

Young Carers Forum

September 2025

Agenda:

- Social Media content
- What support can employers and/or schools put in place for carers
- Young Carers Needs Assessments and paperwork



What is the Young Carers Forum?

- It gives young carers a voice so they can help shape how services are run at the Carers' Centre.
- Members influence decision-making about things that affect young carers.
- They represent young carers' views regionally

What they do:

Some of their activities and roles include:

- Recruitment involvement: Young carers in the forum help with interviewing staff for roles working with young people.
- Feedback on services: They review how "breaks and activities" are working (what works, what could be better).
- Awareness raising: Doing things like making podcasts, videos, speaking to decision-makers to raise awareness of the issues young carers face.
- Public speaking: For example, at conferences, school events
- Designing surveys and assessments: They help design the wording and questions for the "young carers survey" and the "needs assessment" so they are more accessible and relevant.
- Trips and activity days: As part of social / team-building and giving young carers time with their peers.
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Who can join & how

- Any young carer aged up to 18 living (or caring) in North Tyneside.
- The caring role must affect their life, for example in school, socially, emotionally or physically.
- There has to be a Young Carers Needs Assessment in place (or due to happen). The forum has been involved in reviewing/updating that assessment.

For more information or to join: email - Enquiries@ntcarers.co.uk

Discussions

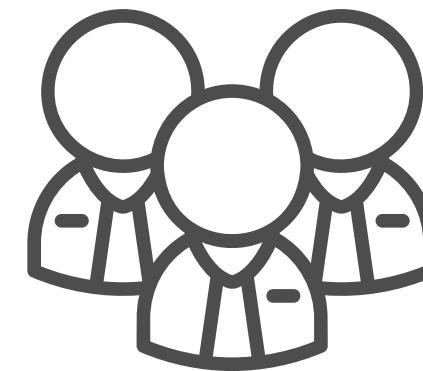
What would you do if you could change the world?

- Ban Vapes and Cigarettes
- Free Driving Lessons to gain license in school
- Take away Bullying
- Cut prices down for activities and events aimed at young people
- Be able to express yourself in school
- Extended breaks or more regular breaks in school
- School should teach more practical skills such as taxes, cooking, bullying, finance, moving out, becoming an adult
- Phones should be limited to older teens, children should develop social skills and play out more
- Young people should be less dependant on mobile phones and social media
- Reduce cyber bullying
- Your paragraph text



What support can schools and employers put in place for carers?

- Longer breaks when needed
- Quiet space for breaks and lunch times
- Recognition and attention for positive behaviour - lots of time spent on disruptive students
- Flexible timescales for completing assignments/ tasks
- Regular review of caring role
- Named member of staff to support
- Time out card
- Support to go back into lessons and catch up after a period of absence
- Fidget toys in school/ meetings
- Uniform to be less formal and adaptable due to seasons, for example, trousers, leggings, shorts in summer rather than tights and skirt
- Check in with families
- More time to move around the school between lessons
- Play equipment on the school yard to be improved
- Lockers for phones and bags in all schools
- Employers allowing Working From Home days
- Careers Advice (Connexions)
- Having the same support staff
- Free breakfast club
- Key worker with regular check-in's



Other support

- More part-time roles available
- Employers to be flexible with hours
- Opportunities to check-in with the cared-for person
- Employment being close to home

