

YOUNG CARERS NEWSLETTER

YOUNG CARERS ACTION DAY

16 MARCH 2022

**Taking
Action on
Isolation**



#YoungCarersActionDay 2022 is about Taking Action on Isolation. Once a Young Carer is referred to us, we complete a Young Carers Assessment to identify the support they need to be able to have full and varied lives alongside their caring roles. Young Carers Action Day is an annual event led by Carers Trust. It raises awareness and calls for action to increase support for young people with caring responsibilities, we would like to use this opportunity to reach out to you!

We have included 2 posters for you to share, one for Professionals to send to colleagues and one for Schools, if you are able to display these in school it would be much appreciated.

While we are able to provide Monthly Workshops and some activities to give small pockets of Respite to those registered with us, we would like to develop groups within school that would be more easily accessible to most of our Young Carers, providing additional support within their own communities.

Can you help us to support Young Carers and Young Adult Carers in their school environment?

Please take a look at the rest of our newsletter to see how we can work together to reduce Isolation for our Young Carers.

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The Children's Society

800,000

young carers aged 5-17 care for an adult or family member in the UK.

27%

of young carers aged 11-12 miss or have difficulties at school due to their caring responsibilities

A young carer is someone under 18 who cares for another person - picks up mum's prescription, dresses dad, takes their little sister to school. Life is demanding. But they still have to study for exams, look after themselves, and not lose sight of their dreams. We make sure young carers get the same opportunities in life as those who don't have to care for someone. Caring shouldn't hold them back.

The Children's Society (childrenssociety.org.uk)



Imago Young Carers Services

For School Staff, Imago are able to offer short awareness presentations or longer training (CPD) sessions, depending on your schools needs.

We can also deliver Assemblies to raise awareness of young carers in schools as well as helping set up in-school support for your Young Carers.

The Children's Society offers a Young Carers in Schools (YCiS) Programme with Awards for Schools, at three different Levels, and Imago are able to support schools with this Award.

If you would like to take a look at YCiS Awards, visit [The Children's Society website-Young Carers In Schools Award | Young Carers | The Children's Society \(childrenssociety.org.uk\)](http://The Children's Society website-Young Carers In Schools Award | Young Carers | The Children's Society (childrenssociety.org.uk)).

Do you need more help with the award?

Speak to your local coordinator or contact

Jo Walbank-Children & Young People's Operations Manager,

jo.walbank@imago.community

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Other Awareness Days Coming Soon . . .

Awareness Days are great for showing pupils that we are an all-inclusive community.

Awareness Days/Months can be a great way to help young carers, and the wider school community learning about conditions that might be a part of everyday life for some young carers.

Supporting these days shows Young Carers that we support them & their families.

World Sleep Day on the 18th March 2022.

Have you seen the new flexible and accessible **NHS approved Sleep resources** were created for teachers, by teachers, to spark discussion among young people about the physical and mental benefits of sleep.

Visit their School Zone to download **Sleep resources** for Year 6.



World Down Syndrome Day

21st March 2022—World Down Syndrome Day

established by the UN in 2011 to raise awareness of Down's Syndrome and the varying accessibility of health care for those with the condition across the world.

2nd April 2022

World Autism Awareness Day aims to shine a light on autism to increase awareness about life for Autistic adults and children. Organizers hope to impart knowledge about Autism Spectrum Condition (ASC) around the world and spread information on how important it is to detect an early diagnosis in particular.



Autism affects both men and women of all races in all countries. It has an especially large impact on children and is a very common condition. This is precisely why raising awareness of ASC is so important!

Who are we able to support?

Imago Young Carers services operates across East Sussex, Kent, Bexley, Havering and Southwark

We support young people who have caring responsibilities, however big or small, for a family member who has a:

- disability
- mental health issue
- substance misuse problem
- learning difficulties
- long term condition

Are you ready to make a referral:

Visit www.imago.community/children-and-young-people to check the service provision on your area, as age ranges differ across Counties and Boroughs.

Does the young person have a caring responsibility?

Have you spoken with the parents about the referral?

Do you have parental consent to refer?

Do you know about the condition of the person who is cared for?



Contact Us

youngcarers@imago.community

shortbreaks@imago.community

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