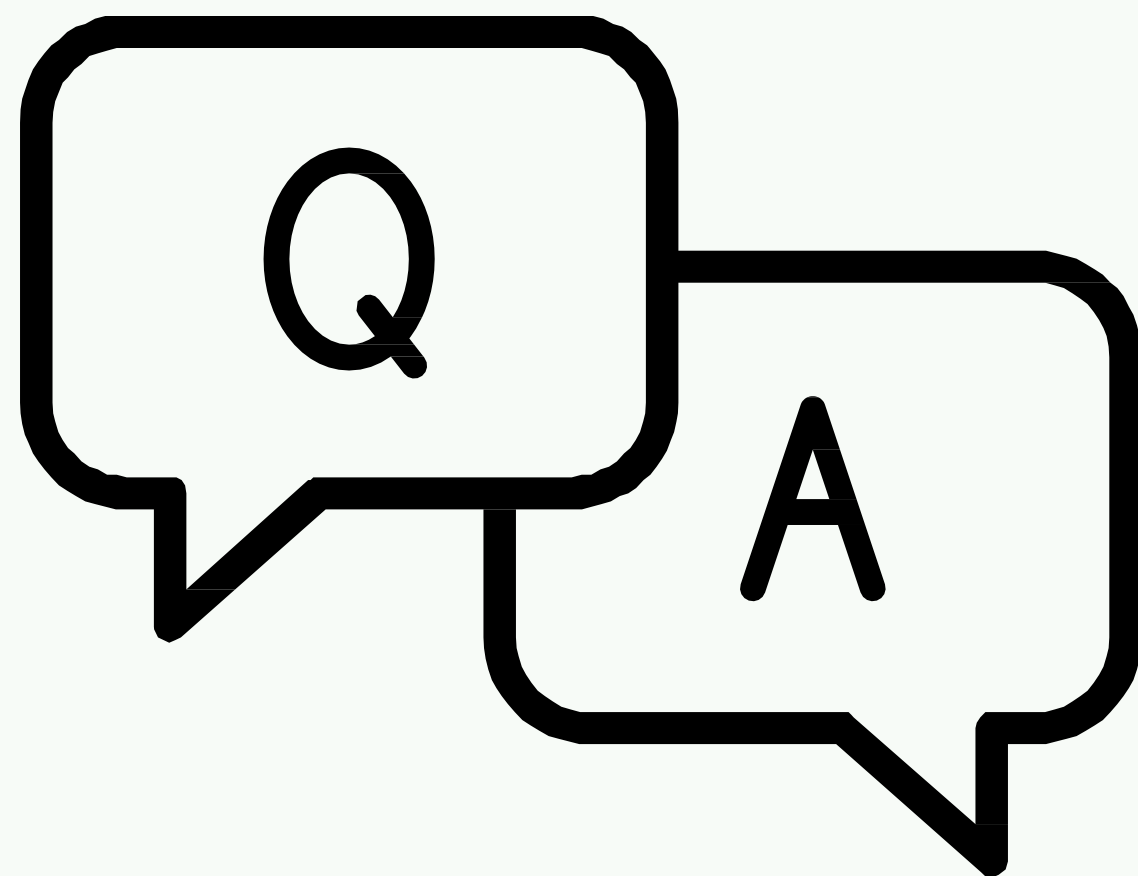
We are Young Carers!



Share



Watch on  YouTube



Three “take aways” from today’s session...

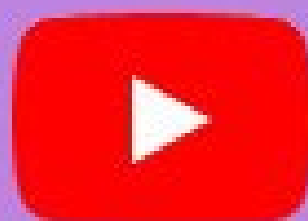


Take time and BREATHE



Share

BREATHE IN



Watch on  YouTube

Carers 
in bedfordshire

Carers 
in bedfordshire

Thank You

