

Norfolk Practice Week

# Young Carers, Identity and Individuality

In conversation with Mia & Dylan



The **Benjamin** Foundation

Positive outcomes  
for children, young people & families



# Welcome...

We'd love you to participate and there will be a question and answer towards the end of our presentation.

Please be considerate to others – this should be a safe, open and reflective space to learn.

If you need live captions, click on the 3 dots at the top of your screen.

Please do take 2 minutes to provide us with some feedback – we love to hear what you think. The QR code and link will be provided later.

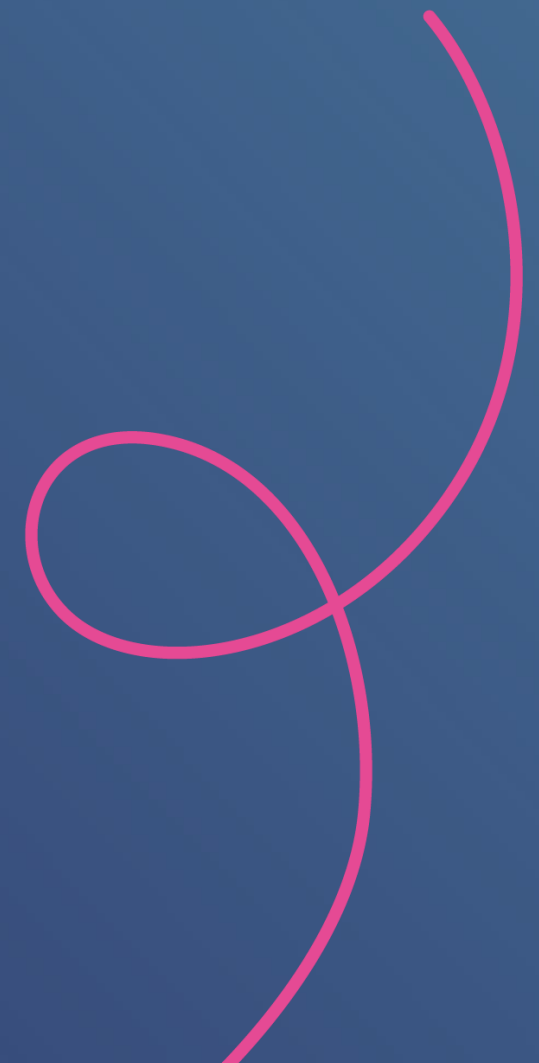
Some of these Practice Week sessions are being recorded for learning purposes. Your presenter will let you know at the start.

Thank you!



The **Benjamin** Foundation

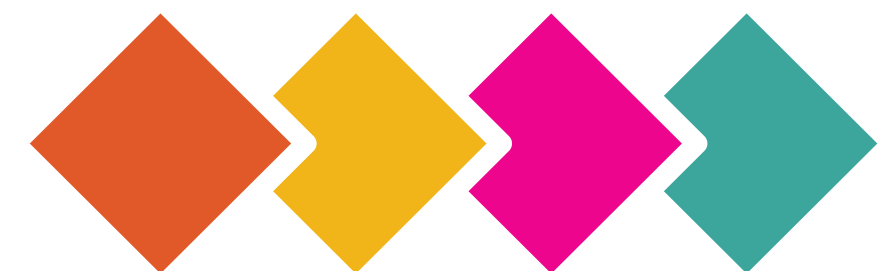
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# DEFINITION OF A YOUNG CARER

A **Young Carer** is anyone under the age of 18 who looks after a family member, partner, or friend who needs help because of their illness, frailty, disability, mental health problem, or addiction, and cannot cope without their support.

**Young Adult Carers** are young people aged 16-25.



# Young Carers may be caring for...

1

Parents

2

Siblings

3

Grandparents

4

Other relatives, e.g. aunts, uncles, cousins, etc.

5

Someone they don't live with

6

More than one person

# The Numbers



1

**18,000**

It is estimated that there are 18,000 young people under the age of 18 with caring responsibilities for a family member in Norfolk. As many as 1 in 5 secondary school pupils are estimated to be Young Carers (Source: University of Nottingham 2018)

2

**Aged 12**

The average age of a young carer is 12. Typically Young Carers are caring for at least 4 years before anyone offers any help (Source: Barnardo's)

3

**1 in 12**

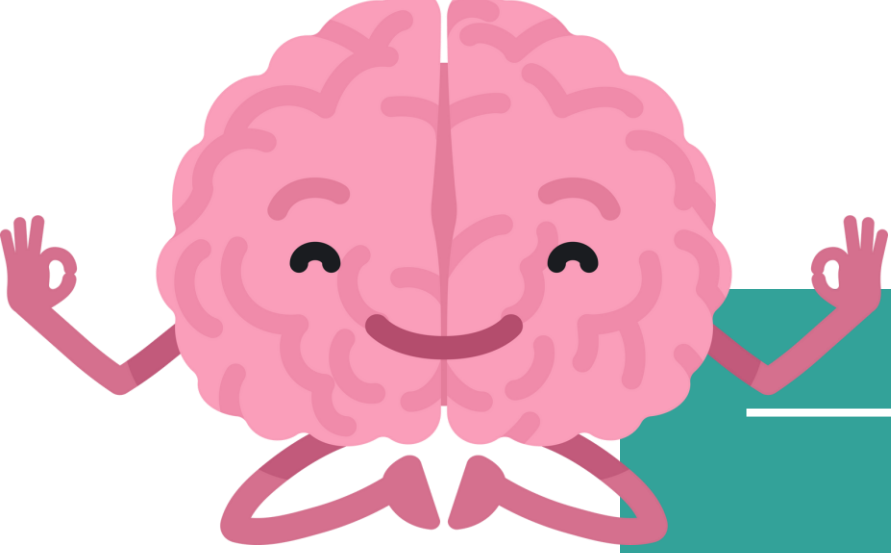
1 in 12 Young Carers miss school regularly. Young carers will receive lower exam grades and Young Carers are more likely to end up out of work & training

4

**600**

600 Young Carers and young adult carers reported they provided over 50 hours of care a week (Source: Norfolk Insights 2017)

# The Impact



**72%**

Of Young Carers feel lonely and isolated during school, holidays (Source: Action for Children and Carers Trust)

**48%**

Of Young Carers said their caring role made them feel stressed and 44% said it made them feel tired.

**1 in 3**

Young Carers have a mental health issue, with that increasing to nearly 1 in 2 amongst young adult carers (45%)

**45%**

Young adult carers have a mental health issue

**49%**

Fewer than half of Young Carers left primary school this year with the expected standard of reading, writing and Maths. This compares to 61% of non-young carers

**On 46%**

Fewer than half of Young Carers left secondary school this year with the expected standard of reading, writing and Maths. This compares to 61% of non-young carers

**48%**

of Young Carers are bullied in school in the last year.

**48 days**

Of the school year are missed or cut short for Young Carers due to their caring responsibilities.



# THE POSITIVES



**RESILIENCE**



**OVERCOMING  
CHALLENGES**



**NEW SKILLS**



**INDEPENDENCE**

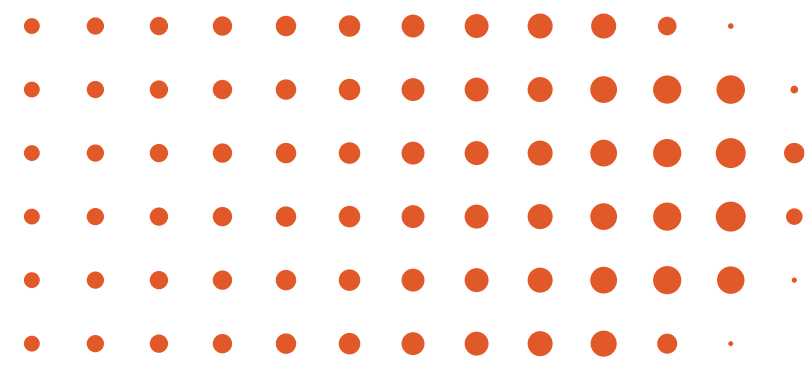


**KINDNESS AND  
EMPATHY**



**DEALING WITH  
CHALLENGING  
SITUATIONS**

**Any questions?**



# BOOM YC GROUPS

There are groups in:

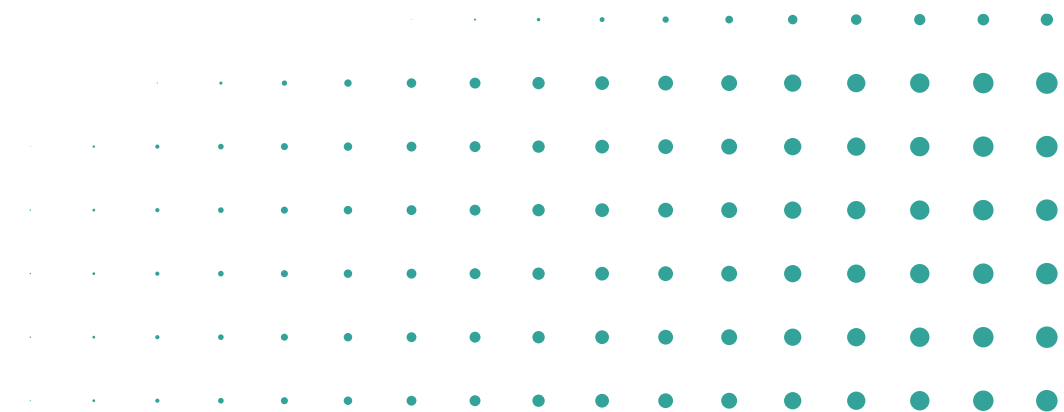
- Taverham
- Marlpit
- Lakenham
- Pilling Park
- North Walsham
- Young Adult Carer Group in Norwich

MAKE A REFERRAL: Email Young Carers' name, DOB, postcode and parent/s' name/s and contact details to

[Alice.Stevenson@benjaminfoundation.co.uk](mailto:Alice.Stevenson@benjaminfoundation.co.uk)



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Please take 2 minutes to  
provide us with some feedback

