

BARNET CARERS AND YOUNG CARERS SUPPORT

Sandra Langham - Schools Manager



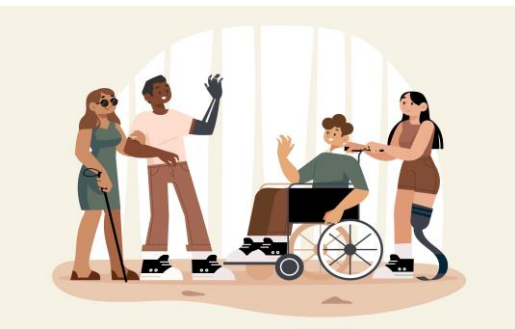
We are Barnet Young Carers



Barnet Young Carers is a team that sits within the charitable organisation, Barnet Carers. We provide accessible support to young carers between the ages of 5-17, and offer a range of services that include family support, social events and outings, emotional support and help with education/future prospects.

Our mission is to **enable all young carers to thrive** by empowering them to live the life they want and aspire for.

It is now an Ofsted requirement for schools and educational establishments to recognize, identify and support young carers.

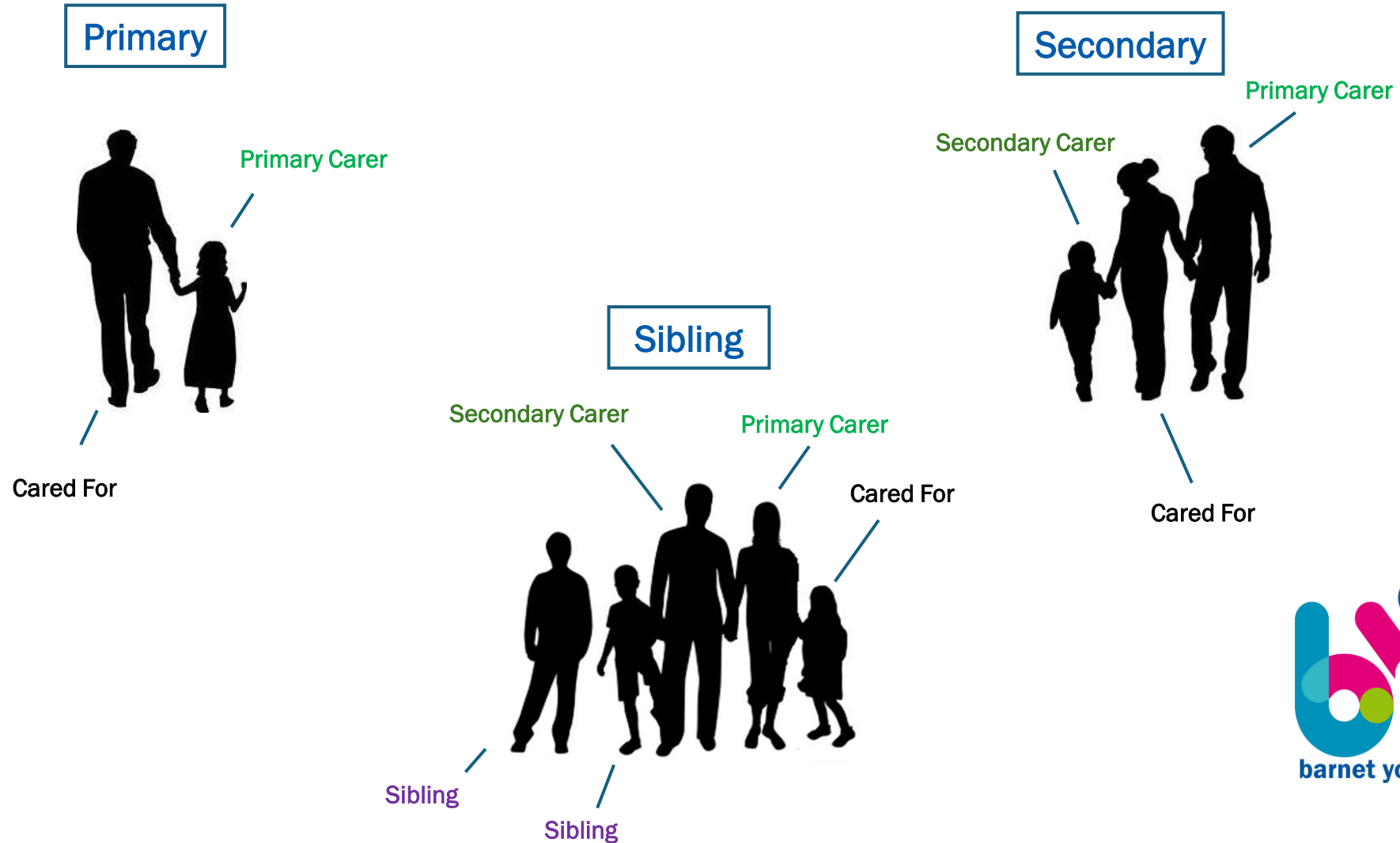




Definition of a young carer

- A young carer is defined as a person under 18 who regularly provides emotional or practical care for a family member or friend with a disability, illness, mental health condition, or addiction. They take on responsibilities beyond normal chores—such as cleaning, cooking, emotional or personal care—that may impact their education, social life, or development.
- **Common Tasks:** Physical assistance (dressing, lifting), managing medication, household tasks (cleaning, shopping), finances and bills, emotional support, and supervising younger siblings.
- **Impact:** The care provided is often intensive and can lead to missed school, isolation, and anxiety about the person they care for.

Understanding the different Caring Roles



Responsibilities of Young Carers

“ *Young carers take on practical and/or emotional caring responsibilities that would normally be expected of an adult* ”
- The Children’s Society

Responsibilities



Domestic Tasks



Practical Support



Physical/Personal Care



Sibling Care



Emotional Support

Siblings are young people who grow up with a brother/sister/step-brother or step-sister with any of the above.

The Positives of being a Young Carer

Some of the positive attributes and experiences of being a young carer are:

- Learning valuable life skills
- Strong family values
- Social competence/empathy
- Being strong advocates for those in need
- Developing a strong sense of responsibility
- The support and acknowledgment of Barnet Young carers



The Challenges of being a Young Carer

Impacts



It can become a 'juggling act' with:

- Managing needs of the person being cared for
- Running/helping to run a household
- Sibling Care
- School/College
- Social Life
- Maturing at a faster pace
- Managing to fit everything into one day!

How we can help: Barnet Carers Support is aimed at enhancing opportunities and supporting carers and young carers wellbeing

Family & practical
Support

School
Support

Social
Activities

Emotional
Support





How we can help: *Social activities*

- Holiday and half-term activities and outings eg theme parks, museum trips, kayaking courses, bowling trips
- Ad-hoc term-time activities eg theatre trips (Lion King and Hercules)
- Workshops (e.g., artistic, life skills workshops, creative workshops.
- Summer mentoring programs – fun activities throughout the summer

How we can help: *School support*

- **School visits** made by Barnet Young Carers (Sandra) to raise awareness of young carers among professionals and support YC's identification and access to early support.

1:1 mentoring

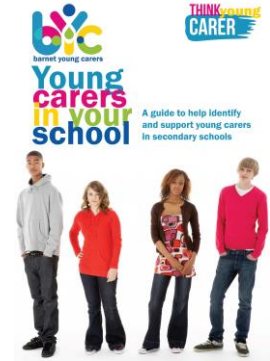
8 sessions of individual mentoring with a trained mentor (some of who were once young carers) in school settings during the school day or online when required.

Group mentoring delivered through school Groups:

4 wellbeing workshops delivered in the school to small groups of already identified young carers.

Better Gyms leisure pass

Free swimming and subsidised activities.



Parent carers support

www.barnetcarers.org

- Registration
- Leisure pass
- Counselling Service (subsidised and held at Barnet Carers centre £12 per session)
- Support Groups in various locations
- Access to small grants via Carers Trust
- Form checking support (DLA/PIP/blue badge etc)
- Benefits advice in partnership with Touchpoint (UC/ESA etc)
- Domiciliary care service
- Emergency card scheme





Any
questions?



**I am here to help
Please contact me on:**



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