



# YOUNG CARERS IN SCHOOLS



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## Young Carers in Schools Project Termly Newsletter

Since the beginning of the project there has been a significant increase in the support provided by schools for young carers. This is already making a huge difference to their well-being, attendance and attainment. We would like to take this opportunity to thank you for your support so far and we hope you have a lovely Christmas break.



## What has the project been doing?



### One to one support and events

This term we have delivered **101** one to one sessions to young carers in school.

- We delivered 4 assemblies at Porthcawl Comprehensive school
- Attended a young carers coffee morning at Coleg Cymunedol Y Dderwen
- Attended a young carers coffee morning at Pencoed Comprehensive School
- Delivered an awareness raising session to Kenfig Hill Air Cadets

In January 2020, We will be welcoming two new members of staff to Bridgend Carers Centre.

Jessie will be delivering the majority of the one to one support and Alissa will be delivering a small amount of one to one support but primarily working with 16—25 year olds to support them in transition.

### Young Carers Awareness Day 2020

Thursday 30th January 2020 marks Young Carers Awareness Day which is an opportunity to raise awareness of what young carers are and what you do to support young carers at your school.

#### Ideas include:

- Holding an assembly
- Holding a coffee morning
- Inviting your local MP or Mayor in to meet your young carers
- Delivering a staff training session on how to support young carers
  - A cake sale
- An information stall displayed at your school

All of the above can be supported by us so please get in touch if you need any help.

Further resources are available by contacting [Fbashir@carers.org](mailto:Fbashir@carers.org)

### Young Carers Clubs and Support

Bridgend Carers Centre runs a Teen Club for young carers aged 13—17 once a month at Bridgend Carers Centre. The group started in July this year and we have already done so many amazing things.

In the Summer we went to Science Cream in Cardiff for an Ice Cream Party followed by Mini Golf. In October half term we took 14 young carers to Chessington World of Adventures which was so much fun to do on Halloween! For the groups Christmas treat we took 20 young carers to Frankie and Benny's in Bridgend. We are looking forward to see what next year brings.



In November, our Young Adult Group for those aged 16—25 went to Nandos followed by the Glee Club in Cardiff. For Christmas we took them to Harvester in Bridgend for a delicious meal.



### Young Carers Schools Award

We have started rolling out our young carers schools award scheme across Bridgend and already have one school who have almost achieved the award.



### Young Carers in Schools Conference

A big thank you to all of you who attended the Young Carers in Schools conference in September at Bridgend Life Centre. We were thrilled to see such a great turn out with young carers from every comprehensive school in Bridgend in attendance and some primary schools too! It is great to see the support young carers are getting. Many of the young carers champions fed back that it was useful to speak to other staff members to share good practice. As a result of this feedback we will be putting on termly meetings for staff to attend with the first meeting being held in February 2020. Invites will be sent in the New Year.

Well done Pencoed Comprehensive School. Keep up the hard work! We will be sharing more information about the award at the Young Carers in Schools Conference in September.

Most of you now have badges for your young carers should they wish to wear

### Young Carers Have a Voice

Since September a number of our young carers have had the opportunity to speak up about their rights as a carer and share their experiences with some very important people. Sophie and Charley sat on the young persons panel at the UNCRC 30th celebration event in Cardiff and Oliver, Kyle and Charley attended a Carers Rights Day event at the Senedd in Cardiff where they discussed a number of important issues with AMs. Well done all!



A big thank you to all of the schools who have supported the young carers in schools project so far. It will make a huge difference to the lives, achievements and aspirations of young carers across Bridgend.

To get involved contact [Rhian.watts@bridgendcarers.co.uk](mailto:Rhian.watts@bridgendcarers.co.uk) / 01656 658479