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**TOGETHER**  
a whole family approach  
for young carers



# Newsletter

## March 2021

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### **TOGETHER PROJECT: AWARENESS RAISING MATERIALS AND WORKSHOPS FOR YOUNG CARERS AND THEIR FAMILIES**

#### **THE ERASMUS+ FUNDED TOGETHER PROJECT AIMS TO RAISE AWARENESS OF YOUNG CARERS AND TO SUPPORT THEM AND THEIR FAMILIES.**

Young carers are children and young people aged under 18 who are caring, unpaid, for someone who is ill, frail, disabled or has mental health or addiction problems. Young carers can undertake a wide range of caring roles and responsibilities, including emotional support, personal care, housework and household budgeting.

While it has been demonstrated that caring can result in positive outcomes, there is a strong body of evidence showing the adverse impact of caring on health outcomes, social activity, educational engagement and employment opportunities for young carers.

Awareness and identification of young carers is still low and many remain hidden and unsupported. Some families do not recognise their children as 'carers', some children do not identify themselves with the caring role, and there can be a degree of reluctance, even anxiety, among families in disclosing caring responsibilities.

It is therefore important to address this issue at EU level, supporting young carers and their families to communicate openly with one another to ensure that young people are supported in their caring roles.

The TOGETHER project's ultimate goal is to have a positive impact on families in order to support young carers; reducing the negative impacts caring responsibilities can bring and improving young people's well-being, social inclusion and community engagement.



# Let's Stay Together!

## Awareness Raising Resources!

The first phase of this project has been the creation of awareness raising resources. These resources aim to help young carers, their families and practitioners to adopt a whole family approach, where family members (including the person being cared for) are encouraged to communicate openly about the caring relationship.

### **PARTNERS HAVE CREATED A VARIETY OF RESOURCES THAT REACH OUT TO THE FOLLOWING GROUPS:**

- To young carers about the importance of understanding more about their parent or family member's illness, discuss it in the family, and find supportive adults to talk to.
- To parents and family members to help them understand how caring for someone who has an illness, disability, mental or addiction problem, can affect young people and their lives.
- To professionals working with young people to raise awareness and help them understand the impact of young caring and what they could do to support young carers using a whole family approach.

Each partner has created their own resources according to national needs. All resources, created in the different partners languages, English, German, Greek and Italian, are currently being piloted and will be available from June.

### **CHECK OUT CARERS TRUST SCOTLAND'S RESOURCES BELOW:**

**Together. A Whole Family Approach for Young Carers** supports practitioners by providing practical steps, guidance and useful resources. It is designed to support and complement the work practitioners already do across Scotland in supporting young carers.

**Caring Within the Family: Starting that conversation, together** are conversation cards that support families to initiate open and meaningful conversations about the impact caring roles are having on the family. They also signpost young carers and their families to useful resources and services.



Throughout the pilot stage, we are gathering as much feedback as possible on these resources. Please let us know your thoughts on these, whether you are a **practitioner**, **young carer** or **family member**.

## **TOGETHER WE ARE STRONGER!**

The second phase of this project is now underway with the development of a series of whole family workshops. These workshops will support the participation of young carers (aged 13 – 25) and their family members. They aim to facilitate open dialogue around the caring relationship, the impact this may be having on the young carer and how the whole family can support one another.

The workshops will be held in different partner countries from April 2021. Due to COVID-19, they will be held online.

## **Next steps**

Over the next few months, the TOGETHER project will continue piloting awareness raising resources with young carers, family members and practitioners. The whole family workshops will also be finalised for April 2021 launch.

The final phase of the project will include the creation of an e-learning programme for professionals about how to promote a whole family approach to support young carers.

### **DO YOU WANT TO KNOW MORE?**

**To learn more about the project and to get involved in our future activities please visit our website [www.togethereu-project.eu](http://www.togethereu-project.eu) or follow us on the most popular social networks with [#together\\_project](https://twitter.com/together_project)**

**You can also contact Paul Traynor [ptraynor@carers.org](mailto:ptraynor@carers.org) and Nicola Bell, [nbell@carers.org](mailto:nbell@carers.org) for more information.**