



# ARGYLL AND BUTE YOUNG CARERS – SCHOOL GUIDANCE

Updated June 2024

## **Aims**

- To ensure all young carers are identified & supported.
- To ensure all pupils, staff and parents/carers are young carer aware.
- To work in partnership with Argyll & Bute Health and Social Care Partnership and Carers Organisations
- To provide a safe secure supportive environment for all pupils.

## **Introduction**

In Argyll & Bute, we believe in working together to support all Young Carers.

Schools across Argyll & Bute work with Carers Organisations to provide supports to Young Carers, this can include 'drop in' and lunchtime groups, as well as information sharing at school-based community events. School premises are often preferred as a safe space in which Young Carers can complete their Young Carers Statements.

Together we will work across Argyll & Bute to offer training for all staff to work effectively with young people, and parents/carers of young carers, in raising awareness, celebrating Young Carers and challenging stigma.

## **Defining a Young Carer**

The Carers (Scotland) Act 2016 places a duty on local authorities to provide every Young Carer with a Young Carers Statement.

A young carer is anyone under the age of 18 who supports, or helps to support a relative, friend or neighbour. They don't have to live in the same home and can be older or younger than the young carer. They might need extra support due to an illness, disability, mental health condition, or because they are elderly, neurodiverse, due to issues with drugs or alcohol, or because they need help to communicate. The young carer does not have to live at the same address or be the primary carer – someone else can be responsible for providing most of the support. There is no minimum caring requirement and young carers can look after more than one person. Young carers can have health issues of their own and can also be cared for.

Young carers can help support the cared for person in lots of different ways. This might include...

- Practical tasks, like shopping, cooking, and cleaning.
- Physical care, like pushing a wheelchair or helping someone get in and out of bed.
- Emotional support, for example, talking to someone when they are having a bad day, looking out for changes in behaviour, or getting up through the night with someone.
- Personal care, like helping someone to get washed or dressed.
- Managing budgets, household finances and paying bills.
- Helping someone communicate. This might mean translating for someone due to a language barrier, helping someone read or write due to a literacy barrier, or signing for someone.
- Looking after siblings. For example, taking siblings to school or nursery, helping them dress, or taking care of them while the cared for person rests.
- Collecting prescriptions, measuring and dispensing medications.

These are just some examples...there are so many ways young carers can provide support.

## **Identifying a Young Carer**

Unless the school is advised about a pupil's circumstances, young carers may first be identified as a result of negative aspects of their behaviour or work, although this isn't always the case – sometimes young carers do not display any signs. Some young carers worry about bullying or interference in their family life and may seek to conceal their role from their peers and teachers.

Some of the signs that might indicate that a pupil has unrecognised caring responsibilities are:

- Regular lateness or unauthorised absence, possibly increasing
- Tiredness in school
- Erratic response to homework with incomplete or late set tasks
- Appear distracted, lack of concentration, anxiety or worry
- Behavioural problems
- Victim of bullying
- Lack of interest in extra-curricular activities, especially after school/residentials
- Checking on home by popping out at breaks and lunchtimes or checking on siblings in school during the school day

The above may be indicators of a range of problems, some not associated with a child having a caring role at home. However, in dealing with any child or young person exhibiting any of the above signs, staff should consider asking the child or young person if they are helping to look after someone.

Our enrolment process will ask if a young person is supporting, or helping to support, a loved one.

## **Parent Carers**

Parent Carers provide support to their children including grown up children, who would not be able to manage without their help

The child/adult could be ill, have a disability, mental health or substance misuse problems.

Parent carers are often less recognised as Carers, as parents often see themselves as a Parent first, before the additional caring elements they provide, and can be unaware of support that is available for them.

The Carers (Scotland) Act 2016 places a duty on local authorities to provide every Carer with an Adult Carer Support Plan.

In Argyll & Bute, four Charitable Carers Organisations are commissioned to carry out these support plans (See below).

## **Roles & Responsibilities**

### **Head Teacher/Named Person**

- Ensure that young carer information and procedures are known to all new and visiting staff.
- Ensure that young carer procedures are followed within the school and that any information is stored confidentially following GDPR procedures.
- Ensure all new staff receive Young Carer Awareness training and that the Young Carer policy is shared with staff via staff shared area/email and with parents/carers via the school website/handbook.

- Consult with the Young Carers Officer, HSCP and/or Carers Organisations to conduct annual Young Carer/Carer Awareness Sessions during assemblies, in-service days or twilight sessions.

### **Young Carer Champion**

A Young Carers Champion is a member of the school support staff team who acts as a point of contact for all young carers in each school. Some of the supports a Champion may offer are:

- To be the main point of contact in the school for HSCP and carers service.
- Liaise with HSCP/carers service to receive support, policy updates and any other relevant information.
- Understand the role of the Young Carers Statement and know how to refer a Young Carer to complete one.
- Work alongside HSCP and carers service to raise awareness of young carers.
- Support carer service drop-ins in schools (if capacity allows).
- Training and support will be provided by HSCP Young Carers Officer and localised Carers Organisations.

### **Teachers/school staff**

- All teachers and school staff will complete young carer awareness training available online through the Training Calendar or during an In-Service day or Twilight session, and be aware of the school Young Carer policy and procedures.

### **Pupils**

- Pupils are encouraged to have open and honest discussions about their own, or peer's, caring responsibilities.
- Pupils should be aware of the school's Young Carer Policy and where to seek help, if required.
- Pupils will know how to access support as a Young Carer.

### **Parents and Carers**

- Parents and carers should feel comfortable approaching school staff to discuss their child's caring responsibilities or ask questions about the support available.
- Parents and carers should be aware of the school's Young Carer Policy and where to seek help, if required.

### **Referrals**

Our commissioned Carers Organisations (listed by area below) provide a wide range of support for young carers, including, group sessions, one to one sessions, advocacy, activities, residentials and funding.

Referrals can be made directly to the appropriate Carers Organisation for your area, you must have permission to share from the Parent/Pupil and the referral form can be completed by anyone, including, school staff, pupil, or parent/carer.

For enquiries or to discuss the requirements of the Carers (Scotland) Act 2016, you can contact [Mags.Todd@argyll-bute.gov.uk](mailto:Mags.Todd@argyll-bute.gov.uk) or [Kirsty2.MacKenzie@argyll-bute.gov.uk](mailto:Kirsty2.MacKenzie@argyll-bute.gov.uk)

All young carers should be recorded on SEEMiS.

If a child or young person is deemed to have inappropriate caring responsibilities, please refer to the Child Protection Policy.

## **Legislation**

- Carers (Scotland) Act 2016 – young carers must be identified and supported and offered a Young Carers Statement.
- Children & Young People (Scotland) Act 2014
- Education (Additional Support for Learning) (Scotland) Act 2004
- Additional Support for Learning (2017)
- Getting it Right for Every Child (GIRFEC)
- United Nations Convention on the Rights of the Child (1989)



## Carers Organisations supporting Young Carers in Argyll & Bute

### Crossroads Caring for Carers Cowal & Bute

61-63 Argyll Street, Dunoon, Argyll, PA23 7HG  
T: 01369 707700  
E: [carers@crossroadscowalandbute.org.uk](mailto:carers@crossroadscowalandbute.org.uk)  
W: <http://crossroadscowalandbute.org.uk> & [www.cyccb.org.uk](http://www.cyccb.org.uk)  
FB: Crossroads Caring for Carers Cowal & Bute SCIO & Crossroads Young Carers Cowal & Bute  
Supports young carers 5 to 24 years



### Helensburgh & Lomond Carers Centre SCIO

Lomond House, 29 Lomond Street, Helensburgh, G84 7PW  
T: 01436 670555/673444  
E: [ashley@hlcc.org.uk](mailto:ashley@hlcc.org.uk)  
Fb: Helensburgh & Lomond Carers SCIO  
Instagram: hlccyc  
W: [www.hlcc.org.uk](http://www.hlcc.org.uk)  
Supports young carers aged 5 to 24 years



### Mid Argyll Youth Development Service (MAYDS)

50a Union Street, Lochgilphead, Argyll, PA31 8JS  
T: 01546 603231  
E: [fiona@mayds.org.uk](mailto:fiona@mayds.org.uk)  
Fb: midargyllouthdevelopmentservices  
W: [www.mayds.org.uk](http://www.mayds.org.uk)  
Supports young carers 5 to 18 years



### North Argyll Carers Centre

Albany Street, Oban, PA34 4AL  
T: 01631 564422  
E: [agnes@northargyllcarers.org.uk](mailto:agnes@northargyllcarers.org.uk)  
Fb: [northargyllcarers](https://www.northargyllcarers.org.uk)  
W: <https://www.northargyllcarers.org.uk>  
Supports young carers 5 to 18 years



## Carers Organisations supporting Adult/Parent Carers in Argyll & Bute

### Crossroads Caring for Carers Cowal & Bute

61-63 Argyll Street, Dunoon, Argyll, PA23 7HG  
T: 01369 707700  
E: [carers@crossroadscowalandbute.org.uk](mailto:carers@crossroadscowalandbute.org.uk)  
W: [www.crossroadscowalandbute.org.uk](http://www.crossroadscowalandbute.org.uk) & [www.cyccb.org.uk](http://www.cyccb.org.uk)  
FB: Crossroads Caring for Carers Cowal & Bute SCIO & Crossroads Young Carers Cowal & Bute



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Fb: Helensburgh & Lomond Carers SCIO  
Instagram: hlccyc  
W: [www.hlcc.org.uk](http://www.hlcc.org.uk)



### DOCHAS

50 Campbell Street, Lochgilphead, Argyll, PA31 8JU  
Telephone 01546 600022  
E: [enquiries@dochasfund.org.uk](mailto:enquiries@dochasfund.org.uk)  
W: [www.dochasfund.org.uk](http://www.dochasfund.org.uk)



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