

## YOUNG CARERS SPECIAL EDITION

Welcome to this issue of the Caring Together Warwickshire Bulletin. For general information on support available for carers and young carers, please visit [www.warwickshire.gov.uk/carers](http://www.warwickshire.gov.uk/carers).

### Young Carers Action Day (13 March 2024)

Warwickshire County Council and its partners support [Young Carers Action Day](#), which is a national event to recognise the work carried out by young carers to support a family member or friend. Carers can be under immense strain, but over the past couple of years, the COVID pandemic has been a particularly trying time for those who have caring responsibilities. This year's theme is 'Fair Futures for Young Carers' hosted by Carers Trust. According to census 2021 data, there are 1,500 children in Warwickshire who care for someone who has a physical or mental illness/disability, or someone who needs support or struggles with substance misuse. However, many young carers remain hidden from support.

The impact of caring on young people is stark and more needs to be done to support and safeguard their future. [Caring Together Warwickshire](#) is the council's commissioned support for young carers and young adult carers and is provided by Carers Trust. The council in partnership with Carers Trust and other partners will be promoting Young Carers Action Day targeting a range of audiences. The council is committed to improving the support for young people who care for someone so that this minimises the impact on their future. If anyone would like to participate in promoting Young Carers Action Day, please email [peoplestrategyandcommissioning@warwickshire.gov.uk](mailto:peoplestrategyandcommissioning@warwickshire.gov.uk).

### Wider Carers Forum Meeting (13 March 2024)

The next wider carers forum meeting will take place on 13 March 2024 (10.15am to 12.30pm) at Shire Hall, Warwick.

The meeting will be an opportunity to share news and updates and will include guest speakers from Warwickshire Young Carers and Carers Trust.

We would encourage all invitees to attend if possible. If any carers (especially young carers) are able to attend, travel expenses will be reimbursed.



## National Youth / Young People Participation Recruitment

Recruitment is now open for all 3 national participation groups including Young Board Members, NHS Youth Forum and Youth Advisory Network. The CYP Transformation Programme encourages any young person who is passionate about improving healthcare and has experience of using NHS services to apply. For more information, please use the links below:

- [Children and Young People's \(CYP\) Board](#)
- [NHS Youth Forum and Advisory Network](#)

For any queries, please contact the CYP Voice Team at [england.cypvoice@nhs.net](mailto:england.cypvoice@nhs.net).



## National Carers Strategy Survey

A cross-party group of MPs and Peers have launched a survey to gather the views of unpaid carers and organisations who represent them on their proposal for the UK Government to develop a new National Carers Strategy.

The survey is open to current and former unpaid carers as well as organisations who support and represent them.

The deadline for the survey is 7 March 2024.

To access the survey, please click [here](#).

## New Volunteer Opportunities with the Parenting Project

The Parenting Project is looking for volunteers who are passionate about their local community and improving family services. You will join a team of like-minded people who volunteer their time and expertise to support families living in the district. Please see the links below.

[Marketing Volunteer](#)

[Volunteer Fundraising Researcher](#)

Both opportunities would suit people looking to gain valuable experience in the voluntary sector. The volunteers would be well supported within the charity and together they would have the opportunity to make a real difference and support lasting change.

## Innovation Fund 2023-2024

Warwickshire County Council have allocated funds to South Warwickshire Place, Rugby Place and Warwickshire North Place to use directly to support carers, and support and promote health and wellbeing. We would like to hear from local community non-profit organisations about their ideas or potential opportunities where investment funding would support carers.

For further details, please click below.

[South Warwickshire Innovation Fund](#)

[Rugby Innovation Fund](#)

[North Warwickshire Innovation Fund](#)



### Coming Soon! Empowering Futures: Growing Up Well in Warwickshire JSNA

Warwickshire County Council are currently working on an Empowering Futures: Growing Up Well in Warwickshire Joint Strategic Needs Assessment (JSNA) which looks at the physical health of children and young people aged 6 – 25. As part of this work, a section on vulnerable children and young people has been included, highlighting populations who are at increased risk of experiencing negative physical or mental health impacts.

Young Carers have been included as a population of focus in this JSNA to raise awareness of the health inequalities they can experience. The JSNA highlights the number of young carers in Warwickshire and what we know about the health of this population from evidence and research. This information will be used as an evidence base to help professional who work with young carers to think about the issues impacting them and ways they can be supported. The Empowering Futures JSNA is due to be published in May 2024.

### Funding Opportunity

The [Tesco Stronger Starts](#) fund is open to all schools, registered charities and not-for-profit organisation to apply for a grant of up to £1,500. Priority is given to projects that provide food and support to young people. Every three months, 3 local good causes are selected to be in the blue token customer vote in Tesco stores throughout the UK.



### Free Mentoring Available for Young People in Stratford

Lifespace currently have capacity for new referrals into their Community Mentoring Service. You can now refer yourself for mentoring if you are aged 16 – 19. If you are a parent / carer of a young person aged 12 – 15, you can request mentoring with your child. Community Mentoring takes place at the Stratford Youth Collective base.

For more information, please click [here](#). The referral form is available [here](#).

### Young Carers have their voice heard at ASCL Pastoral Conference

Representatives from Caring Together Warwickshire and Carers Trust were delighted to participate in the recent pastoral conference in Birmingham.

The ASCL (Association of School and College Leaders) “is the leading professional association and trade union for all school, college and trust leaders.” The conference was a chance for leaders, members and guests to exchange ideas, stories and information.

Carers Trust National instigated Carers Trust’s presence at the conference, securing a dedicated time slot for the voices of young people and young adult carers to be heard, and to shed light on the barriers that carers face in the education system. Their heartfelt stories gave the spotlight and microphone to all the hidden and silent young carers across the country.

For further details, please click [here](#).



## Carer Friendly Employer Program

It is estimated there are 100,000 unpaid carers living in Warwickshire.

More than one in seven people in any workplace are carers. On average 600 people a day leave work to care because of these pressures. If unsupported, many working carers also face being tired, stressed, and struggling to manage their own health as well.

Without the right support, 1 in 6 carers give up work or reduce their working hours to care, but many will be your most skilled and experienced staff.

The Carer Friendly Employer Award is designed to support employers towards building a positive and inclusive workplace for all staff who are or will become carers.

To find out more, please click [here](#).



## Are you carer aware?

To further your understanding of what it means to be a carer, we encourage all our partners to set aside some time to take Warwickshire County Council's free CPD accredited online [Carer Aware](#) and [Young Carer Aware](#) courses (estimated completion time is 30-40 minutes each).

## Mobilise

Mobilise work in partnership with Warwickshire County Council to provide a range of free online services to support informal carers including practical and emotional support.

Join other carers for a virtual cuppa!

The Mobilise online, or virtual, cuppa is a free 45 min video call where you can connect with around 12 other people who are also looking after a loved one.

We're entirely focussed on supporting unpaid carers, rather than the person they look after. Every unpaid carer is warmly welcomed to join us, simply choose a time to suit you from our timetable.

For more information, please visit our website:

<https://support.mobiliseonline.co.uk/warwickshire>



## Winter Wellness

The cold weather poses a greater risk to general health and people may be facing financial pressures. To help residents stay safe and well through winter, Warwickshire County Council and partners have produced a Winter Wellness guide. It features a range of information and links to services and support people may need at this time, particularly those who may be isolated or vulnerable.

The guide is part of a wider winter wellness support offer at [www.warwickshire.gov.uk/winterwellness](http://www.warwickshire.gov.uk/winterwellness) which includes information about health, wellbeing and help for residents who are struggling with the rising costs of living. The added pressures posed by increased household costs can lead to worry and anxiety, impacting on physical and mental health and the guide and website feature tips to help people to look after themselves and others. Information about vaccinations is also included.

Please also remember to register with your GP as a carer. This will allow GPs to support you in your caring role. Further information is available [here](#).

## Music & Singing Training

For care givers working with older people and people living with dementia. We invite you to join us as we deliver training in leading singing sessions.

Monday 18 March 2024, 10.00am to 3.00pm

Leycester House Care Home, Warwick

For further details, please click [here](#).



## Needs Assessment – Support Provision for Drink and Drug Driving Offenders

The Warwickshire Road Safety Partnership has commissioned the Business Intelligence team at Warwickshire County Council to produce a needs assessment to better understand current support and educational provision available to people who have committed a drink or drug driving offence or are at risk of committing these offences.

As part of the needs assessment, we would like to engage with key stakeholders (including carers of people affected by alcohol and substance misuse) and seek anonymous feedback from professionals regarding the themes of the needs assessment. Please click [here for the stakeholder survey](#).

The closing date for the survey is 27 March 2024.

## Further information and contributing to bulletin

The Caring Together Warwickshire Service (commissioned by Warwickshire County Council and provided by Carers Trust Heart of England) has a website ([www.caringtogetherwarwickshire.org.uk](http://www.caringtogetherwarwickshire.org.uk)) where you can find updates about the service, and information and support for all carer age groups.

Further information about services available for carers can be seen here: <https://www.warwickshire.gov.uk/carers>.

If you would like to submit any information for inclusion in future bulletins, please submit it to [ranbirjohal@warwickshire.gov.uk](mailto:ranbirjohal@warwickshire.gov.uk).