



# HILLINGDON CARERS

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"We will be recognised as the gateway to a better life for all unpaid carers in Hillingdon"



# What is a Carer?

A carer is unpaid and provides regular support to someone else because they are ill, frail, disabled, living with a long-term condition, have a mental illness or abuse substances such as drugs and alcohol. Providing support to someone else frequently has a significant impact on the life of the carer.

Carers are parents, siblings, sons, daughters, partners, spouses, friends and neighbours and are from all social and cultural backgrounds. Most importantly many carers do not realise they are carers....



# The Local Picture

- The 2011 census figures showed that there are an estimated **2,450** unpaid Young Carers in the borough
- We are currently supporting **982** of those
  - 538 Young carers
  - 271 Young carers plus
  - 173 Young adult carers



# Young carers

A young carer may be responsible for:

- Carrying out household tasks
- Helping to administer medication
- Looking after siblings
- Assisting with personal care
- Emotional support



# Hidden Carers

At least one in ten children in Britain has some level of responsibility as a carer in their home. This equates to there being, on average, **two or three** young carers in **every classroom** in Britain.

You may think that you only have a small number of young carers in your school but the likelihood is there are many that remain hidden. They may go unnoticed.

# Hidden young carers

## Young carers are often 'hidden' because:

- ✓ The condition of the person they care for is not obvious; people do not realise they need help
- ✓ They do not realise that they are a young carer themselves or that their life is any different to their peers
- ✓ They don't want to be seen as different
- ✓ They are worried about bullying
- ✓ They worry that their family will be split up or they will be taken into care
- ✓ There has been no opportunity to share their circumstances
- ✓ They may not know who to ask for help

# The impact

- Emotional well-being and mental health
- Physical health, tiredness and disturbed sleep
- Isolation, self-confidence and social skills
- Education, achievements and aspirations



# Impact on schooling

- Lower attainment – up to 9 grades at GCSE
- 25% young carers bullied at school
- Young adult carers aged between 16 and 18 years are twice as likely to be not in education, employment, or training (NEET)

- The Children's Society, 2013



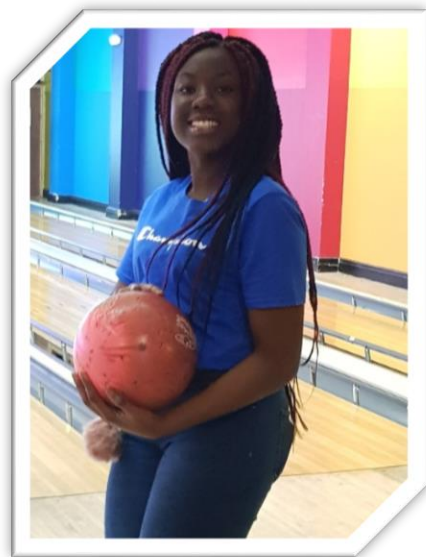


# The Young Carers Project

- 4 weekly youth clubs, attended by an average of 70 young carers per week
- Local and accessible:
  - Saturday morning at Harlington Young People's Centre, Hayes
  - Tuesday after-school at South Ruislip Young People's Centre
  - Wednesday after-school at Ruislip Young People's Centre
  - Tuesday evening at Harlington Young People's Centre (YACs)
- School holiday activities programme
- Residential holidays and weekends away
- School liaison and support
  - Teacher/staff training
  - PSHE lessons
  - Assemblies
  - School's Guide



# Trips, clubs and days out





# Residentials



# Whole Family Support

## Young Carers:

- One to one support – when appropriate
- Speaking on behalf of young carer
- Activities, clubs & trips (including whole-family outings)
- Referral to other agencies and projects

## Adult Carers:

- Support worker
- Advice on Benefits, Housing, Health and Education
- Assistance with completing benefit forms
- Carers' Assessments
- Wellbeing activities
- Carers Cafes



All of our services are **FREE** of charge

# Young Adult Carers

We have a specialist service, called N-HANCE, for young carers between the ages of 16 and 24. This project offers:

- Specialist support through the transition from school to work, or apprenticeships/further education
- Training and development workshops (such as CV writing and mock interviews)
- 1:1 support
- Information and advice
- Social activities and residential trips away
- Weekly youth club



# Why refer?

By referring to the project, young carers and their families will receive a range of support. This should improve their:

- Emotional wellbeing
- Attendance and attainment at school
- Behaviour
- Ability to make and maintain friendships

**78% of young carers state that they are performing better at school as a direct result of their contact with Hillingdon Carers**

# How to refer

If you think that you have young carers in your school then please do not hesitate to refer them to us. You can do so in the following ways:

- Phone: 01895 811206
- Email: [office@hillingdoncarers.org.uk](mailto:office@hillingdoncarers.org.uk)
- Please visit our website for further information: [www.hillingdoncarers.org.uk](http://www.hillingdoncarers.org.uk)

# What Schools Say

I am writing with regards to a member of your team who was worked with one of the most vulnerable families in my school for the past year. She has made the biggest impact on the life of this family and given the child she has been working with a real chance in life.

Before LM worked with the family this child had poor attendance, was unable to focus when he was in school due to worrying about his mother and what was happening to her, was not eating well and rarely left the house. He would be on and off CIN plans and had no real support from Social Services. His mother was not in a place where she was able to help herself. Through the hard work of LM and Hillingdon Carers the pupil's attendance has improved, he is now much more able to focus in school, is eating better because of the education LM has provided to him around healthy eating and his mother now takes him for walks around the local area.

LM was able to give significant pastoral support and help with his mother's mental health, medication, doctor appointments and hospital appointments during pregnancy and supported his mother to build up her own resilience. LM was also able to come in to school and in to his home and support him in places that he feels safe and secure. His mother is now no longer on medication and is much more confident to contact school and we have a stronger relationship.

In my opinion LM went above and beyond her role as a support worker for this family and made the biggest difference I have ever seen. As a school we always want to break the cycle and improve the life chances for children and I truly believe this is now the case for this family. We would absolutely use the Hillingdon Carers Service again.

To conclude this little boy in our school is now so much more confident and ready to learn. He is eating better, has better friendships, makes better choices and is enjoying school more than ever before. His mother is so much more confident and able to engage with us, attend school productions and will contact us if she needs help or support with anything.

***Clare Rodenas, Co-Head of School, Holy Trinity CEPS Northwood***



# Questions?

