



Peer mentors: Information about young carers in Sheffield

Developed by young people and staff from:



Thanks to SYC members Alex, Alivia, Emma, George, Jamal, and Jess for producing this information.

Thanks also to SYC's 8-12 year old members for their contributions.



Young carers facts



- **1 in 12** children and young people are young carers (BBC, Nov 2010).
- This means around 3 in every class in the city and **over 7000 young carers in Sheffield!**
- The average age of a young carer is **12** but lots of people who are younger than this are also young carers.

“Being a young carer is something to be proud of.”

Young carer, age 14

Ways to get help for young carers in Sheffield:

Speak to someone

Explain to young carers that, for them to get help, the most important thing is to speak to someone.

If no one knows, no-one can help!

Remind them that they won't get in any trouble and let them know you are going to talk to our school's Young Carers' Lead about this – or they may want to do this themselves.

“You can help young carers get the help they need.”

Young carer, age 13

Ways to get help for young carers in Sheffield:

Speak to someone

Name of our school 'Young Carers Lead'

(this is the person who helps young carers in this school):

What this school offers to our young carers:

Ways to get help for young carers in Sheffield:

Help outside school

- **Sheffield Young Carers** supports young people aged 8-25 who are caring for someone in their families. It offers young carers:
 - Someone to talk to for information and help
 - Support groups where they can meet other young carers and get skills, support and fun
 - Lots of trips and activities
 - Information about other places they can get help in Sheffield
 - Help and activities for the whole family
- For more information, including films made by young carers, see:
www.sheffieldyoungcarers.org.uk

“Sheffield Young Carers gives you more confidence, helps you in the future and listens to you and supports you.”

Young carer, age 15

Ways to get help for young carers in Sheffield: Getting a Young Carers' Assessment



**Do you look after or care
for someone at home?**

The questions in this paper are designed to help you think about your caring role and what support you might need to make your life a little easier or help you make time for more fun stuff.

Please feel free to make notes, draw pictures or use the form however is best for you.



Ways to get help for young carers in Sheffield

Getting a Young Carers' Assessment

- Since April 2015, we have a new law in the UK – young carers now have the right to an assessment. This is brilliant news because it means they have been recognised properly in the law for the first time!
- An assessment sounds serious but it's actually just a booklet (pictured on page 6) to help young carers tell an adult about their caring at home. This will help them and the adult find ways to make their life and their caring role easier.
- To find out more, speak to your Young Carers' Lead in school or go to:
- <https://www.sheffield.gov.uk/home/social-care/young-carers-assessment>

Training activity - Create a virtual young carer

In small groups, using words and / or pictures around a picture of a person and the case study of a young carer that you have been given, create a virtual young carer.

Here's what your young carer will need:

- Name
- Gender
- Age
- What help does the young person provide to their family member? (Think about tasks they do but also the emotional help they give).
- How do you think your young carer feels about the help he/she provides?
- How might this affect their school life, their health and their social life/friendships?
- What would you do if you were their mentor?



Training activity - Create a virtual young carer

Group 1

I care for – Mum

Why? – Mum has mental health issues

Background:

Single parent family with two younger sisters at home.

Mum finds it hard to leave the house and often cries.

Group 2

I care for – Brother

Why? –Brother has autism and ADHD

Background:

My brother is 14 years old – he is my only sibling.

He can get angry and shout and lash out. Mum and dad both work.

Group 3

I care for - Dad

Why? – Dad drinks too much alcohol

Background:

Dad had an accident and can no longer work so mum has to work long hours at night.

When dad drinks he gets sad and falls asleep.

Group 4

I care for – Granddad

Why? – Granddad has throat cancer

Background:

Granddad lives close by on his own.

Granddad gets frustrated when people don't understand him.

Your notes.....

Produced by Sheffield Young Carers

www.sheffieldyoungcarers.org.uk

June 2016



Company Limited by Guarantee 7461229
Registered Charity 1140105