

Did you know that it's Young Carers Action Day on Wednesday 16th March?

Young Carers Action Day is an annual event led by the Carers Trust. It raises awareness and calls for action to increase support for young people with caring responsibilities and the incredible contribution they make to their families and local communities. The Patient Experience Team will be actively promoting this initiative around the hospitals, providing information.

By definition, a young carer is someone under the age of 18 who provides care for a family member or friend who lives with an illness, disability, mental health and/or a substance misuse issue. Young carers may care for more than one person. Young Carers Action Day also includes young adult carers who carry out the same caring roles as a young carer but are aged between 18 - 24.

The theme this year is "**Taking Action on Isolation**" as chosen by young carers/young adult carers when engaging with the new Steering Group set up which put them at the heart of planning this day. They also told us that having access to respite breaks would give them much-needed freedom from responsibilities and routines, as well as reducing isolation and promoting wellbeing.

Supporting young carers is really important to us here at the Trust.

We signed the Young Carers Pledge in 2019 which outlines the commitment that NHS employees are making to young carers.

Signing the pledge means we will:

- **SEE** them and listen to what they have to say,
- **RECOGNISE** that they have their own needs as a carer,
- **VALUE** their thoughts and opinions on how we take care of the person they look after,
- **CREATE** a welcoming and caring environment for them,
- **RESPECT** that they know a lot about the person they care for.

How do we identify a Young Carer?

So once we have identified an unpaid carer we can ask the question:

'Are there any children at home that also support the patient?'

Whether it's popping in for tea and a chat after school or going to the shops to pick up essentials they would be classed as a young carer. A young or young adult carer could be someone that accompanies the patient to an appointment or visits them whilst on the ward.

Any of these would be an identification point for a young or young adult carer.

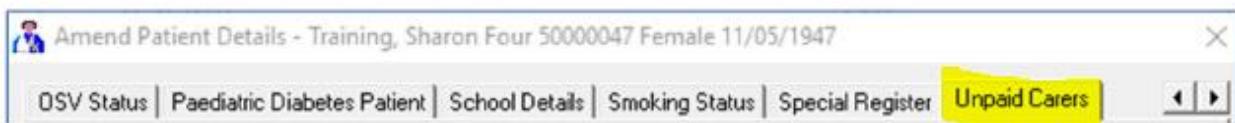
What can we do to support a young carer?

Each ward has a 'Carers Ward Pack' which includes a number of documents forms and leaflets. These range from reduced parking fees to receiving a ward induction, to understanding what to expect when visiting the patient on the ward.



We also have the 'Unpaid Carer' tab that has been recently added to iPM. This tab enables you to record the carers details.

Once a carer has been identified and the tab is completed, remember to add the 'patient has an unpaid carer' alert and all staff across the Trust will know the patient has an unpaid carer.



Support outside the Trust

There is a lot of support available for young and young adult carers within Surrey, Sutton and Merton. Below you will find a brief list of the services and support each area provides and their relevant contact details.

Surrey Carers Support – Action For Carers

The level of support offered depends on the individual caring situation – some young people help out a little each week, others do a huge amount and can be in a very difficult situation. Support will vary.

However, all young carers registered with Surrey Young Carers:

- Have a welcome event
- Get regular newsletters
- Are invited to a 'family fun day' every year
- Can attend the 'drop ins' (youth clubs) that take place at venues across Surrey
- Can join the Young Carers Forum, to share their views and help make positive changes to benefit all young carers
- Are invited to a 'transition event' to smooth the move from primary to secondary school
- And get support from friendly, caring and helpful staff – whether that's individual support staff, or specialised Education Advisors at school.

If you'd like to get in touch with Surrey Young Carers Support to find out more about the services, and how they can help, please call them on 01483 568 269, or email syc@actionforcarers.org.uk

Sutton Carers Centre Support

Sutton's Young Carers Service, run by Sutton Carers Centre, provides a range of specialist and targeted support to children and young adults aged 8-25 years who have caring responsibilities. Young Carers may care for a family member or friend who lives with an illness, disability, mental health and/or a substance misuse issue.

Sutton Carers Centre (SCC) also runs services for working-age and older Adult Carers, too.

SCC's Young Carers Service includes:

- Advice, information and guidance on caring, caring issues, mental health and personal wellbeing
- One-to-one emotional and practical support sessions
- Young Carers 'Chill & Learn' Homework Club & Sibling Carers support group
- Respite breaks and activities (creative, self-development and social)
- Training for Young Carers, as well as professionals
- Schools-based specialist support for Young Carers and staff
- Specialist End of Life Care support via the Palliative Care Co-ordination Hub

Delivery is both online and in person from their Sutton town-centre base on Benhill Avenue, and they also work in schools or other community locations.

If you'd like to get in touch with Sutton Carers Centre to work together, or just find out more about their services and how they can help, then please call them on 020 8296 5611, 10am - 5pm Monday to Friday and until 8pm on Tuesday evenings, and from 11am – 1pm on the second Saturday of each month, or email them on youngcarers@suttoncarerscentre.org or for Adult Carers, on enquiries@suttoncarerscentre.org. For further information, referral forms, and links to their social media, please visit their website: www.suttoncarerscentre.org.

Merton Carers Support

Support offered to Young Carers may include:

- A series of one-to-one support sessions - which will focus on an aspect of the caring role, for example 'worries', and generally take place at home or at school
- General family support - which may include attending meetings and advocating on behalf of the young carer's caring needs, referrals to other support services etc.
- Opportunities to gain respite through funded group activities, trips and carer-related workshops.

Merton Carers Support, work with families to improve young carers lives by understanding their caring role, reducing feelings of isolation, improving emotional wellbeing and making healthy decisions.

Some of the services Merton Carers Support can offer to a young carer are offering an assessment and review of their strengths and needs, one-to-one support sessions, school drop-in sessions, attending meetings on their behalf and helping the carer to access local activities and clubs.

If you'd like to get in touch with Merton's Carers to find out more about the services, and how they can help, call free to a member of the team on 020 8646 7515 (a member of Carers Support Merton will be available to speak with each weekday from 10am-4pm). If you call outside of these hours please be sure to leave your name and contact details and a member of the young carers team will get in touch.

For more Carers Information

Carers Awareness Training

Carers Awareness Training sessions aim to further inform and raise awareness of the support that is available to carers. Sessions will cover:

- The definition of an unpaid carer and how to identify them
- Carers and the law
- Young carers
- ESTH Carers Ward Pack
- iPM Unpaid Carers tab
- Support for staff carers
- Further support and advice available.

Open to all staff, the training will enable you to inform carers about the range of support and resources available to them. The information may also be helpful for staff with carer commitments outside of work.

The next session will be held via Microsoft Teams on Tuesday 22nd March 09:30 – 11:30

To book a place contact the Patient Experience Team on 020 8296 4325/6 or email us at esth.patientexperienceteam@nhs.net

All carer related queries

For any other carer related queries please contact your Patient Experience Team on:

Telephone: 0208 296 4326 or 4325

Email: esth.patientexperienceteam@nhs.net



YOUNG CARERS ACTION DAY

16 MARCH 2022

Wednesday 16th March

Quiz Entry Sheet

Your chance to win one of three prizes!

Complete this quiz and return it by **5:00 pm on Friday 25th March 2022**. To get your answers to us, do one of the following:

- Post you quiz entry sheet in the box in the Epsom Hospital Post Room (Headley Wing)
- Post you quiz entry sheet in the box at the St Helier Hospital Main Reception (B Block)
- Scan your quiz entry sheet and email it to: esth.patientexperienceteam@nhs.net

The three winning entries will be drawn at random and announced during Team Talk Live on Wednesday 30th March 2022

Your full name:	
Your area of work/department/site:	
Your contact email address:	

Q1. What is the theme for this year's Young Carers Action Day? Write your answer in this box.

This year's theme is...

For questions 2, 3 and 4 tick one box only.

Q2. What is the age bracket for a Young Adult Carer?

- | | |
|-----------|--------------------------|
| (a) 12-18 | <input type="checkbox"/> |
| (b) 14-20 | <input type="checkbox"/> |
| (c) 16-22 | <input type="checkbox"/> |
| (d) 18-24 | <input type="checkbox"/> |

Q3. What are 3 of the 5 pledges we signed in the Young Carers Pledge in 2019?

- | | |
|-------------------------------|--------------------------|
| (a) Respect, Believe, Support | <input type="checkbox"/> |
| (b) Value, See, Create | <input type="checkbox"/> |
| (c) Create, Protect, Value | <input type="checkbox"/> |
| (d) Generate, Produce, Reward | <input type="checkbox"/> |

Q4. If you identify a Young Carer, what system would you use to log their details in under the 'Unpaid Carer' tab?

- | | |
|------------|--------------------------|
| (a) DATIX | <input type="checkbox"/> |
| (b) IPM | <input type="checkbox"/> |
| (c) Victor | <input type="checkbox"/> |
| (d) ICM | <input type="checkbox"/> |

Q5. Tell us the most important thing you've learnt today about Young Carers Action Day?

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