Supporting Young Carers to Access and Succeed in Higher Education

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Looking after yourself

Caring is an emotive topic.

Please look after yourself today.
Young Carers

A young carer is a child or young person caring for one or more family members who have:

• long term physical illnesses
• mental illnesses
• disabilities
• substance misuse issues
Young Carers

- **Practical:** Cooking, cleaning, shopping, care for self/siblings, paying bills, managing appointments/letters etc

- **Personal / Physical:** Washing, moving, dressing, giving medication

- **Emotional:** Listening to problems, calming down/reassuring, keeping company, accompanying to leave the house

- **Emergencies:** First aid, phoning ambulance, accompanying to hospital, making arrangements
Young Carers

- 1 in 12 children and young people provide mid to high-level care (BBC, 2010)

- Potentially over 7000 young carers aged under 18 in Sheffield

- Young carers remain a very hidden and under-served group (sitimga, fear, not seeing themselves as carers)
Impacts of caring

• Caring responsibilities impacts on every aspect of young people’s lives, both short and long term.

• Young carers have significantly lower educational attainment at GCSE level - the equivalent to nine grades lower overall than their peers (Hidden from View, Children's Society, 2013).

• Young adult carers appear to be four times more likely to have to drop out of their college or university course than other students.

• Young adult carers aged between 16 and 18 years are twice as likely to be not in education, employment, or training (NEET).
Support to Access to FE and HE

**UCAS**: Declaration tick box being added in 2021

**UCAS Progress**: In Sheffield, section where young people can declare caring responsibilities
Pre-entry: SHU Progress SHU Progress provides additional support for carers and other eligible groups throughout the application process and beyond, including:

- A personal contact at the university
- Exclusive and personal visits to the university
- Support with making the best application
- Support with the costs of visiting the university for our events and for open and offer holder days
- Additional consideration during the admissions process.
- For more information see www.shu.ac.uk/shuprogress

Once studying:

- Dedicated advisers who provide practical, financial and welfare advice to student carers
- Website: www.shu.ac.uk/current-students/student-support/student-carers
The University of Sheffield

Pre-entry: Help for young carers throughout their student journey by:
• providing one-to-one support and guidance about applying to university
• encouraging them to tell us about their caring responsibilities on application, through their personal statement and/or our ‘disrupted studies’ form
• giving information about enhanced bursaries, support and guidance to help remove any barriers to success
• making our staff and students more aware of how to support student carers with their personal, academic and financial needs

For more information see www.sheffield.ac.uk/outreach/support

Once studying:
• Advisers who provide advice and support on personal, academic and financial concerns
• Help to liaise with and set up ongoing support within your academic department
• Financial support, including a Student Carers Bursary (subject to eligibility)
• Email updates with upcoming events and opportunities
• Website: www.sheffield.ac.uk/ssid/student/carers
Resources

- Sheffield Young Carers ‘Resources for professionals’
- ‘Yes We Care’ Guide for young carers considering Higher Education
- Young Carers Assessment (Sheffield)
- The Really Useful Book of Learning and Earning for Young Adult Carers (RUBLE)
- ‘Know Your Rights’ pack for young carers in England
Sheffield Young Carers: Direct services

Please note: We currently have a 5 month waiting list

We offer:

• **One year of support** to young people aged 8-25 who live in Sheffield who are young carers and/or are affected substance misuse in the family. We provide respite, build resilience and confidence, and reduce social isolation and the negative impacts of caring/familial substance misuse. All services are free of charge. Support includes four one-to-ones, one term of evening group sessions, respite activities in school holidays, advocacy, signposting, and training and participation opportunities. Transport available for 8-12 yr olds if families don’t have their own.

• **Family support** is also available for adults with mental health issues and/or substance misuse issues being cared for by their child. Up to 12 one-to-one sessions plus access to group support and training workshops.

**Re-referrals:** We only accept re-referrals if there has been a substantial gap since our support ended and a significant change to their caring / family situation.

For more information and to download our referral form, go to our website: [www.sheffieldyoungcarers.org.uk](http://www.sheffieldyoungcarers.org.uk)
Sheffield Young Carers: Building capacity in other services
Helping you to help young carers

**Young Carers Activity Fund**: £300 grants for young carers aged under 18 who are not in SYC to get a break, e.g:
- for young carers who don’t want or can’t access SYC at this time
- young carers aged under 8
- siblings of those being referred to SYC

**Online resources**: Extensive resource bank organised by topic e.g. cancer, HIV, mental health

**Information and advice**: Call or email us for resource ideas for individual young people you’re working with

**Strategic and development work** including free staff training to teams
Sheffield Carers Centre (for carers aged 18+)

- Carer Advice Line ☎ 0114 272 8362 (free, confidential information and support plus referrals to specialist benefits and legal services)
- Carer Advice Line
- Carers Cafe
- Carers Card (discounts)
- Carers Support Groups
- Carers Choir
- Counselling Service
- Carers Clinic
- Drop-in Advice Sessions
- Legal Advice Service
- Mental Health Hub
- Newsletter
- Plan for an Emergency
- Services for Professionals
- Support via Facebook Groups
- Time for a Break Service

Ground Floor East, Concept House, 5 Young Street, Sheffield S1 4UP, Tel: 0114 272 8362
Carers Allowance

- Carer's Allowance is paid at £66.15 a week (2019/20 rate)
- Not every carer can get this benefit. You may be eligible for Carer's Allowance if you meet all the following conditions:
  - you look after someone who gets a qualifying disability benefit
  - you look after that person for at least 35 hours a week
  - you are aged 16 or over
  - you are not in full-time education
  - you don’t earn over £123 a week (after deductions)
  - you satisfy UK presence and residence conditions

- **Note:** If you meet the above conditions but already receive certain benefits (including a State Pension), then the amount of Carer’s Allowance you may be entitled to could be affected.

For more information about each of the above conditions and about how studying affects Carers Allowance, see:

- [www.turn2us.org.uk/Benefit-guides/Carer-s-Allowance/What-is-Carer-s-Allowance](http://www.turn2us.org.uk/Benefit-guides/Carer-s-Allowance/What-is-Carer-s-Allowance)
- [www.gov.uk/carers-allowance/eligibility](http://www.gov.uk/carers-allowance/eligibility)
What can you do now?

• Ask!
  – Is anybody ill or disabled at home?
  – Who helps care for / look after them?
  – What effect does their illness/condition have on you?
  – What would help support you or your family?

• Encourage all young carers to let their future colleges / universities know they are a carer:
  – personal statements
  – on open days
  – by phoning student services
  – at induction
  – some university support listed here: https://professionals.carers.org/universities-supporting-students-caring-responsibilities (or just ask directly what they offer)

• Sign up to the SYC e-newsletter for updates on events, opportunities and free resources

• Follow us on Twitter (@SheffYoungC)
Sheffield Young Carers:

I Am

www.sheffieldyoungcarers.org.uk/watch-our-films/
Who Am I?
(poem created by combining quotes from young carers during one-to-one sessions)

May I have your attention?
A few minutes of your time,
Take a break from your life,
I’ll tell you how I live mine.
See this face? See this smile? See these eyes open wide?
It’s a mask to disguise how I’m feeling inside,
I’m one in twelve in my city, yet it’s hard to describe,
But just give me a moment, I promise, I’ll try.
I’m a cook; a cleaner; a doctor; a healer,
A helper; a sitter; a supporter; a leader,
By my demeanour, it may not always be clear that I’m needed,
When my mum takes a fall, has a fit or a seizure,
When my brother breaks his toys and I pick up the pieces,
When his autism means that even though I pleaded,
He kicks and he screams and every day this is repeated,
But before bed, I still hug him, because I know he doesn’t mean it.
And some might say that this sounds strange,
Why I have all these skills and I don’t even get paid,
When I get home from school and make sure the table is laid,
Because my dad is upstairs, still in bed, still afraid,
Thank you for listening

Any questions?

www.sheffieldyoungcarers.org.uk

Tel: 0114 258 4595