

Young Carers are children and young people under the age of 18 who care for a family member who has a long term illness or disability.

Romsey Young Carers (RYC) provides **fun respite activities, through clubs and outing**, as well as support in schools. This includes: **Self-Exploration Groups** (5 week support program offered to all school young carers), Fortnightly **lunch time drop in** currently offered in Romsey School, **1:1 lunch time support**, **Young Explorers** (junior version of exploration group is currently piloted in Romsey Primary, Cupernham Junior, and Romsey Abbey Primary.

**"RYC Exploration Group has helped me express my feelings in the right way. I have gone through a lot in the past few years; parental domestic abuse, mental abuse and a complete separation from my family on my father's side. I used to break down and cry at anything and everything that reminded me, or was related to, my Dad and I felt like I couldn't talk to anyone. I have been with RYC for most of my life and they have supported me throughout all that has happened. Since the exploration group I have been given that extra boost of support and now I have more self-control and I don't have mental breakdowns. I don't know where I would be without the help of RYC. Thank you Romsey Young Carers." - Lola\*, 14**

We have extremely good working relationship with school staff and would like to say huge thank you for working with us and our families, ensuring individual needs are met and the young people are able to achieve their full potential. There are young carers leads in each of the schools, who have been invaluable in their role. Please get in touch with them to find out more about the support offered in your specific school.

#### Young Carers Leads:

Cupernham Juniors -Jonathan Clay  
Romsey Abbey - Louise Rosen and Caroline Badminton  
Romsey Primary - Jason Anderson  
Halterworth School - Phill Thomas  
Mountbatten - Lyn Lovell and Jay Kelly  
Romsey - Julia Felton and Vivien Moran  
Test Valley School - Trish Briggs



**"It has been a pleasure to work with RYC as they deliver the explorers program. The group has really appreciated the opportunity to discuss openly the highs and lows of being a young carer. The tasks are structured to give the children a chance to reflect and share in supportive and encouraging atmosphere. I will definitely be looking to continue! Thank you!" Jason Anderson, Romsey Primary Head Teacher.**

We have held **assemblies** in 16 local schools reaching over 3,000 pupils. The assemblies were about the impact of being a young carer and were aimed at encouraging children and young people to come forward if they feel they are in need of extra support due to their family situation. The assemblies resulted in a number of new young carers being identified, supported in their school and referred to RYC.

We have also held **staff training**, highlighting issues relating to young carers and the support that RYC and the school can offer young carers and their families.

#### **Contact Us:**

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