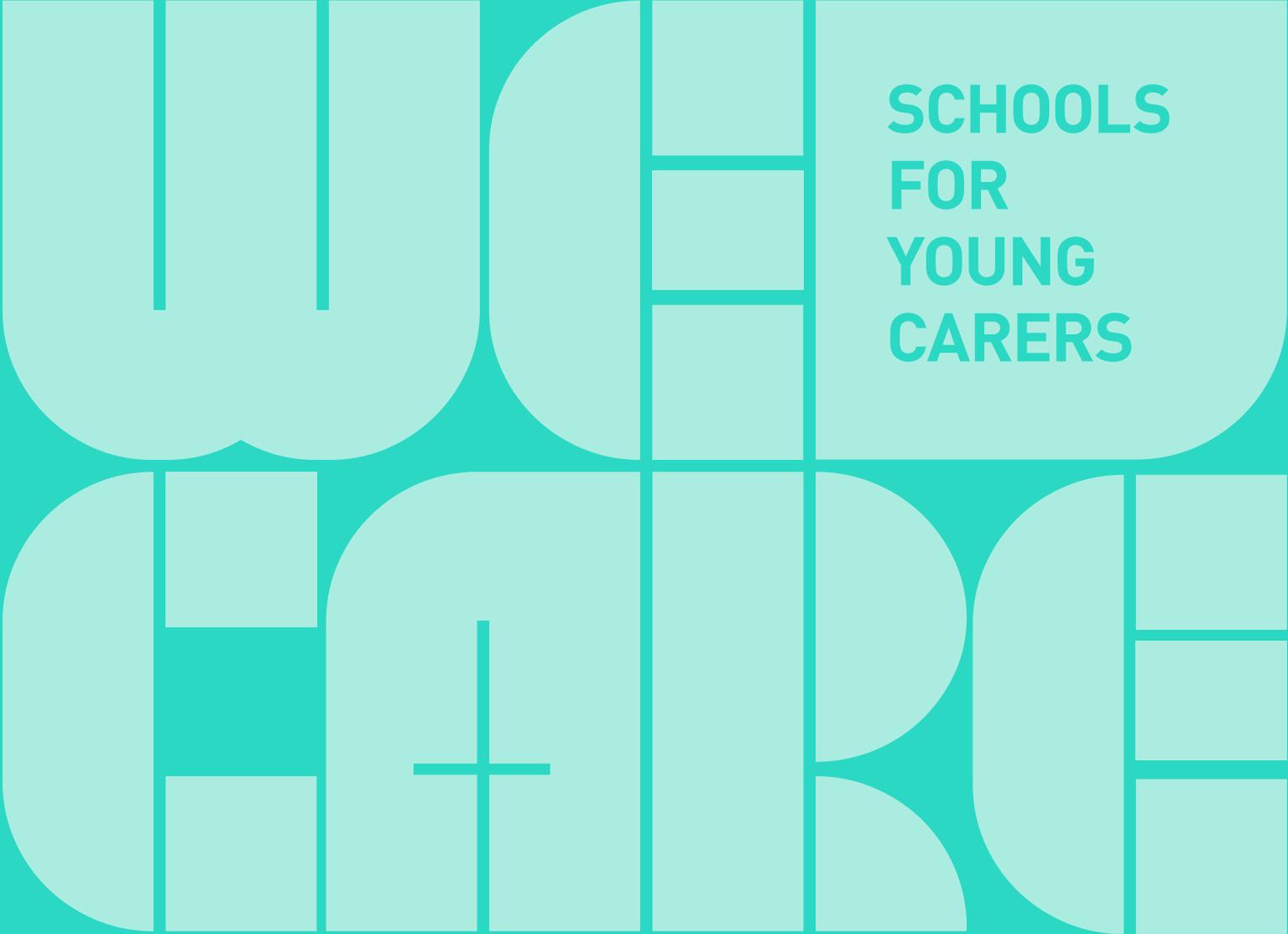




SCHOOLS
FOR
YOUNG
CARERS

We Care Schools for Young Carers Award
Information and Guidance

EDINBURGH
YOUNG
CARERS



**SCHOOLS
FOR
YOUNG
CARERS**

Welcome!

This information booklet is for anyone who works in a school in Scotland, who would like to improve their practice and develop whole-school processes for identifying and supporting students with caring responsibilities, as well as for schools who wish to be recognised and celebrated for making a difference in the lives of young carers.

Scotland's 2011 Census shows that there are 10,002 young carers aged under 16, but the best estimate of young carers aged under 16 years in Scotland is the Scottish Health Survey 2012/2013, in which 29,000 of children aged 4-15 identified themselves as young carers

(4% of the population)¹. Estimates suggest that there may be as many as 100,000 young carers in Scotland, around 10% of the population. However, only around 4000 young carers are directly supported by specialist young carer organisations across Scotland, which means there is a huge amount of identification and supported that is best placed to happen in one place – school!

39%

young carers care for a sibling

100,000

young carers in Scotland

4000

young carers are directly supported by specialist organisations.

80

Schools and Education establishments in Edinburgh have designated Young Carer Co-ordinators.

What is a young carer?

At Edinburgh Young Carers, we support children and young people from 5 – 20 years old who have caring responsibilities for someone else at home, as a result of chronic illness, disability, mental health or drug and alcohol misuse. Young carers may be taking on physical and/or emotional caring roles, and can be caring for adults or other children within the household.

Caring can impact on a young person's life in many ways, including their health, education, social and financial situation. In particular, young carers can struggle with balancing their education and their caring responsibilities. One study found that 27% of young carers in secondary school, and 13% of young carers in primary school experienced some educational difficulties. This increased to 40% for those young people who were caring for someone with a drug or alcohol misuse problem². A recent report by Carers Trust found that young carers surveyed had missed or cut short an average of 48 school days each per year because of their caring responsibilities³.

It is worth highlighting that these statistics only capture information from identified young carers, and in fact, many remain hidden and unidentified, concealing the impacts of their caring role. Families may not disclose a caring role for a number of reasons, including stigmas and stereotypes around caring, fear of intervention or family breakdown, or simply not realising that young carers are doing anything extra at home that other children their age are not, and that there is support out there to help.

Remember



...not every carer's role looks like this



Some carers' roles look like this

George Heriot's School, Edinburgh

80%

of Young Carers feel they **miss out on childhood** experiences

Young carers miss or cut short

48

school days per year

² Dearden, C & Becker, S (2004) Young Carers in the UK: the 2004 Report. Carers UK, London. Available to download from www.carersuk.org

³ Carers Trust (2014) Time to be Heard: A Call for Recognition and Support for Young Adult Carers. Carers Trust, London

Schools Awareness Raising Project

To challenge this situation, many schools across Scotland are undertaking some great awareness-raising and support work for young carers. As part of the Schools Awareness Raising Project delivered by Edinburgh Young Carers since 2010, we have been working directly with schools in the City to increase their engagement with young carers. We have liaised directly with around 25 schools across Edinburgh each year of the project, and over 80 schools and Higher Education / Further Education establishments have designated Young Carer Co-ordinators to develop and grow practice around identification and support.

What can the Schools Awareness Raising Project offer?

Awareness-
Raising
Assemblies

Pupil
Workshops

Staff
Meetings and
Professional
Training

Policy and
Process
Development
and Guidance

Young Carer
Co-ordinator
Support &
Network
Meetings

Young
Carer
Support
Groups

After pupil workshops, pupils have fed back to us that they now appreciate “how worrying life can be as a young carer”, “who I should speak to if I was a young carer” and “what friends can do to help”

“Informative – added to my knowledge. Excellent delivery – clear, concise and well-paced.”

What is a Young Carer Co-ordinator?



Young Carer Co-ordinators in schools take the lead role in promoting practice to raise awareness of, identify and support young carers and their families.

The Young Carer Co-ordinator is usually a HT, DHT or a Pupil Support Leader, but can also be one member of staff, or a team of colleagues, with an interest in improving outcomes for young carers.

The Co-ordinator(s) should be known to all staff, pupils and parents/carers, and ideally will have made contact with their local young carers service to facilitate partnership working and onward referrals. There is a lot of training and support available to assist you in your role as YCC – get in touch with us here at the Schools Awareness Raising project at Edinburgh Young Carers to find out more.

Our work in schools 2014 to 2019

20,661

Pupils engaged with the Schools Awareness Raising Campaign across five year period.

81

Teachers are now members of our Young Carer Co-ordinator Network across Edinburgh



1,246

Education Professionals engaged with the campaign through Young Carer Co-ordinator Network or Professional Learning events

24.2

was the average number of schools that engaged with the Schools project each year

The school team delivered a total of

342

Workshops

37

Opportunities provided by the school team for professional learning and development

406

hidden Young Carers Identified across Edinburgh

Policy Context

Your School's Responsibilities for Young Carers

The Carers (Scotland) Act 2016 aims to ensure better and more consistent support for adult and young carers, and to make it easier to get this support. There are duties placed on local authorities to better support and identify young carers, and offer all identified young carers (or young people who appear to be young carers) an assessment of their situation, through preparation of a Young Carer Statement.

The Education (Additional Support for Learning) (Scotland) Act 2004, as amended by the 2009 Act, broadens the range of children and young people who can access additional support for learning, and one such group are young carers, who often remain hidden because of the diverse and complex nature of their caring role. The Act requires education authorities to provide additional support to young carers who might be experiencing barriers to their learning. In addition, the Curriculum for Excellence places an emphasis on all staff members to support the health and wellbeing of all pupils, encouraging them to become responsible citizens, effective contributors, successful learners and confident individuals.

Good interactive and informative session. Thank you!

The We Care award will support staff to adopt or otherwise improve their policy and practice to ensure that they are not only meeting the needs of young carers and hidden young carers within their establishments, but will also ensure that they are meeting the legislative requirements that are placed upon schools across Scotland.

Education (ASL) (Scotland) Act 2009

requires education authorities to provide additional support to young carers who might be experiencing barriers to their learning.

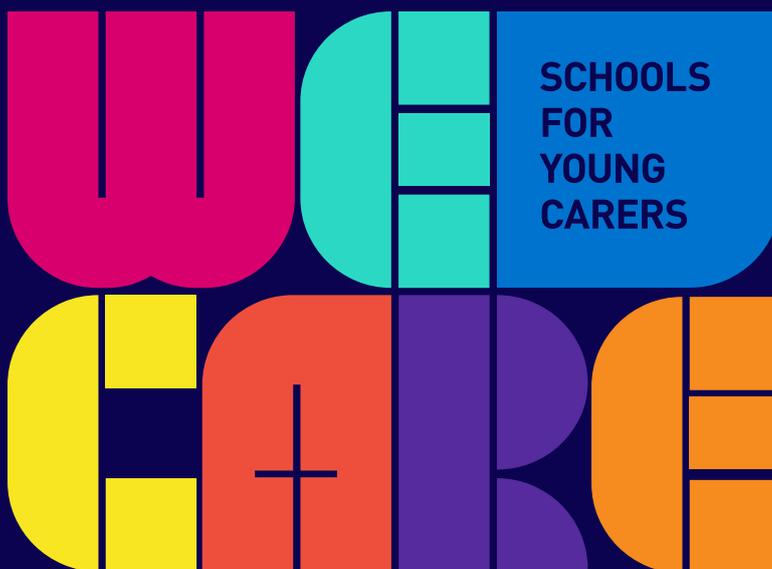
The We Care award will support staff to meet the legislative requirements that are placed upon schools across Scotland.

What is the We Care Award?

The We Care Schools for Young Carers Award recognises and rewards good practice in identifying and supporting young carers in schools across Scotland. Delivered by Edinburgh Young Carers, but with involvement from young carer services across the country, We Care aims to encourage schools to develop their skills and experience in working with young carers. By developing approaches and policies and encouraging regular self-evaluation, schools taking part in We Care will ensure that young carers are supported in achieving their identified personal outcomes, and the barriers they may be facing to accessing a full education will be reduced or removed.

The We Care Schools for Young Carers Award encompasses five themes which encourage schools to evaluate and develop their current practices with regards to working for, and with, young carers and their families:

- Awareness and Understanding**
 Creating a school environment which is inclusive, aware and understanding of young carers.
- Identifying and Assessing**
 Early identification of young carers in school, and appropriate assessment and intervention.
- Supporting**
 Ensuring a proactive, child/young person-centred approach to support provision for young carers and their families
- Listening and Involving**
 Listening to young carers, and their families, and involving them in decisions and school plans
- Working Together (Policy Development and Partnership Working)**
 Working across services, and in line with policy and legislation, to ensure young carers feel more supported



WE RECOGNISE
WE DEVELOP
WE EXCEL

We Care is a flexible and personalised programme which recognises that each school is on a different journey to supporting young carers, and so we have created three different award levels that you can achieve. Each level will provide opportunities to challenge and further your school's practice in each of the themes above, as well as be recognised for your achievements.



Recognising Young Carers is the starter level award which encourages schools to evaluate their baseline practice, and develop and adopt new ways of working which will commence the beginning of a journey to improving the young carer experience within schools



Developing Young Carers is our intermediate level award for schools who have already achieved "Recognise" or are applying for them together. On your route to this level of We Care, schools will begin to build whole-school approaches to identification and support of young carers, improving the health, wellbeing and educational attainment of students with caring responsibilities.



Excelling for Young Carers is the highest level award for schools who have already achieved "Recognise" and "Develop" or are applying for them together. In achieving this award, schools will have been supported through a pathway which will initiate sustainable change for the benefit of young carers and their families, and which young carers will have been involved in the co-production of.

To achieve each level of We Care, schools will be required to meet two standards within every theme. These standards have been developed in partnership with young carers at Edinburgh Young Carers and with Young Carer Co-ordinators across the City. The themes and standards align with the role descriptions of Young Carer Co-ordinators and with the requirements of local and national young carer policies and legislation. All of which helps to focus the actions of schools to deliver the best possible outcomes for young carers, as identified by themselves, as well as meeting policy requirements. The standards can be found in the table below for quick reference.

THEME	STANDARD	Recognising	Developing	Excelling	
Awareness and Understanding	1R1	Awareness and understanding of Young Carers and impact that caring has on their lives.			
	1R2	Our School has a "Young Carer Co-ordinator"			
	1D1	Staff are given the opportunity to further their understanding of identification and support			
	1D2	Our school demonstrates how GIRFEC applies to young carers.			
	1E1	Our Young Carer Co-ordinator demonstrates partnership working.			
	1E2	Young Carer identification is included in our school improvement plan.			
Identifying and Assessing	2R1	Staff have had training to increase their confidence in identifying "hidden" young carers			
	2R2	Staff have access to resources and info about signposting young carers.			
	2D1	We are proactive in identifying "hidden" young carers			
	2D2	We have systems in place to monitor and evaluate young carers			
	2E1	We take into account caring roles at the point of enrolment			
	2E2	We provide a Young Carer Statement to young carers identified			
Supporting	3R1	Young carers are supported through existing school partnerships			
	3R2	We are aware of making info and support accessible			
	3D1	We provide young carers with information about support outwith the school environment.			
	3D2	We provide opportunities for young carers to spend time together			
	3E1	We take a proactive approach in providing info to the cared for person.			
	3E2	Young Carers are provided enhanced support at times of transition			
Listening and Involving	4R1	Young Carers and their families are involved in decision making.			
	4R2	Our school provides equity for young carers in all aspects of school life			
	4D1	We recognise the achievements of young carers.			
	4D2	Young Carers have a "forum" or opportunity to evaluate school policy and practice			
	4E1	Young carers are supported to work towards and achieve Youth Awards.			
	4E2	Young carers are given a platform to express their views on a local and national level.			
Working Together (Partnerships and Policies)	5R1	There are opportunities for young carer to receive support through appropriate partnerships.			
	5R2	Our school has a charter or framework for support available			
	5D1	Our school work closely with the school nursing team in relation to young carers.			
	5D2	We have developed a "Young Carer Policy" and/or have reviewed our current policies.			
	5E1	We explore opportunities to share good practice within our locality.			
	5E2	Our Young Carer Co-ordinator and key staff members are up to date with relevant policy and legislation for young carers.			

The We Care Process

To take part in the We Care Schools for Young Carers Award, you can register through the Edinburgh Young Carers website or by contacting the Schools Awareness Raising Project team directly at EYC. You can begin the award at any time during the academic year, but registration will open each year in September, the application deadline will be the following May, and awards will be presented at a celebration event in September. More information on the timeline of the award can be found at the end of this booklet.

You can also access our “We Care Themes, Standards and Evidence” booklet, which details all the themes and standards in full, as well as ideas of what information you might want to submit to evidence your application, and ideas on where to find help and guidance to complete each standard. Applying for your award and submitting evidence is easy thanks to our secure user-friendly web portal. When applying for an award, you must include evidence which proves you have completed all the standards up to, and including, the level of award you are applying for.

The We Care Online Portal – How to Submit Evidence

In response to consultation with Young Carer Co-ordinators across Edinburgh, we have developed an online portal through which you will have access to exclusive support documents and guidance, and the opportunity to upload and send evidence for your award application, without the need for printing, posting or emailing.

Once you have completed registration for the We Care award you will be given secure access to your schools portal page. Within the portal you will be able

to track your progress through the We Care award, with visual representations of the awards you have achieved and easy access to your downloadable e-badges and certificates.

The main features of the portal include the opportunity for schools to upload and submit evidence electronically, which will remove any complicated administrative tasks from award application by allowing you to upload evidence as you go, and choosing to submit your application only when you are ready, and at a time that is right for you.

By registering for the We Care award, you will also have access to new and exclusive guidance documents and support tools, which are only available to award participants. These tools have been written by our Schools Awareness Raising Project team, with reference to current policy and legislation, and in consultation with the young carers we work with at Edinburgh Young Carers as well as Young Carer Co-ordinators across Edinburgh.

On submission of your evidence, the Award Panel will meet in June each academic year to review evidence, award applications and provide feedback. If you are successful in your application, your certificate and e-badge will be uploaded to your portal page for you to access for your own use. We will also be in touch to invite you to our celebration event in the next school term. If you are unsuccessful, we will be in touch to provide feedback from the panel and support a re-application, if appropriate.

The Panel



Supporting You through the Award

The Schools Award Team at Edinburgh Young Carers is on hand to support you through the award pathway, from providing guidance on the appropriate award level for your school, helping to implement and develop change for young carers, and answering questions about award applications. In addition, the following resources will assist in your journey to achieving a We Care Schools for Young Carers Award:

- “We Care Themes, Standards and Evidence” – a comprehensive guide to all the standards in the award, which is available on the We Care website www.youngcarers.org.uk
- Exclusive access to supplementary guidance documents and support tools through the Award Online Portal – available after registration
- Invitations to We Care information-sharing and professional learning events throughout your award journey
- Schools Awareness Raising Project – Resource Pack and Lesson Plan Pack (available on request from Edinburgh Young Carers)
- Invitations to the bi-annual Edinburgh Young Carer Co-ordinator Network Meetings
- A bi-annual e-newsletter with information about young carer services, supports, policies, toolkits and upcoming events

Contact Us

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We Care Schools for Young Carers Award Timeline

SEPTEMBER

Award
Registration
opens

Including launch event



Autumn Term

Networking and
sharing event
with the other
schools.

Spring Term

CPD opportunity
for teachers
and other
professionals.

MAY

Deadline for
Award Evidence
to be uploaded
to Portal

JUNE

Schools
Informed of
Award Achieved



SEPTEMBER

Awards presented
Including celebration event



Awards achieved will expire after two years at which point schools will have to re-submit evidence for the appropriate award level.

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**Very well delivered,
interesting content, can
see you are passionate!**



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