



**LUNG**

**CHAMPIONING YOUNG  
CARERS**



# CONTENTS

# LUNG

**1**

**About LUNG**

**2**

**The Need**

**3**

**Project Proposal**

**4**

**Summary and Track Record**



# ABOUT LUNG

LUNG has three core strands of work:

Founded in Barnsley in 2012, LUNG is a registered charity (CIO) that places the voice of young carers centre stage. For 8 years LUNG has worked in partnership with Gaddum (who support young carers in Salford) and The Lowry to identify hidden young carers.

1. **Community theatre.** LUNG work with underserved and underrepresented young carers to make hidden voices heard. Our play 'Who Cares' was seen by 14,000 teenagers and identified 200 hidden young carers. 45,000 people have engaged with our live shows and 1.8 million have heard our work on young carers broadcast on BBC Radio 4.

2. **Outreach.** LUNG have a dedicated schools programme. Over the years we have engaged with over 350 schools and 15,000 students in state schools in areas of high economic deprivation.

3. **Campaigns.** LUNG manage and administer The Who Cares Campaign which works locally in Salford and nationally to lobby services to improve for young carers.



# LUNG SINCE THE PANDEMIC

**Covid Response:** In partnership with Salford Primary Care Together, we created a Covid Hotline for young carers who needed access to PPE and bespoke medical advice. We also facilitated monthly Q&As with Gps throughout 2020 and 2021.

**Advocacy:** LUNG facilitated and offered media training to young carers to make appearances on BBC, ITV, Channel 5 news to raise awareness for the unique challenges they face.

**The Digi-Fund:** We raised over £5,500 to provide 35 young carers with vital technology (phones, wifi boosters, laptops) to catch up on school work.

**Young Carer Creative Makers:** With 4 young carers services and arts venues across the UK, we provided weekly creative online sessions for 34 young carers to combat social isolation throughout 2021

**Who Cares:** Our play 'Who Cares' toured to 16 venues and over 100 schools across the UK, reaching 4,000 young people. We identified 75 hidden young carers and referred them to their local service for support.

**Amplify:** In partnership with the NHS and young carers in Greater Manchester, we created 2 x resources to help professionals better support, identify and refer Black & South Asian young carers.







# THE NEED TO IDENTIFY HIDDEN YOUNG CARERS IMPACTED BY COVID

Before Covid, there were an estimated 800,000 young carers in the UK, 70% of whom were hidden, receiving no support from statutory service providers. Covid-19 exacerbated the challenges young carers face & led to thousands more children becoming carers overnight. Carers Trust stated that Covid-19 brought a steep rise in responsibilities and a 59% decline in mental health. Channel 4 News also said young carers faced “Heightened dependency and isolation”.

At LUNG, we work with 200 young carer services, including 5 core services who said the lack of face to face contact due to homeschooling and online GP appointments caused a steep decline in identification and support. A survey of 961 young carers found: 66% said they are more stressed, 69% felt less connected, 56% said their education suffered, 69% said their caring responsibilities increased. They called for greater prioritisation greater support to help young carers juggle their caring roles with school, hobbies & relationships.

COVID-19 exacerbated young carers’ anxiety & pressures by increasing their caring load, preventing them from getting a break or accessing their coping strategies like school or arts/sports.

Food poverty is also one of the pressing issues facing young carers. A recent study by the Carers Trust revealed that since COVID-19, 11% of young carers find it hard to access food, with an estimated 60% of young carers qualifying as eligible for free school meals.



# **THE NEED TO IDENTIFY, SUPPORT AND RAISE AWARENESS FOR YOUNG CARERS IN SCHOOLS**

The pandemic has exacerbated the risk of young carers to social and exclusion in education. 1 in 3 young carers are from low income families, meaning many were without necessary digital devices to catch up with learning online. During the pandemic, LUNG launched a Digi Fund to support young carers facing digital poverty. We have distributed over 35 digital devices to young carers but unfortunately there is still a huge demand among the young people we support.

Before the lockdown a young carer is expected to miss 48 days of school a year and at GCSE they perform on average 9 grades lower than their peers. The impact of the lockdown is still to be thoroughly researched however anecdotal evidence we've collected suggests that young carers are more behind in the classroom now than ever before.

For the last 8 years, LUNG has worked with nearly 350 of schools, youth zones and young carers services. A common theme that crops up time and again is the importance of the culture of a school. If a school does not have the knowledge, policies and infrastructure in place, young carers do not have the space to thrive. A top down and grassroots approach is required in every school to create a culture that enables young carers to achieve their full potential. This means consulting, training and engaging with young people, teachers, headteachers and governors in every school as well as sector leaders to improve the attainment levels of young carers.







# **THE NEED TO SUPPORT YOUNG CARERS TO CONTINUE IN HIGHER EDUCATION BY ENGAGING IN THE ARTS**

In a study conducted by Study Higher, 84% of young carers said they intended to go to University. Unfortunately difficulties at GCSE and A Level make accessing University in the first place a challenge. In addition to this, 29% of young carers will drop out of higher education as a direct result of their caring responsibilities. This can have a substantial impact on a young carer later in life. The arts can play a significant role in offsetting some of these challenges.

According to Arts Council England, young people who engage in the arts are reported to improve 78% in core subjects, 60% more likely to report good health and three times more likely to get a degree. With 1 in 3 young carers coming from low income families, their access to art and university is inhibited. These two things are not be mutually exclusive. Art can provide young carers with the core skills to access higher education and flourish into adulthood. Increasing art provision for young carers at an early age can improve their chances later in life.





# DEEPER PROJECT CONTEXT AND SPECIFIC NEED

**1. Who Cares Schools Package:** Who Cares is a verbatim play that was made in collaboration with 4 young carers in Salford. It was created in order to identify hidden young carers and signpost them to their local young carers service for an assessment of their needs. Since its inception in 2015, Who Cares and its accompanying education resources have been accessed by over 14,000 young people and heard by 1.8 million people on BBC Radio 4. As a direct result of watching the play, over 200 hidden young carers have been identified and referred to their local statutory services for support.

The play has proven to be a powerful tool in education settings. In an independent evaluation conducted by Wallop, the number of students who said 'I understand what a young carer is' rose from 33% to 99%. In addition to this, 100% of teachers confirmed their understanding of young carers had been enhanced from engaging with LUNG.

**2. Young Carer Creative Makers:** In partnership with The Lowry, Salford University and local young carers services, we seek to roll out this initiative across Greater Manchester. The aim of this programme is to: Connect young carers with one another, combat isolation & build friendships. This programme also seeks to enhance transferrable skills, create pathways into higher education and employment and minimise food poverty among young carers.

**3. Training:** In the past 5 years, LUNG has delivered CPD training in partnership with teachers and other professionals to better identify, support and refer young carers. We seek to roll this out across the North West.



# WHO CARES SCHOOLS PACKAGE

LUNG will partner with local young carers services across Greater Manchester to deliver workshops to 15 secondary and 15 primary state schools in areas of high economic deprivation. This activity will be co-ordinated by LUNG's Young Carer Officer reaching 1,500 students and teachers in year 1. We aim to scale this up to 25 primary schools and 25 secondary schools, reaching 3,000 students and teachers in year 2. This activity is aimed at identifying young carers and shaping the culture of schools to think young carer. We will achieve this by employing a Young Carer Officer to deliver:

- **Assemblies:** Full school assemblies that focus on identification and awareness raising of young carers.
- **Workshops:** In partnership with award winning media company The Other Richard, LUNG has created a high quality, 3 camera recording of Who Cares. School workshops will involve a screening of the show, followed by a creative workshop exploring the themes and how to find support.
- **Resources;** LUNG has created an illustrated resource of Who Cares which is accessible to young people in primary school. We seek to distribute this into schools alongside our Amplify resources.
- **Pledge Making:** At the end of these activities, students and teachers will be invited to make pledges about how they can better support young carers.

Multi year funding will enable us to return to these schools multiple times to continue to raise awareness, build meaningful relationships and monitor the progress of pledges. Across the 2 years, we seek to distribute the Who Cares video to all 274 schools in Greater Manchester.







# YOUNG CARER CREATIVE MAKERS

Young Carers Creative Makers (YCCM) is a participation project providing theatre workshops during schools holidays for 85 young carers in Greater Manchester. YCCM Sessions will be a creative release which will alleviate anxiety & stress, help to inspire creativity & build transferrable life skills & provide a support network for young carers with the everyday pressures of being a carer.

These workshops will achieve this by developing artistic skills (directing, writing & design for theatre) and transferable skills (confidence, team building, communication). Crucially, YCCM will introduce these young carers to their local arts centre (ensuring longevity of impact) and connect them with local young carer services other young carers. We aim to scale this up to 175 young carers in year 2.

As well as hosting YCCM in a variety of local arts venues (The Lowry, Wigan Old Courts, Bolton Octagon) we will also partner with local Universities (Salford University, Manchester Met, University of Manchester) to host us. Tours around campus, Q&As with current students and other experiential activities will take place to make these spaces feel more welcoming, accessible and inclusive.

Food poverty is also one of the pressing issues facing young carers. A recent study by the Carers Trust revealed that since COVID-19, 11% of young carers find it hard to access food, with an estimated 60% of young carers qualifying as eligible for free school meals. That is why we are also providing Young Carers who attend YCCM with a free meal at each session. Additionally, we will also providing travel and transport to make this accessible for young carers facing geographical isolation.





# TRAINING

Working in partnership with 13 registered young carers services across Greater Manchester, LUNG will provide training to teachers as well as other professionals (GPs, pharmacists, youth workers) who have a front facing role with young people. This training is aimed at providing professionals across sectors with a greater understanding of how to better identify, support and refer young carers to local services. Our training is industry leading and has been co-created with young carers. It will be delivered in work settings as well as in a central venue. In year 1, we aim to deliver training to 155 professionals, scaling up to 300 in the second year.

# FEEDBACK

Of 239 CPD attendees from our previous training, 94.7% said as a result of the training they better understand how to identify young carers, better understand how to support young carers and would recommend this training to a friend or colleague. Attendees of our CPD said:

- 'It was pitched at the right level and very informative'
- 'I felt the training is applicable to many more people though and would be appreciated by many other staff members'
- 'It was really brilliant training'
- 'The training was brilliant. I loved that it included videos of young people talking about their experiences. Having the opportunity to discuss barriers and opportunities to identify/support young carers with colleagues from lots of different organisations was also really valuable.'



*Who Cares CPD Participants  
MAC, Birmingham*





# SUMMARY

LUNG seeks support from the Triangle Trust to deliver:

1. **Who Cares Schools Package;** Schools workshops to 1,500 students in year 1 and 3,000 students in year 2. We will also distribute the Who Cares education package to all 274 schools in Greater Manchester.
2. **Young Carer Creative Makers:** Creative workshops for young carers in partnership with local arts venues and Universities to 85 young carers in year 1 and 175 young carers in year 2.
3. **Training:** Deliver young carer awareness training to 155 professionals in year 1, scaling up to 300 professionals in year 2.

## FUNDING REQUEST

LUNG seeks £57,000 funding (£28,500 for year 1 and £28,500 for year 2.) This will pay for:

- £26,000 x 1 Young Carer Officer at 4 x days a week
- £1000 x Travel subsidy for young carers for YCCM
- £1000 x Food for young carers for YCCM
- £500 x Resources

## CORE OUTCOMES

In delivering this activity, we hope to:

- Raise awareness and change perceptions in schools of young carers (with a particular focus on those impacted by COVID-19)
- Identify and signpost hidden young carers to their local service for support
- Equip teachers and other professionals with the tools to support young carers
- Co-ordinate meaningful relationships with local young carers service and their local arts venue
- Increase the identification of primary school age young carers
- Improve the chances of young carers continuing to higher education and training by engaging them with art in school









**THANK YOU**