

# Young Carers Forum



Date: Monday 22<sup>nd</sup> June 2026

Location: Shiremoor Family Hub

Time: 4:30 pm – 6:00 pm

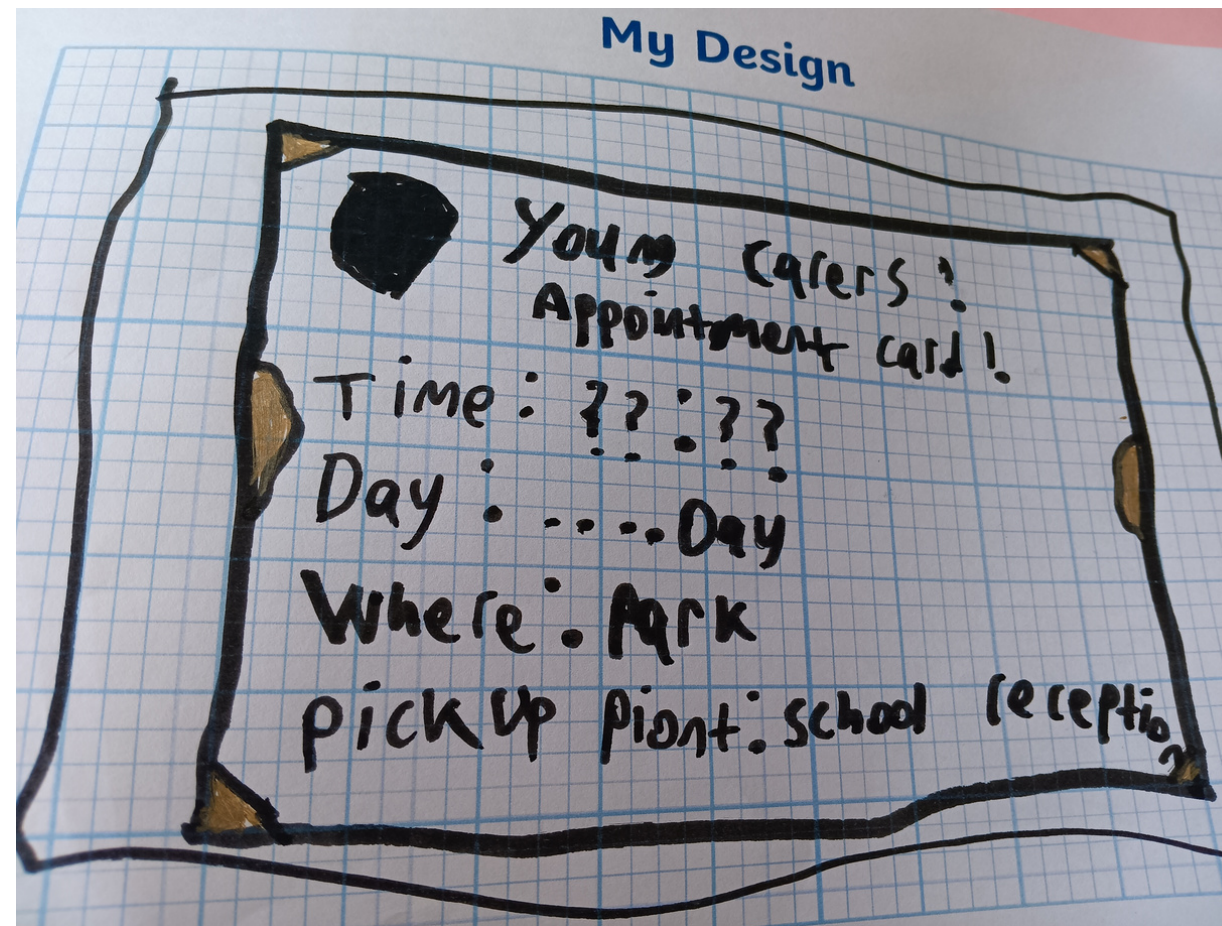
Staff Present:

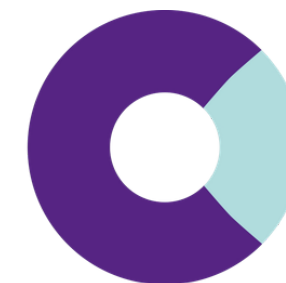
- Kate (Young Carers Team Lead)
- Michelle (Family Support Worker)

Young People Attending: 2

## Session Overview

This week's forum focused on understanding young carers' experiences in education and identifying what changes would make school more supportive. Young carers shared their views through discussion, a school attendance quiz, and a creative design activity.





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## What Young Carers Told Us

Through the quiz and conversations, several clear messages came through:

- Attendance is impacted by a combination of factors, including caring responsibilities, stress, and appointments
- Some young carers feel that teachers do not fully understand their role, with feedback highlighting that understanding is often limited
- A number of young carers said they don't know who to go to for help in school, showing a gap in clear support systems
- Some have told school about being a young carer, but for some, nothing changed afterwards, which can be discouraging

## What Would Help

Young carers shared practical suggestions to improve their school experience:

- More understanding from staff
- Catch-up support when they fall behind
- More breaks during the day to reduce stress
- Flexible approaches, including start times and expectations
- Young carer support to be offered outside of break/lunch time to avoid impact on social time

These responses highlight the importance of schools recognising the individual needs of young carers and adapting support accordingly.

Young Carers School Attendance

1. Which day is usually the hardest to attend school?  
A. Monday  
B. Tuesday  
C. Wednesday  
D. Thursday  
E. Friday  
F. Saturday  
G. Sunday  
H. Other  
I. Don't know  
J. E. Non

2. What affects your attendance the most?  
A. Caring responsibilities  
B. Appointments  
C. School pressure/anxiety  
D. A mix of everything

3. How well do teachers understand young carers?  
A. Really well  
B. Some do, some don't  
C. Not very well  
D. Not at all

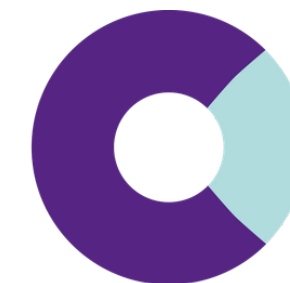
4. Who would you go to for help?  
A. Head of Year  
B. Teacher  
C. Support staff  
D. I don't know

5. Have you told school about being a young carer?  
A. Yes - supportive  
B. Yes - nothing changed  
C. No - not comfortable  
D. No - didn't know I could

6. What would help you attend more regularly?  
A. Flexible start  
B. Homework extensions  
C. Time out  
D. More understanding

7. If struggling in the morning, what helps most?  
A. Arrive late without trouble  
B. Check-in person  
C. Catch-up support  
D. Less pressure

8. What would your ideal school day look like?  
A. Less stress  
B. More breaks  
C. Staff check-ins  
D. Flexibility



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## Wider Discussion Themes

Further discussion highlighted some important areas for development:

- School Support & Communication

Young carers groups in school are seen as helpful, but timing matters – sessions should not be during social times such as lunch

Young people felt they do not always receive enough information, particularly around key stages such as choosing subjects in Year 9

There is a need for clearer explanations around coursework and exams

- Timetables & Attendance

Flexible timetables can be helpful but may also make it harder to return to full-time attendance

Schools need to recognise when young carers are falling behind earlier and respond quickly

- Support in School

Young carers said support should include:

Time to catch up on missed work

Staff noticing when they are struggling, not relying on the young person to always ask

Listening to the young person's voice and understanding what they need

Greater awareness of the impact of caring responsibilities

Action being taken where issues such as bullying are identified

- Creative Activity – Designing Support

Young carers designed a "Carers Appointment Card" to help them access support in school.

Their ideas included:

Clear details of time, date, and location

A designated room or safe space

A named worker or point of contact

A simple format to make it easy to use and recognise

They also highlighted the importance of having a quiet space available for adjustments, without this leading to isolation from peers.

