



What a busy summer we have had this year!

We have had lots of activities and trips out for Young Carer's to attend over the summer holidays. These have included a day out at Crystal Maze, a visit to the Peak District to do The Hunted activity as seen on TV!

We have spent 2 days out on the fantastic Ethel Barge which is a charity run organisation that has been supporting the Young Carer Service over the last year. The Young Carers have really enjoyed this and even got to steer the boat and work the locks and bridges on the canal. We are extremely grateful to everyone at the Ethel Barge for this wonderful opportunity.

We have been to Ninja Warrior; The Escape Rooms in Doncaster, with a meal for some of the older Young Carers who are now moving on to new ventures. We wish them well in the future and thank them for their support over the years but are hopeful they will keep in touch and let us know how they are doing. We have held a Transition Session at Central to support the young carers moving up to secondary school and there has been a day at the museum and the farm summer camp as seen in this newsletter.

Thanks to everyone who has attended, we have had a great summer and the Young Carers have said they have really enjoyed the activities. We will now be planning our next half term in October.

BIG SHOUT OUT!

The Young Carers team would like to say a fond farewell to some of our young carers council member's who have now gone on to the next journey of their lives.

A big thank you to these young people who have given their time and been a voice for all our young carers! To celebrate and say thank you we had a fantastic time at the escape rooms followed by a farewell meal at TGI'S.

If you would like to join our Young Carers Council and be a part of shaping the service and lives of other young carers, speak to your Young Carers worker. We would love to welcome you to the team!

ASK THE YC TEAM...

Dear YC Team

I'm in year 10 and because of my caring role I am struggling to find time for my homework and revision. Once I get home from school I just get so busy doing jobs at home and looking after my mum. How can I fit time in for my studies?

Dear Young Carer

We understand that life as a young carer can be hard and challenging at times trying to balance school, friends and caring responsibilities! Often feeling like you don't have the time for things that are also important to you! Is there an after school club or library that you could go to so you don't get distracted by responsibilities at home and focus on schoolwork? Or how about speaking with your worker and creating a revision/ homework timetable? Sticking to this may be hard but you need to remember that this is important to you! I would urge you to speak to mum and teachers too as I'm sure they would all want to help you find the time and encourage you to focus on you!

MEET THE TEAM



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YOUNG CARERS ACTION DAY QUIZ

1. How many young carers are there in the UK?
2. On average, how many young carers are there in each classroom?
3. Up to 80% of young carers are missing out on things that other children their age are doing. True or False?
4. Young carers do better than their peers at GCSE level? True or False?
5. Most teachers know who the young carers are in their class. True or False?
6. What is the average age of a young carer?
7. Young carers are entitled to a carer's assessment. True or False?
8. What percentage of young carers are bullied simply because they are helping or caring for someone?
9. Most young carers don't want to go to college or university. True or False?
10. There are young carers as young as five years old. True or False?

ANSWERS

1. A survey in 2010 by the BBC estimated there to be 700,000 young carers in the UK. More recently figures indicate that this could now have reached 800,000 according to the Children's Society
2. There are an estimated two young carers in every classroom.
3. True. A Carers Trust survey found that 80% of young carers were missing out on their childhood because of their caring role.
4. False. Young carers don't do as well at GCSE level as their peers (juggling caring and education can be tough!).
5. False. A survey found that 42% of young carers said there was not a particular person at school who recognised them as a carer and helped them.
6. The average age of a young carer is 13.6 years
7. True. Under the Care Act 2014, young carers are entitled to an assessment. In Doncaster this is done using the Outcome Star It will look at what can be done to make caring easier for a young carer.
8. In recent research, a quarter (26%) were bullied at school because they are helping or caring for someone.
9. False. The majority (84%) in a recent survey, said they intended to go to university or college.
10. True. Some services are working with younger or infant carers aged 5-8.9

DID YOU KNOW?

In Doncaster we have a free online mental wellbeing support service provided by an agency called Kooth.

Kooth offers emotional and mental health support for children and young people aged between 11 and 24.

On Kooth, qualified counsellors are online seven days a week to provide young people using the service with online counselling, through chat-based messaging via drop-in or booked sessions.

Kooth lets young people provide each other with peer to peer support through moderated online discussion boards and the ability to contribute to self-help articles and content.

Students will need to sign up to use Kooth, but it is completely free. You can sign yourself up today via their website **Kooth.com**



E-BULLETIN

There are so many great news stories happening within the Young Carers and Young Adult Carers that we want to get the news out to you sooner. There will be 4 newsletters every year which will have the latest news, events and group dates arriving straight to your inbox. If you would like to receive this FREE e-bulletin, then please email: young.carers@doncaster.gov.uk with the subject line 'Subscribe'!

Why do squirrels swim on their backs?
To keep their nuts dry!

Why did the beach blush?
Cos the sea weed!

What do you call a belt made out of watches?
A waist of time!