

Young Carers Group

The Young Carers in Schools programme is a free England-wide initiative which makes it as easy as possible for schools to support young carers and awards good practice. Run jointly, by Carers Trust and The Children's Society Young Carers in Focus partners, it has been developed with young carers' services, schools, academies and local authorities.

We have developed our groups to work alongside this initiative.

Our aims are to give our young carers a break from their routine, with other students who are all in the same or similar situations. We offer support and guidance where needed and enjoyable experiences.

Our young carers groups are divided into two; Y7 and 8 and Y9-Y14.

We meet once every two weeks and partake in various activities, chats and have snacks and drinks. We also have celebration parties and take a trip every year.

Our activities have included playing games and quizzes, baking, craft, and many more. We are currently partaking in some sporting activities. Last week we enjoyed fencing and we have arranged to do archery thanks to the generosity of Group Together. We are also working alongside Skegness Rotary Club who are hoping to arrange some cookery skills classes for our group.

We have spoken to some of our young carers and this is what they have said:

"When I go to young carers group I feel like I am not having to have loads of stress on me. I'm around people who do what I have to do and that makes me realise that I'm not the only one".

"I like going to young carers group because it gives me a break from school and home and I have someone trustworthy I can talk to about anything at home and they will support me in getting help or making things right".

"I like young carers group because it is fun. The best thing about it is that you get a break for 50 minutes to stop you stressing about someone you love and need to care for".

"I like young carers group because it gives me a chance to relax and enjoy myself, see people and have fun. I don't really do this a lot but the group is so helpful. I love it when they take us on a trip at the end of every year. Last year we went bowling, to the beach, had fish and chips and just de-stress with friends, that's why I like young carers group".