



Lambeth  
Young  
Carers

# Identifying Young Carers

## A Guide for School Staff





# Contents

1. [Introduction](#)
2. [What is a Young Carer?](#)
3. [Why do schools need to identify Young Carers?](#)
4. [Identifying Young Carers](#)
5. [Young Carers Assessments](#)
6. [Who represents Young Carers in your school?](#)
7. [The School Census](#)
8. [Working with Schools](#)
9. [Help and Support from Lambeth Young Carers](#)



# Introduction

**From Spring 2023, Young Carers will be included in the School Census return.**

It is especially important that, going forward, schools are able to correctly identify Young Carers in all year groups, as **this data will be collected annually.**

We are really pleased to see this national initiative is happening, as it is a great opportunity to make sure that more young carers in Lambeth are identified and connected to support.

We already have many partners in schools, who proactively support young carers, and look forward to building on this.

This Booklet aims to:

- **Explain** what a young carer is
- **Recognise** why it is important to identify and support young carers
- **Advise** on ways to recognise young carers
- **Signpost** to the Lambeth Young Carers service at Carers' Hub



# What is a Young Carer?

**“A young carer is someone under the age of 18 who looks after someone who has a disability, illness, mental health condition, or drug or alcohol problem.” – [The Children’s Society](#)**



As well as those caring for parents, young carers may also support brothers, sisters, elderly relatives or even friends.

**A young carer might care in all sorts of ways**, be it through personal care, help around the home, or by providing emotional support.

**The Young Carers Alliance suggests that up to 10% of all children are providing high levels of care.**

# Why do schools need to identify young carers?



**Inclusion of Young Carers in the School Census, marked the first UK attempt to formally identify and record the number of young carers in schools, and monitor their progress.**

This change is a positive step forward for young carers as they currently face numerous challenges, which need to be better understood and addressed on a local and national level.

**School attendance and attainment are often negatively impacted by caring duties, directly and indirectly.**

If young carers are not identified at an early stage then they may end up taking on inappropriate and excessive levels of caring responsibilities.



A recent survey by the charity Caring Together found that on average **young carers were caring for 3 years before receiving any support**, and there were some caring for more than 10 years. We hope the new census will improve the statistics.

# Identifying Young Carers



Sometimes young carers will self-identify, or a parent/guardian may disclose the young persons' caring status.

**It is important that any member of staff who learns this information knows who to share it with**, e.g. a staff member who acts as Young Carers Champion, or the inclusion team.

Many young carers go unnoticed, which often happens because they do not know what a young carer is, or that their responsibilities outside of school count as unpaid care.

**The Carers Trust have created a handy checklist to help identify young carers**, which you can find on pages 14-15 in [this document](#).



You can also ask all pupils to fill in the same form to help identify young carers. The **'Caring jobs I do'** questionnaire on page 11, or the longer version on pages 16-17, of [this Carers Trust document](#) is a **good starting point**. These could be given out as part of a PSHE lesson on Young Carers, or done as a quiet registration/form-time activity.

# Young Carers Assessment



Once identified the Young Carer can be referred for a Young Carers Assessment. If the student lives in Lambeth, or cares for somebody in the Borough, you can get in touch with [Lambeth Young Carers](#). To find services elsewhere, use [this search tool](#).

These assessments learn about the carer's needs, as well as the person they care for. A plan is then created and implemented to ensure that the young carer is supported and not taking on too many caring duties.

**All carers under the age of 18 are entitled to an assessment.**

The Young Adult Carers (16-25) are entitled to a transition assessment. At Carers' Hub we can support them with this and will carry out our own assessment to understand the needs of the YAC and put in place a support plan.

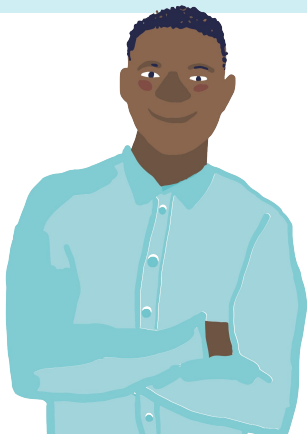
You can get in touch by email [youngcarers@carershub.org.uk](mailto:youngcarers@carershub.org.uk), or call **020 7501 8972** to find out more or make a referral.



# Who represents Young Carers in your school?



It is important to know who coordinates Young Carers' support within your school. This is key information for both staff and students.



This is often a SENCO, Pastoral Team lead, Deputy Head, or another member of staff who volunteers as **Carers' Champion**. This person is responsible for monitoring and supporting the schools' young carers, as well as communicating with local services about their welfare.

**A whole school approach is key** to ensure all young carers are recognised and feel supported. The Children's Society and Carers Trust partnered to create the [Young Carers in School](#) initiative. YCIS provides a 10 step guide, with resources, to make it as easy as possible to support your student carers. [Step 7](#) includes resources for staff training and awareness. They also have an [award scheme](#).





# The School Census

For the Census, schools need to assign all students a code:

**N** - Not Declared, for students who are not known to be carers

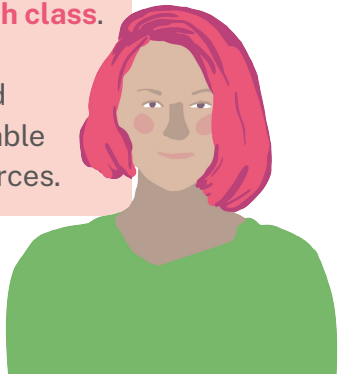
**P** - Identified as a young carer by parent or guardian

**S** - Identified as a young carer by school

It is important to to discuss care roles with both students and their parents, in order to assign the appropriate code.

Estimates show that there will be at least **1-2 young carers in each class.**

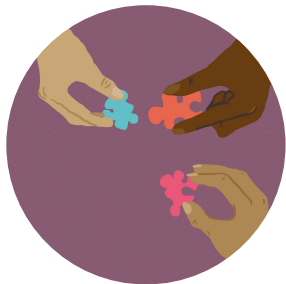
Schools play a vital role in recognising these pupils, and helping them to access valuable support and wellbeing resources.



# Working with Schools



At Carers' Hub we work to ensure that schools are kept involved and are up to date with the needs and support required by a Young Carer, as determined by the assessment.



Following the assessment, and with guardians' permission, we offer in-school visits and establish an open line of communication between the young carers, ourselves, and their school.

Support may include further input from other organisations, as we work collaboratively with services to provide comprehensive support.

## **We also provide education and training for schools!**

Carers' Hub can run school assemblies, staff workshops and Carer Awareness sessions for professionals. Please [get in touch](#) with the team if you'd like to know more.

**Through our educational project funded by Walcot Foundation, we will continue to liaise with local schools.** We want you to feel confident in the process of recognising, referring and supporting young carers.



# Help and Support from Lambeth Young Carers



Every **Monday, 5-6 pm** **online** via Google Meet, and every **Tuesday, 4.30-6.30pm in person** at 336 Brixton Road.

## Homework Clubs

The Homework Club is a place where **Young Carers, aged 11 to 16**, can complete their homework in a quiet and supportive environment. It is also a space for young carers to connect with each other, make friends and have a fun and relaxing time away from caring.

## Support and Advice for the Whole Family

Sometimes, you can't improve the health and happiness of a young carer without improving that of the whole family.

That's why we take a 'whole family approach'. If a family is struggling to get something they need, we can help connect them to appropriate support.

# Social Groups and Activities



**We offer a variety of groups and activities throughout the year**, so young carers can make friends and have fun. We have monthly meet ups for secondary school aged children, as well as for Young Adult Carers (15-25).

We host activities for Young Carers of all ages, including sports and drama groups, as well as day trips. These activities increase during the school holidays. Last year included trips to Brighton, the theatre and museums, as well as seasonal activities.



Our Young Adult Carers also have opportunities to develop their skills; recent workshops included financial literacy and employment. We also support the transition into further education, and/or the world of work.



## Information and Signposting

A key part of our provision is helping Young Carers to access resources that are available to them. We maintain close relationships with organisations across the borough who can provide other forms of support and different services.

We will signpost and direct our service users to the correct resources and services where possible. Some of this information can be found in our [signposting booklet](#).



## Keep Up to Date

We email out monthly bulletins about upcoming activities for Young Carers in Lambeth, we also have a quarterly Professionals Newsletter, which shares information about what we have been up to and further opportunities for carers in the area. [Contact us to sign up](#).

We also share events and opportunities on [Twitter](#) and [Facebook](#).



# Lambeth Young Carers

Carers Hub Lambeth, Floor 4, 336 Brixton Road, London, SW9 7AA.  
Registered charity number 1182120. Company number 11403363