

We know what to do! Barnet Young Carers Impact Report 24/25



Barnet Young Carers strives to break down the barriers to identifying and supporting hundreds of young carers, children and young people whose childhood, education and ability to socialise are too often negatively impacted, not just because they are carers, but because they are not promptly identified and supported and, continue to go unnoticed.

True partnership efforts are required to increase identification and get these children access to the support they need and want. Our **'We know what to do!' Impact Report 2024-2025** shows some of the highlights of our work, including our **Think Young Carer** campaign, collaboratively designed and delivered with the Local Authority, to support local schools to identify young carer students; signpost and refer them to the right support and, most importantly, adopt simple but effective measures to improve their own young carer identification efforts.

A lot has happened during the last two years; our mentoring and tuition projects, funded by the Mayor of London, were established and developed to now be exceptionally popular. 440 young carers have benefited from this vital support, enhancing their wellbeing and learning confidence. Our unique **Broadening Horizons** activity programme, funded by John Lyon's Charity, has been pivotal in helping young carers socialise with their peers whilst learning new skills and nurturing friendships. Last year alone 150 young carers engaged with the project, and the feedback from the young carers and their parents proves that it makes a real difference.

Young carers are incredible resourceful people who most of the time know what to do. They cook, clean, accompany, calm, listen, advocate for others, speak up and entertain siblings. They resolve and they create. Young carers are talented children and young people who develop fantastic skills and resilience. But they might not always know what to do. They need to be seen, listened to, and supported and by **thinking young carer** we can achieve that and enable them to thrive. **Ten months after its launch, Think Young Carer increased school referrals by 30% and 61 have had a Young Carer Lead appointed. This is an incredible result we are proud of.**

The Barnet Young Carers Team has been at the centre of these achievements; pushing hard to reach out and engage, overcome barriers, and adapt rapidly to changes. I would like to thank them and celebrate their efforts. Our thanks also go to our committed partners and funders who, knowing the challenges young carers face, work with us hand in hand to raise their profile and co-create alternatives. More specially, to our young carers and families, who drive all that we do.

The Autumn is already bringing new projects and challenges we are ready to work for, and we can't wait to share our plans with you. I hope that you will enjoy reading this report and share with us your views and suggestions. Barnet Carers is an independent charity that provides information, advice, and support to unpaid carers in Barnet. Barnet Young Carers, its dedicated young carers team, delivers tailored support to identified young carers who are referred by any organisation such as schools, GPs, social care, and voluntary and community organisations.



Maivel Rodriguez Lopez
Head of Development and
Strategic Engagement

We focus on 5 key areas of support for young carers:

- 1. Activities**
- 2. Mentoring**
- 3. Tuition**
- 4. Casework & family support**
- 5. Schools liaison**



Some of what we have achieved this year

- **408 new young carers registered**
- **150 participated in regular social, cultural and educational activities**
- **263 engaged in 1:1 mentoring**
- **177 took part in bespoke tutoring**
- **61 schools appointed a Young Carer Lead**
- **8 young carers in school groups set up and delivered**

In Barnet there is estimated to be 6,528 Young Carers. Of these, 1,053 Young Carers are registered with Barnet Young Carers. 5,475 are yet to be identified, reported, and supported.



Making a real difference to young carers...

- 97%** think the activities have supported their children to socialise and make new and lasting friendships
- 98%** think their children developed confidence and abilities to communicate with others better and resolve problems assertively
- 98%** said their children were encouraged and supported to engage with additional available support to address further needs
- 98%** said that they would like their children to attend future activities

**feedback from 243 parents about the impact of our services on their children.*

“ Since joining Barnet Young carers in October 2024, my passion and want to identify and support the young carers has escalated immensely. I have a “I will not be defeated” approach and attempt any strategy required to get my foot in the door of all schools to assist staff with the identification of these young people. Most of the time it is lack of knowledge in defining the credentials of a young carer, of which I am instrumentally putting into place and using all approaches necessary to empower school teams to feel confident in the process. My passion and want to succeed will never dwindle! **”**

Sandra Langham, Schools Manager



Through the Media Trust and Ogilvy **Day to make a difference** programme we were able to work with a talented group of volunteer creatives who helped us develop a set of posters aimed at improving self-identification of young carers in secondary schools.



Our campaign to identify and support young carers has yielded impressive results **Think Young Carer is, in fact, more than a campaign.** It is Barnet Young Carers' resource to support schools professionals to:

- 1 Recognise potential signs that a student might be a young carer
- 2 Have adequate conversations with a potential young carer to support the student to trust and open up about the demands of their caring role and the support they wish to get.
- 3 Implement simple but effective measures to adopt a school approach to support young carers (e.g., assigning a young carers champion, raising awareness with parents, run young carers focused school assemblies, etc.)
- 4 Liaise with the Barnet Young Carers Schools Manager to signpost and refer student young carers
- 5 Sign up to the Barnet young carers in school groups programme to establish peer support
- 6 Develop school young carers policies orientated to properly identify and support young carers to reach their full potential within and outside the school.



“parents say...**”** She found the group of young people kind and supportive. She even ate her lunch. [she] finds eating in front of people she don't know uncomfortable. [A]positive experience, which is always great. Helps build independence and relationships with other young carers.

They get to take their mind of home life and their responsibilities and to be kids for a day. It's also great for them to have something happy to talk about instead of just what needs doing.

He felt very comfortable with the whole experience

”

Broadening Horizons

The Broadening Horizons project, funded by John Lyon's Charity, widens opportunities for young carers in Barnet to meet, socialise, have fun, enjoy of regular breaks away from caring, establish meaningful relationships with peers and trusted adults and broaden their horizons as individuals with goals and ambitions of their own.

The programme is fundamental for young carers to access other mainstream services, being it a crucial source of support or 'gateway' to maximise positive outcomes.

150 young carers benefitted in the last year from taking part in regular social, cultural, educational and recreational activities

81 social, educational, cultural and recreational activities delivered

“Her mood lightens up when she is booked for trips and she is always looking forward to attending”



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JOHN LYON'S CHARITY

Activities are the backbone of our service. The children and young people who engage in through the activities start with little to no confidence and they grow extraordinarily becoming independent, confident and happier children and young people. Our activities are not simply a one-off trip or workshop, these are opportunities for children to be, learn, integrate, discover and develop, and, more importantly, to seek further support.

John Gribbon,
Projects and Engagement
Manager



Mentoring

Our mentoring project delivers high quality mentoring intervention to young carers in schools. A qualified and experienced mentor meets their allocated mentee every week, for eight or more sessions, to listen, guide and encourage. It is a safe, private and confidential space for young carers to unfold their thoughts, worries and concerns with an adult they have developed trust with.

2,104 hours of one to one mentoring delivered to some of the most vulnerable young carers in their school settings.

263 young carers supported in the last two years

Young carers like Ebony who have had mentoring through Barnet Young Carers feel it has supported them to overcome barriers, giving them a space just for them to think, reflect, be listened to and encouraged.

“it is an outlet for me to express myself when I don’t really have a chance to do elsewhere”



Young carers told us they felt supported in different but crucial ways

35% felt supported to set and work towards achieving personal goals

41% felt emotionally stronger and better at coping with emotions

63% felt more empowered about asking for help when they need it

52% To improve their confidence and self-worth

100% would recommend mentoring to other young carers



listen to Ebony’s experience in her own words here. Scan the QR code

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Tuition and educational support

Young carers often fall behind academically despite being extraordinary children capable of achieving their full potential.

Our tuition project offers individual and bespoke tuition in a range of subjects such as Maths, English and Science but also in exams preparation, modern languages and vocational support.

1,770 hours of tuition delivered to young carers who were struggling with their confidence and studies

177 Young Carers supported

Delivered in partnership with



"We mainly focused on English literature as that is what I needed to work on the most and I feel as though I have improved. At the start of the sessions I was always asked what I needed to work on and how I was feeling"

Young carer participant in our tuition programme

A positive partnership model to support young carers be confident learners and achieve

63%

improved their confidence in their learning

45%

identified and engaged with additional support they needed.

68%

felt emotionally stronger and better at coping with emotions

100%

would recommend the tutoring to other young carers

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Noah's story...

Challenges for Noah

Noah is a young carer with significant responsibilities at home, alongside navigating the challenges of ADHD. In the past, Noah struggled with focus and often found it impossible to sit through a full lesson without feeling overwhelmed or needing breaks. His confidence in his learning ability was low, and he experienced speech disfluency, which made participating in class a daunting experience.

What's changed

For the first time, he was able to sit through entire lessons without breaks. His engagement improved dramatically, and he shared that he genuinely enjoyed learning — something he had never experienced before. This positive shift carried over into his school life, where Noah reported feeling more confident, participating more, and experiencing fewer difficulties with his speech.

What's helped

The lessons were tailored to incorporate Noah's interests — including drawing, gaming, sports, and film studies — helping him stay engaged and motivated.

A patient, flexible approach was taken to meet his needs, with an emphasis on building trust and creating a space where he felt comfortable to learn at his own pace.

If you want to know more about any of our young carers programmes email: youngcarers@barnetcarers.org

"I've never really enjoyed lessons before.

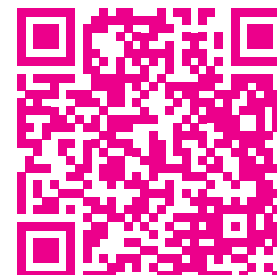
I just couldn't sit through them without getting distracted or overwhelmed."

““ *She supported me in my learning and made the sessions fun. We both would always have a 5 minute conversation about our day and week and we laugh a lot too. I never get uncomfortable around her and I would actually love it if I had a teacher like her in my school since she is so nice*

The sessions were engaging and I built a nice relationship with my tutor. She listened to my needs and catered the sessions towards them

””

hear about the impact of the programme from young carers



THINKyoung CARER

Launched in November 2024, **Think Young Carer** is a collaborative campaign designed and developed in partnership with the London Borough of Barnet and Family Friendly Barnet to raise awareness of, identify and support young carers, especially among school professionals and in education settings.

The campaign is also aimed at promoting self-identification, so more children and young people with a caring role understand they are carers and are entitled to support.

Think Young Carer means professionals are aware of the signs that indicate that a child or young person might be a young carer. It means collaboration and partnership work to support these children have access to support, not only in their school but in their local community.



The **Think Young Carer** programme was presented as a poster and workshop to the Carers Trust National Conference in York as an example of good practice.

Materials produced by Barnet Young Carers are also in use by other young carers projects across the country.

Think Young Carer = identification + support

184 **Think Young Carer** school packs have been delivered to all primary and secondary schools in Barnet. These packs include checklists for teachers, age appropriate posters and materials for students, and our Barnet Young Carers primary and secondary schools resource booklets.

“Barnet Young Carers has been instrumental in enabling me to secure support for two very at risk pupils whose parent is expecting some major life changes in the near future.

Barnet Young Carers has provided them with mentors and tuition support, during a critical time in their lives. I commend Sandra who worked out of her normal hours with me to expedite their applications. Her caring nature, and reliable personnel, are providing a great service to the children and young people of Barnet and should be supported to continue.

”

Mrs Leslie Peach

Deputy Headteacher

All Saints' Church of England Primary School



Our Think Young Carer campaign increased our referrals and impact. **Think Young Carer** have significantly increased the number of referrals received, which has led to many more young carers accessing the support they needed and wanted:

- **110 new parental referrals**
- **188 new professional referrals**
- **112 new mentoring referrals**
- **102 new tutoring referrals**

What's next...

Think Young Carer is a dynamic campaign and evolves. This autumn will bring new exciting elements of support to assist school staff to increase their understanding of young carers and their ability to identify and support young carer pupils

The Think Young Carer Autumn campaign will run from the end of September and will:

Create **personalised campaign packs for each school in Barnet**, containing personalised data for each school, an infographic showing borough-wide gaps, new posters and materials, and an invitation for Barnet Young Carers training and webinars.

More **Young Carer Leads appointed and supported!** Welcoming a new academic year, we are eager to continue working with all the Barnet schools so that each school in Barnet has an assigned Young Carer Lead and its own Young Carer identification and support Policy. This is one of our key goals and we expect to report on this in our next report.

'Recognise a Young Carer pupil' training. A new 'recognise a young carer pupil' training element will be introduced to the Think Young Carer campaign so anyone who work in a school from the Receptionist to the Headteacher gets to learn about Barnet Young Carers and the signs to recognise that a pupil might be a young carer in need of support. Details of our training programme will be shared with schools through our regular newsletter and emails.

A new series of **School Census webinars.** Although the latest census show that young carers are being more proactively identified, there remains thousands of them unreported. Schools will be able to sign up to the upcoming series of school census webinars where this important topic and its relation to future Ofsted inspections and the maintenance of accurate identification processes will be brought and tips for easy to adopt measures will be shared.

Colleges and Universities Think Young Carer too. Young Carers need to be identified in all education settings; regardless of their age they need support. Working with local colleges and universities is as important as it is to partner with schools. Think young carer will be brought to these education settings, with tailored Think Young Carer Packs being distributed.

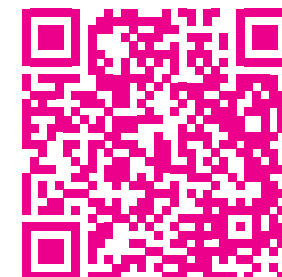
Group tuition in schools. Our tuition programme has been the most popular! And the demand for Maths is the highest. Barnet Young Carers and MathsMakers will partner together to run a pilot programme through which Maths group tuition will be run to a selected secondary school. If it is successful, it could be the start of an expanded tuition support, which in addition to one-to-one support also offers group support in school settings.

“ Thank you so much for all your help and support with the young carers at our school. Your expertise, patience and time has made a huge difference to us all. The students who are receiving support from your department tell me that it means a lot to them, especially the A level Maths tuition. Thank you for coming to meet me, to explain the process, thank you for simplifying the application form which is now clear and much faster to complete. Thank you to your team and all your colleagues too. All your hard work is much appreciated ”

Mira Lalovic

East Barnet School Pastoral Lead

find out more...



“ Hi Paisley, I just wanted to let you know that we got a permanent home and moved in last month. It's a lovely place. I also wanted to say thank you so much for everything you did to support us last year. I don't think I would have survived without your help. Thank you.

Working closely with families I have been able to understand their unique circumstances, identify their needs together and make sure that the right support is put in place. This partnership approach has enabled families to flourish and young people to thrive. I take great pride in the service I provide and the positive difference it makes to families lives.

It truly makes my day when receiving such genuine feedback from families I have worked with.”

**Paisley Shields
Early Help Assessment Coordinator**

Thank you to our funders and supporters. We could not deliver the services to young carers that we do without your support and encouragement

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