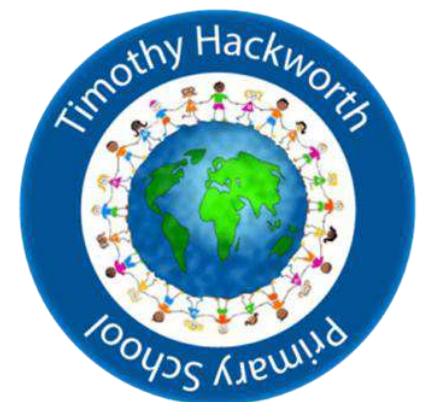


Friday 14.03.2025

Welcome back to your Family Group. 😊

How
are
you?



What do you notice?



Learning Objectives:



To know that Young Carers Action Day takes place on 12th March 2025.



To know the what the role of a young carer might look like and the responsibilities this might include.



To look at ways to develop our listening skills.



To think about ways in which we can be the best that we can be and make a difference to support our school community.

We are a Gold Rights Respecting School!



Article 29: All children have the right to be the best that they can be.



Education must develop every child's personality, talents and abilities to the full.

It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.

Article 31: All children have the right to rest and play.



Building our Learning Powers




We are a Gold Rights Respecting School!



Who Is a Young Carer?

A young carer is someone aged 25 and under who cares for a friend or family member and helps to look after people at home. This could be a parent or sibling and due to illness, disability, a mental health problem or an addiction, needs extra support to do everyday things.



Hey, I'm Mia. I absolutely love reading, playing chess, watching films and cooking.

I'm also a young carer, as I help to support my Mam at home on a daily basis.

Being a young carer is different to being helpful and doing jobs every now and then.

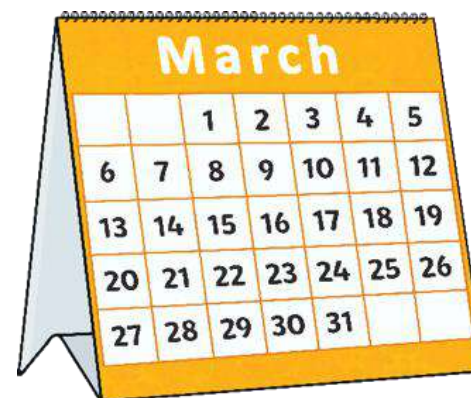
Did You Know...?

It is estimated that there are over 800,000 young carers in the UK. Some care for siblings, some care for their parents.

Young Carers Action Day

Young Carers Action Day (YCAD) is held every year during March.

YCAD used to stand for Young Carers Awareness Day. The title of the day has been changed in recent years to Young Carers Action Day, following feedback from young carers. The age range for young carers has also been extended up to 25.



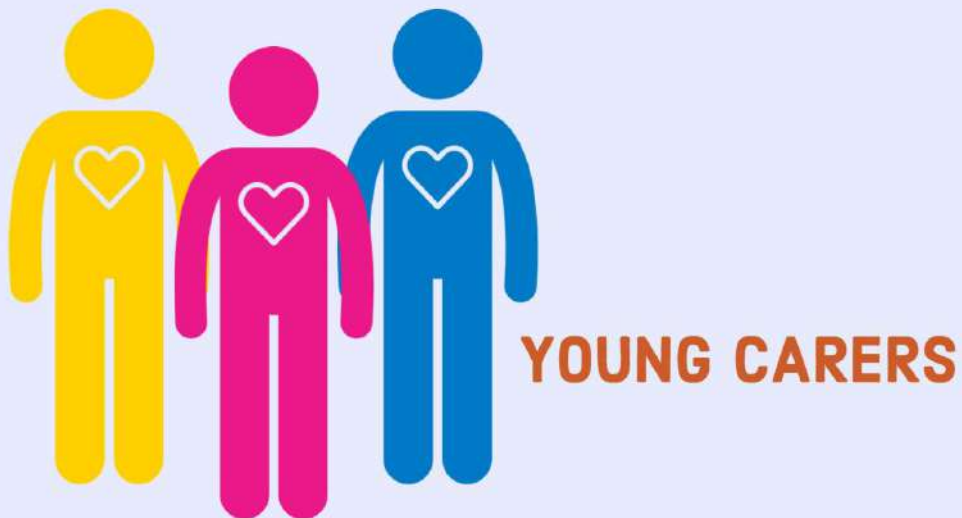
Every year, there is a different theme to focus on, but every year the overall aim is to raise awareness of young carers and the amazing contribution they make to their families and local communities.

It's easy for young carers to start feeling overwhelmed. Young carers told us that it doesn't need to be this way.

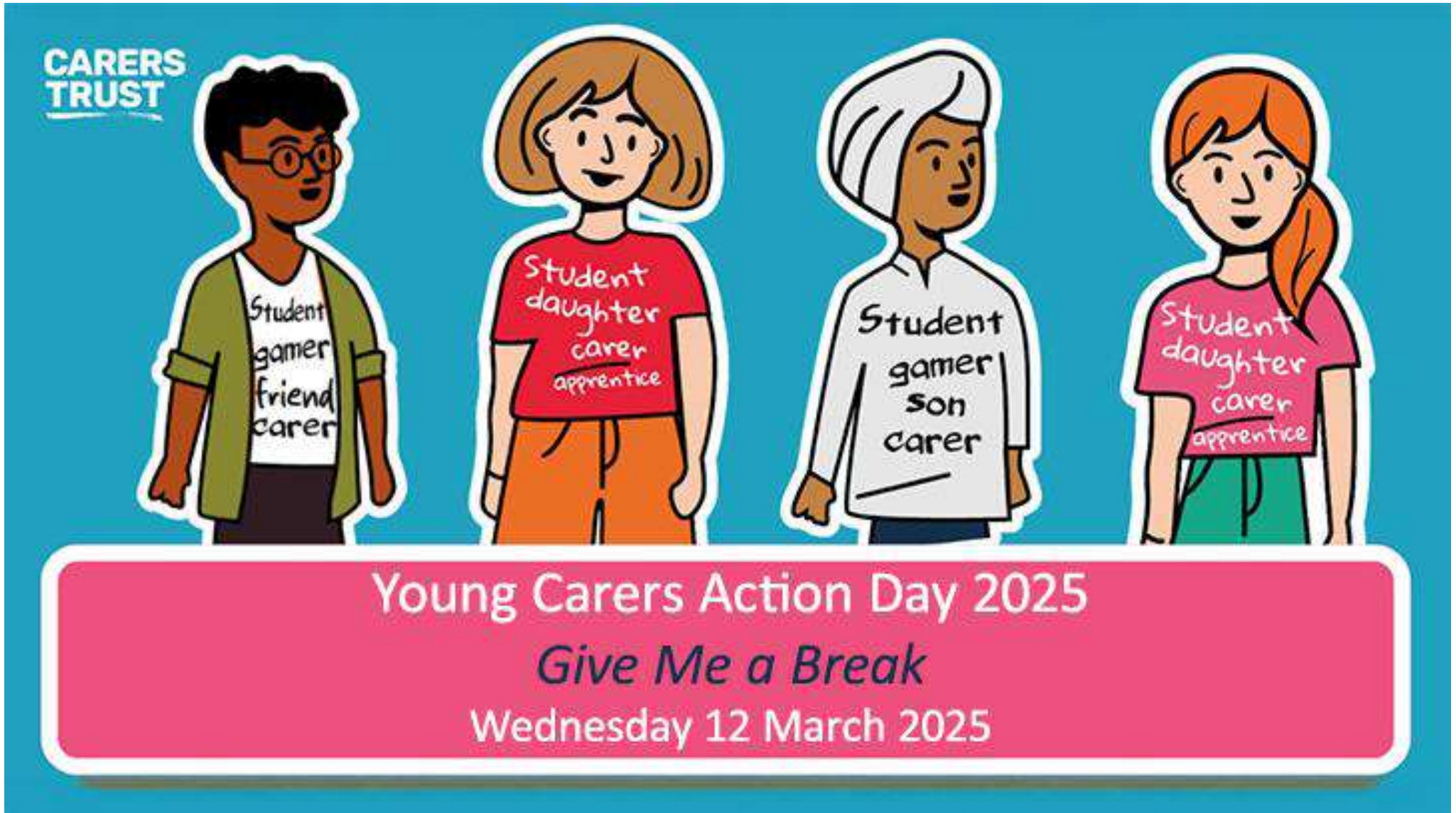
Having the right support in place can be really beneficial, giving young carers a better chance of succeeding in all parts of their lives.

What is a Young Carer?

- <https://www.youtube.com/watch?v=BxzoS3-ILu4>



The theme this year is 'Give me a break'



What do you notice about Mia's day?

Every day, I do things to get myself ready for school:

Switch off my alarm

Check on Mam and wake her up

Get dressed myself

Help Mam to get dressed

Make a packed lunch for myself and lunch for Mam for the fridge

Make breakfast for us both

Eat breakfast

Brush my teeth

Get my school bag ready

Take our puppy Frankie for a walk

There are lots of other things I do to help too throughout the day including making tea, cleaning and washing clothes.

**Listen carefully to
the diary entries.**

**What might be
different about
a day for a
young carer?**



Diary Entry of a Young Carer, Sahid

Sahid lives at home with his grandparents. He doesn't have any brothers or sisters. He is eight years old.

I have enjoyed today spending time playing board games with Grandma and Grandad.

I love it when we have days like this and Grandad is feeling well.

Grandad has difficult days where he doesn't feel well and needs to go back to bed sometimes. He was diagnosed with an illness a few months ago and he has been poorly since.

Sometimes, Grandma gets upset but she always tries to hide it from me. She was tired today as well so I helped her make lunch. We made cookies together this afternoon while Grandad slept. Grandma's cookies are the best and we sometimes bring a tin of them in for my friends at school.

I got my school clothes ready for the morning, helped with the washing and the cleaning and then helped Grandma get Grandad into his pyjamas. He likes it when I read to him, so I get us both a glass of milk before bed and we read stories together.

Grandad always makes me feel proud of myself. He said I was his champion today and that he loved me.

I sometimes feel sad that I can't do all the things with my friends because Grandad isn't always well enough but I understand that they need me and that I can help them. I feel proud of myself.



Diary Entry of a Young Carer, Amoory

Amoory is ten years old and lives with his mum and younger sister. He lives near school and the local shops.

My little sister, Alisha, jumped on me this morning to wake me up. She is loads of fun and talks a lot.

I helped her get her breakfast and then took my Mum a cup of tea. Mum is having a good day today and was able to get up and get dressed.

She made our lunch and walked us to school.

I love days like this.

Yesterday, Mum was in a lot of pain so I helped get Alisha up and dressed. I walked her to school and on our way home, I stopped at the shop to buy some things for dinner.

I enjoy cooking and made Mum and Alisha fish fingers and chips. Alisha helped by cutting the cucumber and tomatoes.

My neighbour, Tom, called around. He does this sometimes so I can go to karate with my friend. I love karate and my mum loves it when I bring home a new belt or certificate.



When I was 9 years old, my mum was diagnosed with depression. My mum finds some days really difficult and struggles to get out of bed. On days like this, I have to help my mum. My dad works away during the week and comes back late on a Friday night. During the week, I have to look after my mum and sisters. My sisters are 6 and 8 years old.

When Mum is having a bad day, I have to get myself up and ready and then get my sisters out of bed. I have to get their breakfast ready and make sure they have their uniforms on. I help my sisters pack their school bags and I make their lunches.

When we are all ready for school, I take my mum some breakfast and then tidy up the kitchen. I make sure my mum has everything she needs for the day and make sure she has some lunch ready, so I know she can get something to eat. I walk my sisters to school and then walk to my school. I am sometimes late, as it takes me 15 minutes to walk from my sisters' school to mine.

I hate being late – I have to go through the office and I dread the lady asking me why I am late again! I don't want to tell her, as Mum doesn't like people knowing when she feels sad. My mum asked me not to say anything about her 'bad days'. I tell the lady I slept in again and accept that I will get another detention, which will make me late for picking my sisters up. My sisters get upset when I am late, but Mum was having a bad day again today, so I knew she wouldn't be able to pick them up from school.

I felt really tired and fed up when I walked into school. I wanted to walk up to school with my friends, chatting about what we did last night and what we watched on TV, but I didn't get to watch TV last night. I had to make dinner for everyone, wash up and then put the dishes away. I helped my sisters with their homework, got them bathed and into bed and then I did my own homework. By the time I had washed and ironed all our uniforms and made sure Mum had taken her medication and eaten her dinner, it was 10pm and I was exhausted.

Who Helps Me?

Being a young carer is an important part of my life but it can be very hard.

I sometimes feel like I am on my own but then I look around and remember my support bubble which is made up of lots of people and lots of things that all help me in different ways.

my family



my friends



my teacher



charities and organisations (such as Young Carers, Children's Society and Carer's Trust)



My Support Bubble

My Friends

They know me and my family so they understand the extra jobs I do at home. They help me by listening to me if I feel worried or overwhelmed and they always try to make me laugh. When my Mam gets really poorly or tired, my friends and their families check on me.

Charities and Organisations

They organise events and activities so that I can meet up and hang out with other young carers from around the UK. Sometimes this is an exercise session, other times it's a day out or a trip for donuts and a chat.

My Family

They encourage me to follow my dreams and to keep sight of what I want, for myself and my future. I understand they can't always give me time straight away but I know they will always make time for me when they can.



My Teacher

She knows my situation at home and gives me extensions on homework when I need it. She is another listening ear if I need one.

My Special Skills

Being a young carer can be harder than being a child without that extra responsibility but it means that I have a whole set of skills that many young people may not have developed yet.

Because I have to fit so many things into my daily routine, I am really good at time management.

switch off my alarm
check on Leo and prop him up in bed
get dressed
make packed lunches for myself and Otis
make breakfast
listen to Otis read
eat breakfast
help Leo to get dressed



Because there are many times when Mam needs my help urgently, I am very understanding and patient.

Because I know that life can be difficult for children, even if it doesn't look like it is to an outsider, I don't judge other people.

What's happening in the news?



Let's have a look at the poster

10th-17th March



What can we learn from the experiences of others?



The Linking Network

CARERS TRUST

Coming soon

Young Carers Action Day
Theme: "Give Me A Break"
Wednesday 12th March

SAVE DATE



Reflection and discussion



Understanding the consequences of behaviour and actions.

What change will you make right now that will impact the life of a young carer?





British
Values



Individual Liberty

There are some situations or challenges we face that may be tricky. Learning how to manage risks can help us make choices and make progress in all that we do.

Discussion

Talk to your friends and make a personal pledge today.

What change will you make right now that will impact the life of a young carer?

- You may pledge to simply be more understanding if someone is late or behind with their homework and not judge their circumstances.
- You may pledge to start campaigning for awareness of the role of young carers or to establish something that young carers need.
- You may pledge to go away and learn more in your own time.

You may know a young carer, be a young carer or you may be sat with a young carer right now. What support can you offer?



PLEDGE FOR
CHANGE

Young Carers at THPS

**How can we help
and support you?**

Who can you talk to?



Which of the 17 Global Goals have we focused on today?



Which of the 17 Global Goals have we focused on today?



Reading Recommendations ... 😊

