

Young Carers



Welcome to Naomi and Lisa



Naomi started with us in December 2023

My name is Naomi, I have just started as a Young Carers Support Worker in the Bristol team.

My role is to support young carers and their families across Bristol and help them gain access to support and services that

are appropriate for them. I undertake young carer's assessments, work with young carers one-to-one and support them in group sessions.

I have previous experience working with children, mainly in schools, and also holiday clubs! I was also a young carer so I understand the juggle of managing school and work, maintaining a social life, and fulfilling a care role.

I'm hoping my experience can help other young carers feel understood and know they are not alone. I am so excited to be joining this fantastic team and to meet all the amazing young carers we support.



Lisa started in January 2024

Hi, I'm Lisa, and I've just joined the Young Carers team as a sessional worker helping with assessments and activities.

My background is in youth, arts and culture and I have previously supported young people

working in Creative Youth Network, managed National Citizens Programmes (for 16-19 years) in London, and working as a freelance photographer and events manager. I have also run exhibitions and creative events at the People's Republic of Stokes Croft.

In my spare time I'm an avid rugby fan and support Bristol Bears, made it to the World Cup in Japan in 2019 and spent two months in France following 2012 World Cup!

It's really excited to be joining the brilliant team here and helping with the great work they do.



We work with young people to help them to feel positive about being a young carer, feel less isolated, reduce inappropriate care, enable them to plan for their future and seek support when they need it. We provide individual and family support, activities, groups and outings.

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New locality groups

The new young carers groups started running in October, these groups are open to any young carers, they do not have to be registered with us. We are running these in partnership with Creative Youth Network every other week in the following places:

- South Bristol: Every other Tuesdays 5.30-7.30pm at The Gatehouse, Hartcliffe
- North Bristol: Every other Wednesday 5.30-7.30pm at The Vench, Lockleaze
- Central and East Bristol: Every Tuesday 5.30-7.30pm at The Crypt, St Lukes Church, Barton Hill.

If it is difficult to attend due to transport, we can provide some help with this.

In South Gloucestershire we continue to run 13UP club for young carers registered with us at St Nicholas Church, Yate, 1.30-4.30pm on the last Saturday of the month. Over the past year they have taken part in chill out days - walk n talk sessions- arts n crafts - jewellery making - games sessions - first aid.



Helping Laila back into school

Laila* is a 14-year-old young carer who is living with her mother, her 10-year-old brother and her 6-year-old sister. Laila helps to care for her younger sister who has severe, non-verbal autism, epilepsy, hypermobility, learning difficulties and developmental delay; and her mum who suffers with fibromyalgia and mental ill-health.

When our support worker met the family, they were living in a one-bedroom flat that did not meet their needs and were waiting to get more appropriate accommodation through the council. Laila was also not attending school as she was struggling with the family housing situation and supporting her sister and mum.

Laila had become very isolated, she was not socialising, or spending any time at all away from home. As a result, she was missing out on education and becoming more anxious due to her isolation. Laila wanted to get support to help her return to school.

Our support worker was able to support the housing application and raise additional concerns. The housing situation deteriorated

and the family did have to go into emergency accommodation before they were placed into a permanent home in the summer and the family situation significantly improved. There was enough space for Laila and her brother to have their own rooms. This has significantly reduced the impact of the care role on Laila, providing her the space she needed to manage the balance of caring responsibilities.



Our support worker also contacted the school to discuss Laila's difficulties in school; the support she needed and the process for Laila returning. As Laila had not been in school for 6 months she would need to reapply for a place.

Once the family had moved into the permanent home Laila then felt able to engage with one-to-one support. These sessions helped Laila explore what she felt her barriers to education had been, and how she felt she might be able to change things on returning to school. With support Laila wrote a school plan, which she called 'Measures which may help me to manage y10'.

Laila also wrote a school statement, where she reflected on the negative impact of being out of education for so long. She recognised the impact on her mental health and the barriers of not attending school may present to her in the future. Laila also articulated that she needed to take responsibility to engage willingly with school.

Laila's statement was submitted following the application to return to school. In October, Laila heard that the application had been successful. When we told Laila that her application had been successful and she could return to her school, she was overjoyed. She told us she couldn't believe it, and she was so excited.

* Not her real name