

## WHO WE ARE?

Barnet Young Carers is the local service that supports children and young people who have caring responsibilities. A young carer usually supports a family member who is ill, disabled or are affected by substance misuse issues. They may also help with the caring of sibling brothers or sisters who have special needs or conditions.

By being registered with our service young carers get support with access to wellbeing activities, including trips, recreational and educational events; tuition support if there are academic struggles or the young person wants to improve their confidence and mentoring if the young person wants to have someone to talk to who can help them address their concerns, worries and emotional challenges associated to their caring roles, home and or school life.

## WHY IS MENTORING SUPPORT SO IMPORTANT AND WHAT IS ABOUT?

We believe every young carer deserves opportunities to thrive, grow healthy and confident. Young carers deal with many challenges associated to their caring roles, school, and family lives. Youth mentoring is the practice of being safely guided by a trusted person with a set of qualities and experience, who uses tools and techniques to support an individual in the progression and achievement of chosen goals and targets. Our successful mentoring programme is now being expanded to reach out and support many more young carers Barnet.

## WHAT IT IS?

It is a school-based model of personalised peer mentoring and engagement in group activity, or specialist group mentoring, to support young carers 8 -24 who live in Barnet. It is delivered in partnership between Barnet Carers and Arts Against Knives and funded by the Greater Local Authority.

## HOW IT WORKS?

The first part of the process starts by Barnet Young Carers mentors meeting with their assigned mentees at agreed times and dates at their school. Mentors and mentees will work together during eight consecutive sessions, addressing specific areas of need such as confidence and self-esteem building, integration into local activities or social groups, addressing challenges faced at school or matters related to their caring role or home life.

# MENTORING PROGRAMME

## for young carers



The second part follows when the young carer has finalised their individual intervention at school and is ready and wishes to receive further mentoring support through our partner Arts Against Knives. This support will consist in group activity and engagement in creative projects through which their skills development and confidence building will continue to grow.

## WHAT OUTCOMES DO WE EXPECT CHILDREN AND YOUNG PEOPLE TO ACHIEVE?

- Children and young people who access this support will grow more self-confident, being better able to recognise the positive sides, knowledge and skills gained from their caring experience and put this into practice to support their wellbeing.
- They will feel more empowered about asking for help and taking part in opportunities available to them to improve their social confidence and expand their network of support.
- They will grow emotionally stronger to cope with emotions and daily demands.

## AS A PARENT WHAT DO I NEED TO DO NOW?

You will receive a Yes/No consent form via text that you are required to respond within 48 hours to guarantee a place for your child in the programme. This is a highly demanded and growing fast programme so, the sooner you grant your consent the better and easier it will be to access the support timely.

If you have any further questions that you would want to clarify before consenting to your child accessing this support, please contact the Barnet Young Carers Team at:

T: 0203 995 1909

E: [mentoring@barnetcarers.org](mailto:mentoring@barnetcarers.org)

INFORMATION FOR PARENTS

