

Activities for Carers Week 2020

8-14th June is Carer's Week and the aim of the week is to raise awareness of the children and adult carers who help to look after people all over the UK. Edinburgh Young Carers project has designed some activities which your children can do at home to think about carers and what it means to be a young carer. The activities have been designed to use minimum resources so you only need some pencils and paper. We would love it if you could use these activities to have a discussion with the children about what it means to care and to help them understand the role of young carers more, some of their friends may be young carers and by doing these activities the children can understand about their lives and how their life is different. Edinburgh Young Carers is a charity that supports over 300 young people in Edinburgh with respite, group activities, support and advocacy and we are still open for referrals. Please visit www.youngcarers.org.uk if you would like some more information or to find out about how to make a referral and please follow us on Facebook and Instagram.

<u>Age range</u>	<u>Experiences & Outcome</u>	<u>Activity</u>	<u>Description</u>	<u>Materials required</u>
P2-P4	HWB 1-45a	How do people care?	Speak with the child and create a mind map of what it means to care and how people care e.g someone helps me wash my hair. Try to consider emotional caring e.g listening, giving advice as well as physical care	Pen and paper (coloured pencils/pens)
P2-P4	HWB 1-45a	Creating a 'recipe for care'	Show the child an example of a recipe with measures and ingredients. Both child and adult draws pictures of how they like to be cared for and together create a 'recipe' for how you care for each other during the day	Pen and paper
P2-P4	HWB 1-45a	Good and bad caring	Divide a piece of paper in two and on one side write things that show good caring and on the other things that are uncaring. E.G helping my friend to tie her shoe lace, saying something unkind when my sister is crying.	Pen and paper
P2-P4	HWB 1-45a HWB 1-47a LIT 1-09a	Meet a young carer	Ask your child to read Resource 1 or you could read it together. <ol style="list-style-type: none"> 1. Make a list of how Ben's life and feelings are similar to your child's life 2. Make a list of how Ben's life is different to your child's 3. Draw a picture of Ben and around the picture write adjectives to describe how Ben may be feeling e.g anxious, worried. You could link this to literacy by encouraging your child to use stronger vocabulary e.g downcast rather than sad 	Resource 1, pen and paper
P2-P4	HWB 1-45a HWB 1-47a	Who can help young carers?	Explain to the child that some young carers often feel like superheroes because they have so many caring responsibilities that they feel like they require superpowers to achieve all the things they have to. Ask the Child s to think about creating a superhero which would be able to help young carers. Design and draw a superhero to help young carers, give them a name and a superpower. Think about positive help that can be given e.g listening, encouraging them to speak to an adult, not teasing them, being kind.	

<u>Age range</u>	<u>Experiences & Outcome</u>	<u>Activity</u>	<u>Description</u>	<u>Materials required</u>
P5-P7	HWB 2-05a	Understanding about different families	<p>Speak to your child about their friends, neighbours or families you know and discuss their differences. Do you know anyone who:</p> <ul style="list-style-type: none"> • Has more than 6 people in their household • Lives with their grandparents • Lives with a pet • Is an only child • Lives with one parent • Does not live with any parents • Has lots of brother and sisters • Lives in more than one house <p>The aim of this activity is for the child to understand that no two families are the same and that all families are different, discuss other families with sensitivity and empathy. Speak about things that the families have which are similar as well as being different.</p> <p>For younger children 'The Family Book' by Todd Parr is a great source of discussion for different family models.</p>	
P5-P7	HWB 2-51a	Understanding Caring responsibilities	<p>Make a timetable of jobs and responsibilities in the home. Try to list all of the things that people do in the home to care for other people and make the home better for others in the family. You could use the template (resource 2) or create your own.</p> <p>After the timetable is made, discuss with your child who would do these jobs if the adult was unwell? Or who would do the jobs if their brother or sister was unwell and needed a lot of care? Speak to your child about young carers and together make a definition of a young carer- use resource 3 as examples</p>	Family chore chart or pen/paper
P5-P7	HWB 0-07a / HWB 1-07a / HWB 2-07a / HWB 3-07a / HWB 4-07a	Understanding how to help young carers	<p>Read through the case studies of young carers (resource 4) discuss with the child the responsibilities that young person has, the issues facing the cared for person and how that young person feels. Make a list of things that other children and the school can do to help the young carer.</p> <p>Discuss the issues young carers face at school, bullying issues (there is plenty of research to show that young carers often experience bullying as a result of their caring role); tired during school hours; absence from school; not able to take part in leisure or extra-curricular activities; poor diet or poor hygiene/unwashed clothes; physical illness (run down, exhausted).</p> <p>Create a school charter- together make a list of ways the school could help young carers. Use resource 5 for examples of school charters. The charter is about schools stating exactly what they are going to put in place to support young carers in their school. You could send the charter to your school.</p>	Pen/paper

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Hi, my name is Ben and I am in Primary three at school. I love school because even though the work is a bit difficult sometimes I love to spend time with my friends. I get in trouble a wee bit at school though because I get very tired and sometimes a bit grumpy! It's not my fault though I get up very early in the mornings so I am half asleep by lunch time! I have to get up early because my mum isn't very well, she has arthritis, which means she has sore bones and so she uses a walking stick and finds it difficult to get around and we have stairs in our house that she finds difficult to climb. I have to help her to get around the house and to help her climb the stairs to get to the bathroom and to go to bed. I also have a little brother, Steven, who is in primary one so I need to keep an extra special eye on him too! Because mum finds it difficult to get out of bed, I have to help her in the mornings and then get Steven up and make them both breakfast and take Steven to school. I also have to help with things like cleaning, cooking and doing the washing. Because I help around the house a lot I don't really have much free time. My friends always ask me to go out and play football or to play the Xbox with them but most of the time I have to stay at home to keep an eye on mum or my little brother. This is why I love spending time with my friends at school! When I do have spare time I have to make sure I do my homework because I don't want to get in trouble with my teacher. I don't mind helping with my little brother and helping mum out but sometimes it would be nice to spend more time with my friends!

Resources

Family Chore Chart Week of _____

Name	Chores to Do	M	T	W	TH	F	S
	1. 2. 3. 4. 5.						
	1. 2. 3. 4. 5.						
	1. 2. 3. 4. 5.						
	1. 2. 3. 4. 5.						
	1. 2. 3. 4. 5.						

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Resources

Young carers are those who provide help or support to family members, friends, neighbours or others because of either long term physical or mental ill health, disability or problems related to old age.

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A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

YoungScot

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Resource 4-
 Young carer case studies

Resources

Aged 14, Sondra lives alone with her mother who is suffering from rheumatoid arthritis*. She has been caring for her alone since Sondra's father left 7 years ago. Her mother finds it difficult to go out of the house or even perform the simplest tasks without becoming tired and weak. On bad days she can barely make herself a cup of tea, and when she is at her worst Sondra does all the housework, shopping and cooking meals.

Info Box

*For information - Arthritis refers to more than 100 different diseases that affect areas in or around the bone joints. It severely limits everyday activities such as walking, dressing and bathing. It is common in all age groups, including children.

Dave's mum is addicted to drugs and finds it very difficult to cope.

Dave is 8 and sees his Dad on a regular basis. Dave's mum spends a lot of time in bed and rarely goes out of the house, therefore Dave has to look after her

Nadia is 16 and has three younger brothers. She is the oldest child.

Her father is visually impaired and her mother stays at home to look after him. Nadia's parents have poor English and no family in this country.

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Resource 5
 Young Carer School Charter

Resources

Statement for pupils and families

At we believe that all children and young people have the right to an education, regardless of what is happening at home. When a young person looks after someone in their family who has a serious illness, disability or substance misuse problem, he or she may need a little extra support to help him or her get the most out of school. This Young Carers' Policy says how we will help any pupil who helps to look after someone at home.

Our school:

- Has a member of staff with special responsibility for young carers and lets all new pupils know who they are and what they can do to help.
- Runs a session on the challenges faced by young carers in Guidance lessons in Year ____.
- Can put young carers in touch with the local Young Carers Project. We can also put families in touch with other support services.
- Is accessible to parents who have mobility and communication problems.
- Respects your right to privacy and will only share information about you and your family with people who need to know to help you.
- Will consider alternatives if a young carer is unable to attend out of school activities e.g. detention, sports coaching, concerts, due to their caring role.
- Allows young carers to telephone home during breaks and lunchtimes.
- Can give parents advice about how to get their children into school where transport is a problem.

Defining a young carer

A young carer is under 18 years of age and helps to look after a family member who is disabled, physically or mentally ill or has a substance misuse problem. Caring can involve physical or emotional care, or taking responsibility for someone's safety or well being. The level of responsibility assumed by a young carer is often inappropriate to their age and at a level beyond simply helping out with jobs at home, which is a normal part of growing up.

Identifying a young carer

Unless the school is advised about a pupil's home circumstances, young carers risk first being identified by negative aspects of their behaviour or work. Some young carers worry about bullying or interference in their family life and may seek to conceal their role from their peers and from teachers.

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