

## Children's University credits for young carers

### Information for school staff

A young carer is a child or young person who provides substantial unpaid care for one or more family members who have:

- A long term physical illness
- Mental illness
- A disability
- Substance misuse issues

They may be taking on practical and/or emotional caring responsibilities that an adult would normally take on. Young carers provide help by doing things like:

- jobs around the house
- shopping
- helping with personal care (bathing, getting dressed)
- giving medication
- providing emotional support
- helping with finances
- looking after themselves or their brothers and sisters.

Caring responsibilities can create barriers to young people accessing Children's University learning opportunities. They can also, however, teach young people a wide range of learning and transferrable skills. In acknowledgement of this, Sheffield Children's University will award one hour per week of credit for young carers' learning through caring.\*

To authorise this, a teacher or other member of school staff needs to meet with them once per term to talk through and complete the form below. These conversations will help the student reflect on their learning and recognise the range of transferable skills they are developing, which could be included to enhance college, university or job applications in their future.

Please complete this form each term and give it to your school Children's University coordinator so they can add the credits to the registers.

Example:

DATE	HOUR(S)	ACTIVITY
<i>1<sup>st</sup> Jan - 14<sup>th</sup> April 2019</i>	<i>15</i>	<i>Learning through caring responsibilities</i>

If you have any questions, please contact Sheffield Children's University on **0114 203 9134**

\*We know lots of young people care for more hours than this but we do not want to encourage people to do extra caring tasks to get more credits.

## Record of my learning from my caring responsibilities at home

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Caring for family members can teach us many things, including cooking skills, first aid, childcare (looking after brothers and sisters), listening skills, budgeting (looking after money), how to write letters, how to make appointments and much more!

<b>The types of caring I do at home</b> (Please tick/write)		
<b>PRACTICAL</b>	<b>EMOTIONAL</b>	<b>ANY OTHER RESPONSIBILITIES:</b>
<input type="checkbox"/> Self-care	<input type="checkbox"/> Listening to worries	
<input type="checkbox"/> Washing the dishes	<input type="checkbox"/> Worry about family	
<input type="checkbox"/> Cooking	<input type="checkbox"/> Don't want to leave family	
<input type="checkbox"/> Cleaning	<input type="checkbox"/> Prompt family /give reminders	
<input type="checkbox"/> Laundry	<b>PERSONAL</b>	
<input type="checkbox"/> Helping with siblings	<input type="checkbox"/> Helping family gets dressed	
<input type="checkbox"/> Paying bills	<input type="checkbox"/> Helping them bath/shower	
<input type="checkbox"/> Accompany to appointments	<input type="checkbox"/> Helping them toilet	
<input type="checkbox"/> Shopping	<input type="checkbox"/> Helping them in/out of bed	
<input type="checkbox"/> Interpreting	<input type="checkbox"/> Give medication	

<b>Learning or skills that my caring has given me</b> (Please tick/write)	
<input type="checkbox"/> Listening	<input type="checkbox"/> First Aid
<input type="checkbox"/> Teamwork	<input type="checkbox"/> Timekeeping / organisation
<input type="checkbox"/> Catering (cooking)	<input type="checkbox"/> Childcare (looking after brothers or sisters)
<input type="checkbox"/> Punctuality (being on time for things)	<input type="checkbox"/> Numeracy / budgeting (looking after money)
<input type="checkbox"/> Communication (talking to different types of people)	
<input type="checkbox"/> Resilience (having your own ways to stay strong when things are hard)	
<input type="checkbox"/> Problem solving (finding ways to deal with problems as they happen)	
<input type="checkbox"/> Decorating / DIY (painting or repairing things in your house)	
<b>Any other skills:</b>	

Signed: \_\_\_\_\_ (young carer)      Date: \_\_\_\_\_

Signed: \_\_\_\_\_ (school staff)      Date: \_\_\_\_\_

No. hours to be added to the Children's University register this term (1 per week): \_\_\_\_\_