

Young Carers Forum

November 2025

Agenda:

- Social Media content - Poem
- Guide for young carers in school
- Issues and Themes
- Suggestions



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

Social Media content – Poem

Ruby was a star and created a voice-over to the poem below, which will be used for professional training

'Cause I Ain't Got a Pencil
I woke myself up
Because we ain't got an alarm clock
Dug in the dirty clothes basket,
Cause ain't nobody washed my
uniform
Brushed my hair and teeth in the dark,
Cause the lights ain't on
Even got my baby sister ready,
Cause my mama wasn't home.
Got us both to school on time,
To eat us a good breakfast.
Then when I got to class the teacher
fussed
Cause I ain't got no pencil.

By Joshua T. Dickerson



The members put their expert analytical skills together to look at a flyer which NTCC have created to support young carers when identified in school by professionals. The team shared the following:

- A booklet would be better than a flyer
- The booklet needs to have activities for the young carers to make it their own
- They would not read it if it were all signposting information

Issues and Themes:

- school support –Young people not receiving pastoral support or an understanding from schools of their caring role.
- They find school boring and not a fun place to be.
- Secondary school transition is difficult
- There is no play equipment in secondary school
- Sleep hygiene for young people is an issue, not switching off or having broken sleep from caring for someone.
- They feel stressed out a lot and there is always something to think about
- GCSE pressure feels too much

Breaks and Activities:

- Young people would like to know what is happening in sessions before and support to attend.
- The YAC group likes social time over the activity
- YAC group suggested running biweekly or every 3 weeks
- Age limits of the groups – 5-10, 11-13, 14-16

The forum all agreed that transition support from age 15 should replace age 16, year 10/11

