

**Gaddum  
... Carers**



# **Shine Young Carers Project**

**Shining brighter than ever one year in!**



# Gaddum ... Carers



## Young Carers Targeted Support Project

The aim of the project is to support Young Carers in Manchester and Salford, increasing identification, by raising awareness, and enabling Young Carers to achieve their full potential. We define a Young Carer as someone under 18 who helps look after someone in their family, or a friend, who is ill, disabled or misuses drugs or alcohol. The project was renamed Shine, to better describe the projects aims of shining a light on Hidden Carers in Manchester and Salford.

The funding has been pivotal in identifying hidden Young Carers, promoting support available by schools, and tackling stigma for Young Carers who struggle to talk about their situation.



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## **In it's first year Shine has...**

- Supported over 70 hidden Young Carers in Manchester and Salford.
- Made connections with schools leading to better Young Carer support.
- Built a strong partnership with Early Help teams ensuring the voices of Young Carers are always heard and the right support is given.
- Created weekly support groups for Young Carers.

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Our groups for Young Carers, designed by  
Young Carers...



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**Monday Club**  
Mondays 4pm

For members of Shine Young Carers  
& Salford Young Carers

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**Mindfulness**  
Tuesdays 4pm

For members of Shine Young Carers  
& Salford Young Carers

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**Weekly Drop-in**  
Wednesdays 4pm

For members of Shine Young Carers  
& Salford Young Carers

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**Games Club**  
Thursdays 4pm

For members of Shine Young Carers  
& Salford Young Carers

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**Book Club**  
Wednesdays

For members of Shine Young Carers  
& Salford Young Carers

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**Gratitude Group**  
Mondays

For members of Shine Young Carers  
& Salford Young Carers

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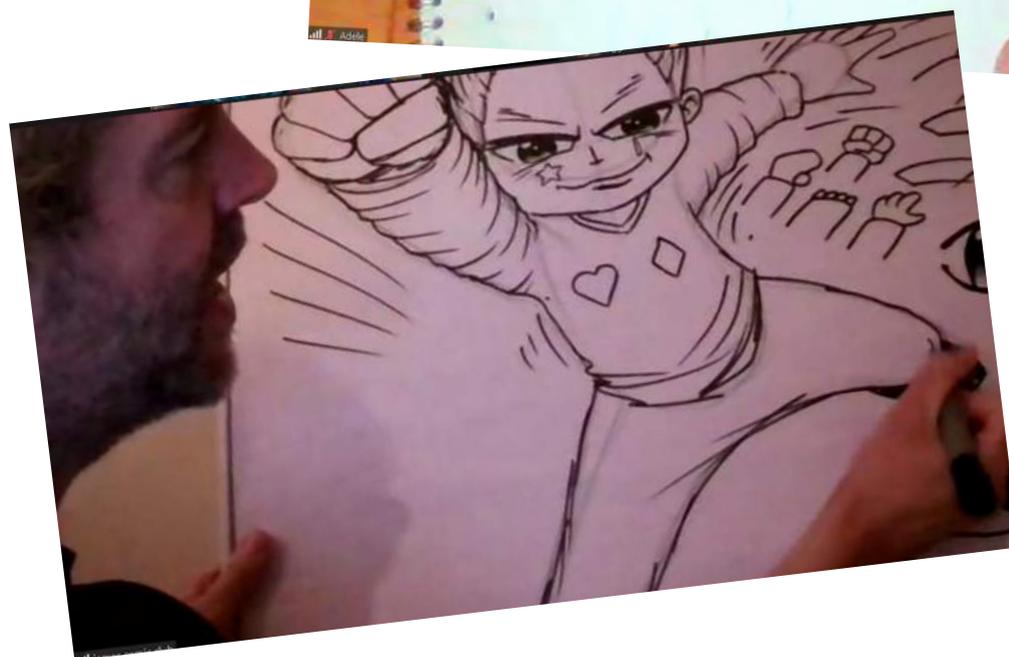
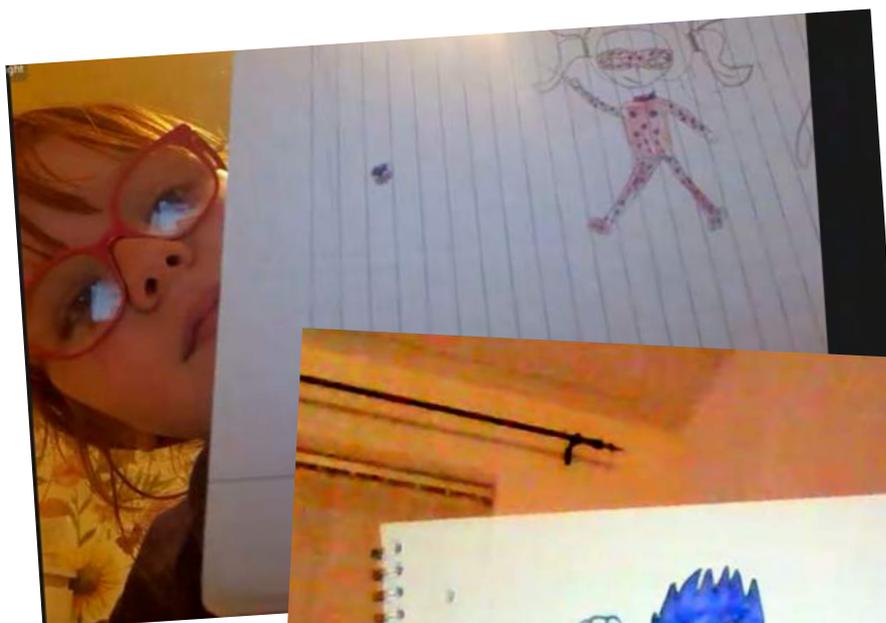
**Little Carers Club**  
Mondays 4pm

For the youngest members of  
Salford Young Carers  
& Shine Young Carers

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Some images from our Comic Art group...



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## Involving people from the community for the community...

In Manchester we attend the Early Help allocation meetings in the Central and South localities. Here we are able to advocate for Young Carers and advise on the suitability of referrals. Young Carers are identified at the point of referral – our Shine workers identify triggers that are often missed. This has led to a better understanding of Young Carers for the social work teams involved with cases.



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## Resources for Young Carers and Professionals...

Published resources on our website for Young Carers to access support anonymously when needed and also for professionals looking for information. We created the below Young Carer Factsheets based on key areas that affect them and their caring role as well as posters to increase engagement.

**Gaddum ... Carers**  
Hi, I'm Gaddum.  
Let's talk about  
**Being a Young Carer**

Young Carers look after other people who rely on their help. Caring is different for everyone and may include every day cooking and cleaning or sorting out medication. You might have to do much more because your family member can't do some things themselves without some help.

A Young Carer might look after someone because they're sick, have a disability, an addiction to drugs or alcohol or struggle with mental health issues. Some young people tell us they aren't sure if they can actually call themselves a 'young carer'. But even if you aren't the only one who is doing the looking after, you can be a young carer.

**Some challenges you may face as a Young Carer:**

- Too busy helping someone else to get time to yourself
- Spending too much time alone – so busy helping someone you do not get to see your friends as much as you may want to
- Doing things for others every morning makes you late for school
- Unable to concentrate on your school work because you're worrying how person you care for is
- Less time at home to complete homework – this may make you feel like you're always catching up.

**You're not alone!** There are as many as 800,000 young carers in the UK and the recent COVID-19 pandemic, that figure may even be higher and we can help.

0161 634 6069 | [salford.carers@gaddum.org.uk](mailto:salford.carers@gaddum.org.uk) | [gaddum.org.uk](http://gaddum.org.uk)  
Registered charity 507162

**Gaddum ... Carers**  
Hi...  
There are many young carers in Salford. If you're one of them... join us.

**Gaddum Salford Young Adult Carers**  
Do you look after someone at home who relies on your help whilst you study at college or university? Get in touch for advice, to know your rights and get support when things get a little tough.

[salford.carers@gaddum.org.uk](mailto:salford.carers@gaddum.org.uk)  
0161 634 6069 | [gaddum.org.uk](http://gaddum.org.uk)

**Gaddum ... Carers**  
Hi...  
We can help if you're finding it difficult while you study.

**Gaddum Salford Young Adult Carers**  
Do you look after someone at home who relies on your help whilst you study at college or university? Get in touch for advice, to know your rights and get support when things get a little tough.

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**Gaddum ... Carers**  
Hi...  
Think you may be a young carer? Go see Mrs. Corry and she'll help you get our support.

**Gaddum Salford Young Carers**  
If you look after someone at home who help and need a chat, get in touch. We events that you may want to join in with.

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0161 634 6069 | [gaddum.org.uk](http://gaddum.org.uk)

**Gaddum ... Carers**  
Hi...  
We can help if you care for someone at home and want to go to University as well.

**Gaddum Salford Young Adult Carers**  
Do you look after someone at home who relies on your help and that you are unable to go to university? Get in touch for advice, to know your rights and feel supported as you study.

[salford.carers@gaddum.org.uk](mailto:salford.carers@gaddum.org.uk)  
0161 634 6069 | [gaddum.org.uk](http://gaddum.org.uk)

**Gaddum ... Carers**  
Hi, I'm Gaddum.  
Let's talk about  
**Bullying**

Bullying can come in many forms; physical, verbal, social/relational and online/cyber. It can be very upsetting when it happens to you or to someone you see who's getting bullied themselves. It's important to recognise that bullying is unacceptable and sometimes it's even illegal. Support is available if you're experiencing it.

**Top Tip**  
Understanding what bullying is can help you determine whether you or someone else are getting bullied. Have a look below to see if any apply to you:

- The general term 'bullying' relates to repeated behaviour that is hurtful, cruel and mean. It may be one person or a group of people who are involved with bullying another person or a group of people.
- Physical bullying involves hitting, punching, slapping, scratching, sleeping and other types of painful physical actions.
- Verbal bullying involves name-calling, use of hurtful words, threatening language or rumours and lies are being spread about you or you are subject to nasty jokes and humiliation.
- Social or relational bullying refers to actions that may happen behind your back. For example, you may feel like you're being excluded from social situations, there's examples, you may feel like you're being excluded from social situations, there's rumours and lies are being spread about you or you are subject to nasty jokes and humiliation.
- Online/cyber bullying occurs on the internet, and it often relates to bullies sending you nasty messages, publicly or privately humiliating or intimidating you (sometimes with image or video content), spreading misinformation/gossip about you or pretending to be you on social media through fake accounts.

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Registered charity 507162

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## The impact of Shine...

We have measured our impact from analysing data and collecting feedback directly from Young Carers, staff, partners and stakeholders. Our project is the first of its kind for Young Carers in Manchester, this has meant a huge increase in awareness of Young Carers and the challenges they face. Through our collaborative approach social workers and school staff have gained a better understanding of how to recognise Young Carers and what support is available to them. We have recognised a gap in our provision to capture the ethnicity demographics of Young Carers, which will be addressed during year 2.

"Shine is a very important part of the early Help offer for children and families in Manchester. The links between Shine and the Early Help Hub is crucial for the support young people can access. Alongside this Shine attending the weekly EH Allocations meeting, means young people can receive support in a timely manner. The advice and support to partners and EH Hub Practitioners from Shine is invaluable."

[Halina Zaslowsky, Central Locality Manager,  
Central Early Help Hub Manchester](#)

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"The support being offered to the young carer by Shine is excellent. Lauren is flexible to ensure that the support reaches the Young Carer when they are available. Personal, to ensure that the young carers needs are met appropriately and most importantly reactive, as the Young Carer's needs are ever changing.

The communication from Shine to other professionals is extremely effective. The partnership ensures that the needs of the Young Carer are met in all aspects of their life."

**Jen Shelley - Head of Year 7, Laurus Rycroft School.**

"The Year 7 Young Carers at CHS South have had the honour of being part of the Shine Project. The students have enjoyed their weekly Monday mindfulness sessions, as they have loved the opportunity to relax and reflect, during such a difficult time that they are going through / have experienced, having to settle in to different measures within the setting due to COVID-19. Our Young Carers are keen and looking forward to being a part of more projects with Gaddum."

**Akeim Mundell – Pastoral Leader & Staff Governor,  
Chorlton High School South.**

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## The impact of Shine - facts and figures...

- 75 Young Carers have been referred into the service.
- 52% of Young Carers supported were secondary school age and 48% primary school age.
- There were 13 sets of siblings referred into the service.
- All referrals in Manchester came from the Early Help Hubs originating from schools and social workers, in Salford referral were evenly split between schools and children services.
- The main conditions for the person receiving support were mental health issues and substance misuse.
- The main relationships to the person receiving support were mother and sibling.
- We have had 48 unique attendance at our groups.



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"Working with Young Carers has been an amazing opportunity and I enjoy supporting them every day.

The work Gaddum does, from 1:1 sessions to fun groups, is vital for Young Carers. It allows them to receive tailored support to them on areas they struggle with, which has not been provided before. It allows their voice to be heard on a variety of platforms. The project allows young carers to be young children and have time to themselves to have fun."

Lauren Bentley, Shine Project Worker

"I love Move & Groove (group) because it's fun and I look forward to it and tell my friends and teachers at school."

Young Carers, aged 9.

"Everything that Gaddum offers to Young Carers is vital in supporting them in their day to day life and allowing them to flourish as a Young Carer in all aspects of their life. Gaddum and its work allows Young Carers to be seen, heard, supported and celebrated."

Adele Conway, Shine Project Worker

# Gaddum ... Carers



"The Shine team have always been available to answer any questions and provide information on what support they can provide to the young people. The referral forms are straight forward and the team were always approachable. Attendance at our weekly allocations meetings have been really helpful in discussing young carers and offering support to them at the earliest opportunity. Shine as part of our wider partnership offer to young people and their families and their input at the allocations meetings and other meetings in the hub have been invaluable."

**Tracey Jones, Early Help Interventions Team  
Manager**

"Young Carers are some of the most inspirational people in society, who do some incredible things for those they care for. Sadly, Young Carers are also some of the most overlooked - often leading to crisis point, underachievement and an uncertain future. It has been our goal to change this!

For the past year the Shine team have been able to offer vital support to Young Carers – leading to more hopeful aspirations and brighter futures. I am amazed by what the Shine has achieved in it's first year... during a global pandemic!"

**Matthew Shiel, Young Carers Coordinator**

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"The activity of the Young Carers Targeted Support Project over the last 12 months has been essential to the Salford Young Carers strategy action plan, in particular a lot of work around awareness raising with professionals, key partners and partnership boards. This ongoing work will increase understanding of Young Carers, the impact of their caring role and also support with identifying hidden Young Carers within the city.

The support provided by the project has been so important over the last 12 months, and by working creatively the team have managed to ensure delivery of a supportive and responsive service, to ensure Young Carers are engaged during a very stressful and worrying time."

**Jane Roberts, Commissioning Manager,  
Salford City Council.**



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## Changes and Challenges...

From the start of Shine, the project has been met with challenges, the main one being the fact we went live with the project several months into the COVID-19 pandemic. There were fears that uptake would be reduced, so we amended the referral process to ensure it was streamlined and would not be a barrier. This was successful seeing a steady increase of referrals across the first 6 months which has continued to grow. The pandemic proved to us that the service was needed more than ever.

In month 10 of the project we set out key areas for review to be implemented across year 2 of the project...

- Changes to referral form to capture key demographic such as ethnicity.
- Develop partnership with Carers Manchester Contact Point service to further identify Young Carers.
- Roll out of Young Carers Awareness Training to all schools.
- Production of educational resource for schools.



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## Changes and Challenges...

At the beginning of the project we trialled 'Viewpoint' app as an exciting way of capturing data from the young people accessing the Shine project. However there was a low uptake from clients. We found that Young Carers often share devices with parents and siblings and were afraid of writing feelings onto the platform in case parents/ siblings could read and be upset by this. Amongst our client group digital poverty was a large issue meaning not all households had the equipment to fill out the surveys – therefore obtaining uneven data. We took the decision to stop using Viewpoint and use the questions developed for it as part of our initial assessments.

This direct approach has worked well and increased engagement from the Young Carers. This exercise allowed us to address the digital poverty barrier, by successfully obtaining funding for laptops for Young Carers across Manchester and Salford to access education and support services during the COVID-19 restrictions.



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## Future Plans...

In Year 2 of the project we will further imbed ourselves within Manchester Early Help by attending the allocation meetings in the North Locality which will then mean we have a presence across the whole of Manchester.

In Salford we are in the implementation stage of being fully integrated with their Early Help teams.

We will also be focusing on identifying Young Carers from Black, Asian and ethnic minority communities.



- Increase identification of Young Carers
- Host COVID-19 safe face to face activities
- Deliver Carers Awareness training

- Develop Young Carers Toolkit for all places of education in Manchester and Salford.
- Run young carer led groups.

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## Case Study...

K, is a Young Carer for his mum with mental health issues. In the past school have witnessed a lot of negative behaviour that seems to be born out of frustration. Mum is very open about her poor mental health and K takes on a lot of the day to day task at home. His mood in school is often low and he talks about just wanting to sleep. The school referred K into Shine as behaviour in school was escalating, and it was identified this was in relation to his caring role.

In the past there has been difficulties engaging with K, as they have struggled to build a relationship with adults. At first K was a bit reluctant to do any video zoom, initially we spoke on the phone. I contacted the school and asked if I could set up a meeting online in school time. The school have been great and I have a good working relationship with the learning mentor, he let's K use a room and we meet online weekly.

My sessions online have been very informal to begin with and led by K. In the sessions we do some mindfulness 1:1. Home can be very chaotic and I feel our sessions are routine every week and K can have some time to play a game and talk through his emotions.

K's behaviour in school has improved, teacher reporting their anger has reduced and appears more engaged in the work. K now regularly attends the Mindfulness and Gratitude group.

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**Thank you!**

To all the fantastic Young Carers we work with.

To all the schools, Early Help hubs and partners for your constant support.

To our funders The National Lottery Community Fund for making this amazing first year possible.

