

SUMMER 2023

# Kernow Young Carers

We are fast approaching the end of our second year in partnership with CRCC, Disability Cornwall, Promas and Age UK to form the Cornwall Carers Service.

Together we deliver a range of free high quality support services for unpaid Carers throughout Cornwall. These services include, emotional support, information, advice and guidance, statutory assessment, access to grants, community support, carer specific training and dedicated services for Young Adult Carers (18-25 year old Carers) and Young Carers.

Do remember that the Advice Line is there for you to advise on any of the above.



## Family Day

We are so proud to have facilitated 107 family members of our young carers to attend our Family Day!

Staff at Trethorne were great at supporting our cause, all families had a young carers sticker from them to help create a supportive ethos amongst the families. The event was helped by flexible entry times and the relaxed approach to the activities, a great place for young carers and their families!



[www.kernowyoungcarers.co.uk](http://www.kernowyoungcarers.co.uk)

[WWW.CORNWALLCARERS.ORG.UK](http://WWW.CORNWALLCARERS.ORG.UK)

[WWW.BARNARDOS.ORG.UK](http://WWW.BARNARDOS.ORG.UK)



# FEBRUARY Half -Term ACTIVITIES

A special Residential AT COHORT, ST IVES which provided a well deserved break to Young Carers from their caring role.

The residential provided the environment to flourish creatively through the playful, messy and artistic activities. Feedback from the break concentrated mainly on the free time to build friendships.



## SIBLING YOUNG CARERS

Sibling Young Carers have enjoyed making Pita Pizzas and eating gooey puddings in two locations in the East of Cornwall, over the Easter holidays. One was in a noisy venue with lots of interactive games, one was quieter but just as fun. The carers ate, drank, snacked, played games, made new friendships, having a lovely break for a few hours.

Thank you to Oriel Ministries in Launceston and the Liskeritt Community Centre in Liskeard, who let us hire their space for a discount.

The Sibling specific role has now ended but we have kept the expertise, as Sarah now has a permanent position within the team as a locality worker!

# YOUNG ADULT CARERS ACTIVITIES

## Bodmin Jail Visit

In February Half-term the Young Adult Carers had a guided tour of Bodmin Jail to learn about its unique history. Playful, fun and relaxed, the atmosphere allowed for a break, bonding together and learning about history



## SAB Safeguarding Conference.

Our YAC's have been busy preparing for the SAB Conference to be held in June at the Atlantic Hotel in Newquay. We will be speaking out on behalf of Carer' across Cornwall and be hoping to have our views positively heard and acted upon. This has been an epic journey and the Carer's involved have given up their own time freely with a view to speaking out for us all.

Estelle Buckridge is our outstanding Drama Coach and has helped the Carer's create such dramatic and powerfully moving scenes which should move and sway the hardest of hearts.

As part of this work one Young Adult Carer wrote this moving poem about the experience of a young person's caring role which we have printed below  
(with his permission)

Who Cares?  
by Dominick Seymour

Let me tell you about a mate like no other,  
He lives down my street, quite close to my mother.

At just 11 years old his brother got very ill,  
And now at 17, things are even worse, and he's starting to lose the will.  
The Doctors gave him tablets, to try to make him get well,  
But after all these years of meds, his life, is still, a living hell.

My mate he often tells me, it's all a bit of a mess,  
But he also keeps on telling me, he thinks it's for the best,  
If he stays close to him to make sure he's good,  
So, he spends all his time caring and making him food.  
He cares for his brother cos there is no one else that will,  
But all these hours and years of caring, they're making my mate ill.

This caring role he's doing, has taken over his life,  
And the problems that it brings him, they give him so much strife,  
It brings all kinds of struggles my mate, he will admit,  
But the authorities, they all ignore it, they say, he has, to do his bit.  
He says all these nice charities, they can't give us real support,  
And the problems keep on mounting, and so, God forbid, suicide..... the last  
resort!

He can't get a job as this caring stuff, just keeps him busy.  
He doesn't look after himself properly, so people stare and point and call  
him lazy.

They're always quick to judge him, but they just don't know the truth,  
My mate is slowly losing everything and has already lost his youth.  
He lost all his school friends as he couldn't join in the fun,  
He couldn't learn to laugh or joke or join them in the sun.

Losing so many every day, pleasures, and all the simple things in life,  
Leaves him fearful for the future with no chance of his own family and,  
definitely, no chance of a wife.

How could he tell a girlfriend, how would he even dare?  
To tell her he has no time to give her because he's got to care.  
To care for his brother, as the authorities don't give him much support,  
It costs them too much money and they just might get a bad financial  
report.

My mate he tells me, that the people, they all say this-  
They say, 'You can leave if you want to, and give that caring stuff a  
miss.'

But do they really believe that, do those idiots think that's true?  
He says he wishes he could leave, but it's just so hard to do.  
My mate he says, how can I leave him? When he needs me don't you know.  
How can I possibly leave him, when despite all the things I lose in life,  
I will always be his carer, because..I love him so.

## Young Adult Carers Activity - Leach Pottery:

A group of Young Adult Carer's were lucky enough to visit the Leach Pottery in St. Ives. It is a museum dedicated to the Leach family and in particular, the work of Bernard Leach. After a scrumptious meal in the town, we then had a guided tour of the working pottery studio's and had a chance to see how it was done in years gone by. The exhibits on show in the museum and gallery areas were stunning examples of works old and new and of course, some of them were extremely valuable. After the tour, we were able to have a go ourselves and created pinch pots and added texture and pattern and finished with the exciting activity of 'throwing a pot' on the wheel.

What a fantastic day was had by all, and our **thanks go out to the staff at Leach pottery** for giving us a brilliant day!



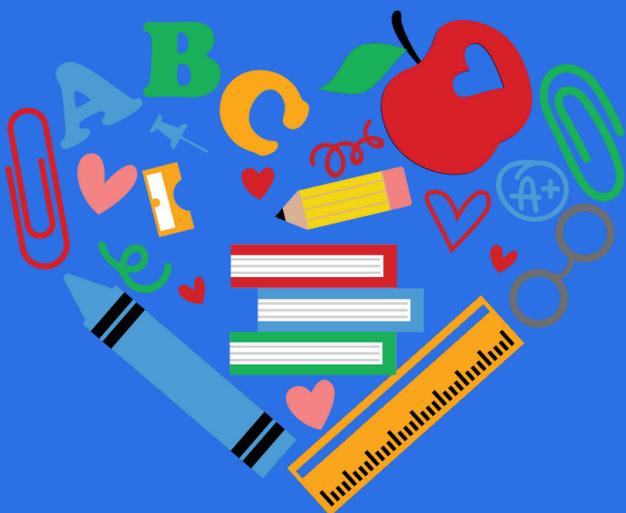
# YOUNG CARERS ACTION DAY MARCH 15th

Supporting young carers to reduce the impact of the caring role is at the heart of what we do. An integral aspect of this work is supporting young carers within their education setting and alongside schools, colleges and universities.

On Young Carers Action Day, our team set a challenge for our county's schools, challenging them to set up a notice board for young carers and sending in photos of their notice boards to us. The notice boards are one of the steps towards The Bronze Award for schools supporting young carers.

We aim to raise awareness of the plight and needs of young carers and create a sustainable community of support for the young carers in Cornwall.

Thank you to all the schools who took part!





## Showcasing the work of Helston Community College Work with Young Carers!



Accessing education in the same way as their peers can be a huge barrier for young carers. Helston Community College have put in place a wide range of support for Young Carers over the last term and we'd like to highlight this in line with our mission to reduce the impact of the caring role.

Helston Community College have put in place these actions:

- Gathered the data to identify all of our young carers.
- Set up a Google Classroom for all Young Carers, all of whom have joined.
- Appointed an operation Lead for young carers, who runs the lunch time drop in and support sessions.
- Delivered staff training to all staff on young carers and how to identify hidden young carers.
- Delivered an information session to governors to make them aware of our plans for young carers.
- Emailed all parents information about young carers support through Kernow Young Carers.
- Produced with our Young Carers -Young Carers passports. These were added to Class Charts and emailed to all teachers, so they can offer additional support.
- Set up a lunch time drop in which runs every Tuesday. Students talk to each other, play board games and get updates about young carers support available.
- Put in place 1:1 support for young carers who need it via our pastoral team.
- Made referrals to Young Carers.
- Set up a page on the school website for all young carers.
- Put up staff and student notice boards.
- Created a bank of staff resources and articles which explain how to support young carers.
- Created Google Forms to gather student feedback and staff feedback.
- We have used these results to tailor out provision and staff CPD.
- We have applied for the Young Carers Bronze Award.
- We celebrated Young Carers Awareness Day in all tutor groups across the college.

**Thank you to all the staff at Helston College  
for your work with and on behalf of Young Carers**

# THANK YOU!



A **VERY BIG THANK YOU** to GO BEYOND, a local charity who in April provided a 4 day break away for 16 of our young carers. Each young carer had the opportunity of meeting up again with young carer friends at the same time as enjoying the wonderful facilities of Go Beyond and local attractions. Thank you to Carl Wholey, Allison Harris and all their staff and volunteers. The young people had a great time and have memories to last a lifetime. 😊

## "BAKE OFF" Activity

Another **VERY BIG THANK YOU** to TRURO SCHOOL, Alan Rosenthal and Justine Howe who gave up their Saturday to provide 10 of our young carers with a 'British Bake Off' Experience in the beautiful kitchens of Truro School. Young Carers from across Cornwall were set the challenge of making delicious pizzas and cupcakes. The morning was lots of fun with new skills being learnt or existing skills being developed. There was quite a debate on whether pineapple should be allowed on a pizza, and some of the cup-cakes showed support for Ukraine and celebrated the traditional family biscuit. Thank you to both Alan and Justine and to all the young carers that took part. Paul and Prue would have been very proud. 😊





# Summer



## SUMMER HOLIDAY ACTIVITIES

We will be offering activities for Young Carers in the Summer holidays.

You will be sent Activity Invites by email or post in June inviting you to "register your interest" in the activities.

These invites will have all the information you need to decide whether you would like to join other Young Carers at the activity.

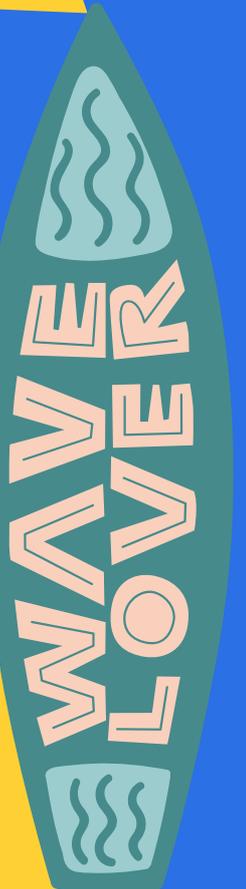
All the activities will close on 25th June and you will know whether you have been allocated a place on an activity by 6th July.

Please look out for them in your inbox or letter box!!



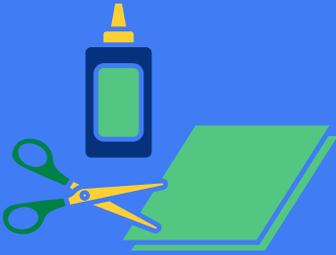
Summer Activities will include:

- Rock Pooling
- Arts and Crafts
- Pony Day
- Football Golf
- Forest School
- Via Ferrata
- Escape Room



# HOW WE PROCESS ACTIVITY BOOKINGS

WE SEND OUT AN EMAIL INVITE TO ALL THE YOUNG CARERS IN THE APPROPRIATE AGE RANGE OR LOCALITY OF THE ACTIVITY



THIS INVITE INCLUDES THE DETAILS OF THE ACTIVITY AND AN EMBEDDED LINK TO THE "REGISTER YOUR INTEREST" FORM



WHEN YOU REGISTER INTEREST FOR AN ACTIVITY, PLEASE NOTE YOU ARE NOT GUARANTEED A PLACE



ONCE THE ACTIVITY HAS CLOSED, LEADERS WILL ALLOCATE PLACES. YOU WILL BE NOTIFIED BY EMAIL WHETHER YOU HAVE BEEN ALLOCATED A PLACE or not.



WE KEEP A WAITING LIST SO YOU MAY GET A LAST MINUTE PLACE AS ALLOCATED YOUNG CARERS SOMETIMES HAVE TO CANCEL



WE HAVE AROUND 1800 YOUNG CARERS REGISTERED WITH US COVERING THE WHOLE COUNTY. SOME OF OUR PROVISION TO YOUNG CARERS IS DELIVERED THROUGH ACTIVITIES AND RESIDENTIALS. THE LIMITED PLACES WE OFFER OUT ARE VERY SPECIAL AND OVERSUBSCRIBED. PLEASE CAN WE ASK OF YOU THAT IF YOU NEED TO CANCEL A PLACE TO LET THE LEADER OF THE ACTIVITY KNOW ASAP - BY TEXT/EMAIL OR A PHONE CALL. THIS ENABLES US TO OFFER A PLACE TO ANOTHER YOUNG CARER ON THE WAITING LIST WITHOUT THIS EARLY COMMUNICATION FROM YOU, WE ARE UNABLE TO FILL THE PLACE AND GIVE ANOTHER YOUNG CARER A CHANCE TO ENJOY THE ACTIVITY. EVEN IF THE PLACE IS NOT USED, WE MAY STILL NEED TO PAY FOR TRANSPORT AND ACTIVITY COSTS, WHEN WE REALLY WANT TO SPEND THIS FUNDING ON GIVING YOUNG CARERS A BREAK.

# Sharing our Feedback

Here is some of the feedback you sent us about the Family Day and other activities we provide:

Because we had fun today and other people were the same

It's good to know I'm able to be there for my mum when she's struggling and that we are not alone.'

'Yes. Not all families are the same. That's OK.'

'Yes. I feel like I am not invisible'

***I also wanted to email to say thank you. We had such a great time! It's somewhere we have never been before and it was just perfect for my boys. We stayed right until it closed.***

*I really enjoyed the residential and feel that the activities I have attended have helped boost my confidence in my caring roll. I enjoyed having time with my new friends and im looking forward to events in the future much more*

I loved Go Beyond. I came home feeling so confident and happy. I can't wait to go again.

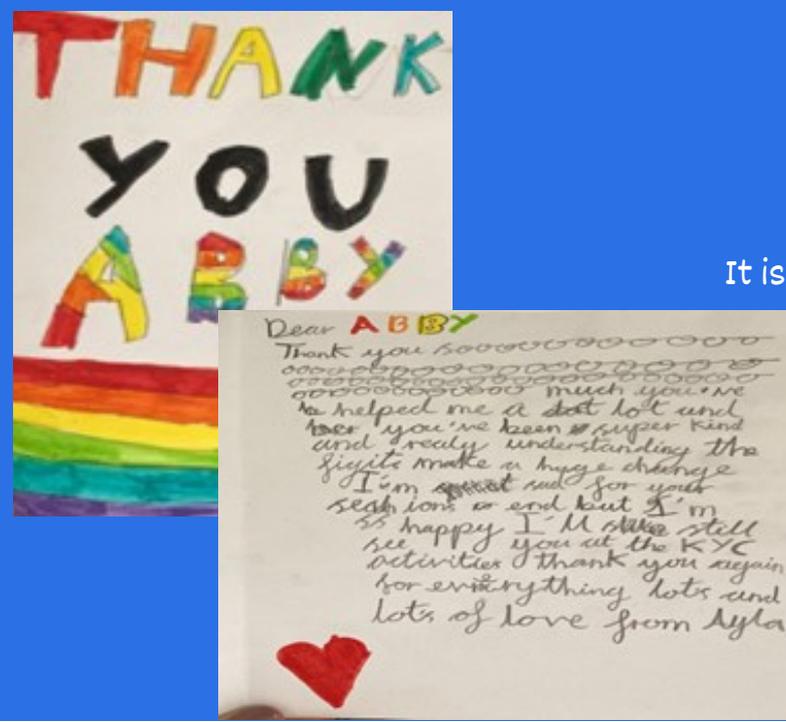
THEY HAVE SURPORTED ME THREW ALL THE TOUGHT TIMES AND ENCOURAGED ME WHEN I REALLY NEEDED IT

I made lots of friends and I can't wait to see to them again

A snapshot of feedback from a Young Carer

It is harder for us to show you in picture form some of the 1-1 work we do with our young carers, but its one of the most important aspects of our service.

We have provision for targeted work, with some of our highest need young carers, on their chosen goal to help reduce the impact of caring



# Carers Register

We are inviting you to join the Carers Register using the QR code below.

This will take you to form with a Yes and No box.

If you want to join the Carers Register please answer Yes.

If you do not want to join the Carers Register please answer No.

Please take the time to answer this question so that you can receive your Young Carers Card and get all the benefits from having one!



## HAVE YOUR SAY!

By signing up to the carers register your information may be shared with the council and other organisations who can best support you in your caring role. The impact of signing up is you are letting your local government know how many young carers there are in Cornwall. By knowing how many young carers there are in our county, our Councils can ensure young carers services are prioritised for funding and support.

Kernow Young Carers Service (That's Us!) are going to be sending out Young Carers Cards for all of our Young Carers signed up to the register. This can help young carers let someone know about their caring role with discretion. This might be to let a teacher know they want to talk after class or a receptionist know why they are late. It might be to a pharmacist to explain why they are picking up medication for a parent or sibling.

We are hoping to link these up with discounts to acknowledge the massive difference they make to other peoples lives!

We will contact you about progress with this so watch this space!

4- 9 years Feedback Form



10+ years Feedback Form





## FUNDING AVAILABLE

Kernow Young Carers Service can offer funding for Young Carers and Young Adult Carers.

Short Break and Mothers Union funding is available to enable you to continue your hobbies, to cover fees for clubs and organisations such as football/scouts/riding which give you a break from your caring role. It can also fund necessities such as school items.

The Barnardo's Young Person Grant (BYPG) is for funding larger items and can be used to help you with study aids, driving lessons or therapy sessions to support you in your caring role.

If you feel that you would benefit from some funding please contact the Advice Line on 01736 756655 and they will be able to advise you about applying for funding from many different funding bodies including the Kernow Young Carers Service.





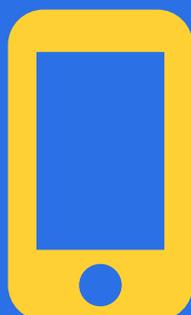
## THE CORNWALL CARERS SERVICE ADVICE LINE

The Carers Service is a resource for every unpaid carer in Cornwall, no matter what age they are. All of our resources are totally free. We are run by a partnership of five community organisations: Cornwall Rural Community Charity, Disability Cornwall, Age UK Cornwall, Promas, Barnardo's. (Cornwall Council sets our guidelines and funds us.)

Most carers come to us through our Advice Line, which is operated by Disability Cornwall. You can call us with any questions or issue which is affecting you as a carer. Our advisers all have experience of caring for other people and would be happy to chat to you on an informal basis, no matter how large or small the issue is. The service is designed to encourage carers to stay in touch with us and contact us as and when they have a need to, so there's no limit on how many times you can contact us.

What can we help with? Hopefully, anything which you bring to us. We provide information, advice and support on any matters which affect carers. This can range from information regarding benefits and financial well-being to signposting carers to other services, such as carers groups which are run by and for other carers. If we don't know the answers, we will go away and try to find it or point you in the direction of other services which can help. We encourage carers to go on our database so that our advisers can build up a picture of their circumstances, which helps when we speak to them again. One part of the database is specifically called the Carer's Register. This feeds back anonymous information to Cornwall Council and is also linked to a short email bulletin of general advice for carers which is distributed once a week on a Friday. You can opt in or out of this part of the database.

The website is <https://www.cornwallcarers.org.uk/> where you can find further information. There is a Live Chat facility on the website if you would like to ask a question to an adviser during office hours.



**ADVICE LINE**  
**01736 756655**  
**Monday 0900 - 1700**  
**Tuesday 0900 - 1900**  
**Wednesday 0900 - 1700**  
**Thursday 0900 - 1900**  
**Friday 0900 - 1700**

