



**Caring Together
Western Bay**
Health and Social Care Programme
Gofalu Gyda'n Gilydd
Bae'r Gorllewin
Rhaflen Iechyd a Gofal Cymdeithasol

HOW | ACTION FOR CHILDREN
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YOUNG CARERS IN SCHOOLS

Young Carers in Schools Project Termly Newsletter

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As you all know the young carers schools project started in September 2017. Since then there has been a significant increase in the support provided by schools for young carers. This will make 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.



Big Lottery Funds Schools Project



Bridgend Carers Centre have been lucky enough to receive three years funding from The Big Lottery to continue the work we are doing with schools. This means we are now able to expand the project and make it even bigger and better! This funding will allow us to employ another member of staff to support the project as well as develop a Young Carers Schools Award that can be given to schools who go above and beyond to support young carers. More information about the award will be given early next year.

What has the project been doing?



Since September 2018, we have been providing a lot of one to one support to young carers in schools. This term we provided one to one support to young carers in:

- Bryntirion Comprehensive School
- Brynteg Comprehensive School
- YGG Llangynwyd
- Maesteg Comprehensive School
- Bridgend College

In November, Coleg Cymunedol y Dderwen invited us in to do a PSE day with their pupils to raise awareness of young carers. We were warmly welcomed and had great feedback off the pupils and staff.

We were invited to attend Bridgend College Fresher's Fayre where we gave out lots of information and spoke to a lot of students.

CARERS RIGHTS DAY

Friday 30th November was Carers Rights Day. This year's theme was 'Caring for My Future' which fit in really well with the importance of supporting young carers in school. Pencoed Comprehensive School were kind enough to invite us in to hold a workshop with their highly attended Young Carers Group. We looked at their right to an education, to a social life and to a future as well as learning some mindfulness and relaxation techniques.

Young Carers Update:

Here are the number of young carers who have had a young carers assessment in each school:

- Brynteg Comprehensive School - **17**
- YGG Llangynwyd - **10**
- Maesteg Comprehensive School - **10**
- Archbishop McGrath High School - **14**
- Bryntirion Comprehensive School - **9**
- Porthcawl Comprehensive School - **8**
- Pencoed Comprehensive School - **9**
- CCYD - **26**
- Cynffig Comprehensive School - **23**
- The Bridge MPS/ YBC - **4**



Welsh Young Carers Council

Four young carers from Bridgend have been elected to sit on the Welsh Young Carers Council. In addition to this, Oliver Davies, from Bryntirion Comprehensive School was chosen to represent the Young Carers of Wales as a member of the Welsh Youth Parliament.

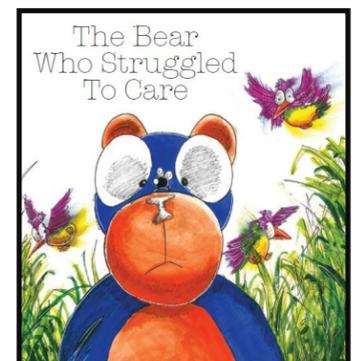
We held a 10 week, after school, mindfulness group in Bridgend Carers Centre which was attended by pupils from Bryntirion Comprehensive School, Pencoed Comprehensive School, YGG Llangynwyd and Archbishop McGrath Catholic High School. Young Carers commented that it taught them useful techniques they can use to manage their caring role more effectively.

YOUNG CARERS AWARENESS DAY

Young Carers Awareness Day will take place on Thursday 31st January 2019. Next year's theme will be 'Care for Me too'. We will be holding a Young Carers Awareness Day party to share good practice and celebrate the work that is being done in Bridgend. See attached for more information.

'The Bear who Struggled to Care' - update

In our summer newsletter we told you about 'The Bear Who Struggled to Care'. A book that was written by young carers in Bridgend. The aim of the book is to raise awareness of young carers amongst small children and so we gave every primary school in Bridgend a copy of the book to share with their pupils. We were thrilled when we were contacted by The Vale of Glamorgan County Borough Council who wanted to purchase 110 books so they too could give a copy of the book to each of the primary schools in The Vale. We are so glad to see the message of young carers spreading across South Wales and further afield.



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.bennett@bridgendcarers.co.uk/ 01656 658479