



## Newsletter n. III 26<sup>th</sup> January 2018



### EPYC ACTIVITIES IN THE PARTNERS' COUNTRIES

#### AUSTRIA

##### NEWS FROM THE AUSTRIAN YOUNG CARERS CLUB

In September 2017 the ARC (Austrian Red Cross ) launched a “Young Carers Club” (for young people between 10 and 17 years) in the regional Red Cross branch in Vienna. The club meetings take place every two weeks. The club is run by a 27 year old young carer herself, who has a lot of experience in working with children and is actually

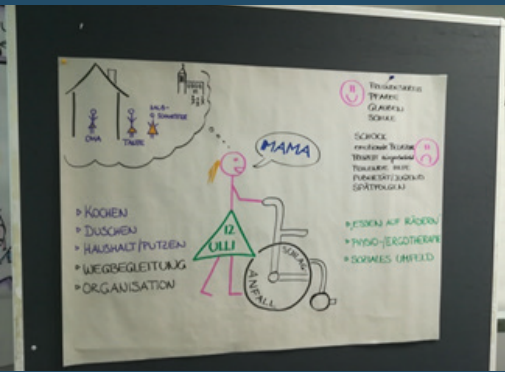


studying social pedagogy to become a social worker. She makes a perfect link between personal and professional approach to the issue. So far the club is still very small – and includes only very young frequent visitors (from 8 to 12 years). We hope that when the club grows, the participants will enjoy meeting with “peer carers” and be given option to link their activities with other Red Cross Youth groups – thus getting a smooth access to general activities with “normal” youngsters, who are not involved in caring roles.

**For more information:**

<http://www.get-social.at/youngcarers/>

# A TOOL TO TRAIN FUTURE SOCIAL AND CARE WORKERS HAS BEEN DEVELOPED AND TESTED BY THE AUSTRIAN RED CROSS



At the end of November we tested the “Learning tool” on “How to deal with young carers in professional daily life” – in cooperation with a university of applied science in Vienna. The tool consists of a four hour module on the topic of young carers, to be integrated into the curricula for the vocational trainings of care and social workers.

In the testing we had three hours to go through the units and to discuss contents and methods – three times, with three groups of students and their teacher.

Each group consisted of about 20 – 25 students. We got a rich feedback - and were mostly confirmed in the relevance of the issue, and in our didactical approach. It was especially useful, that the class teacher was present and repeatedly connected our input with the main themes of the general training and practical experience.



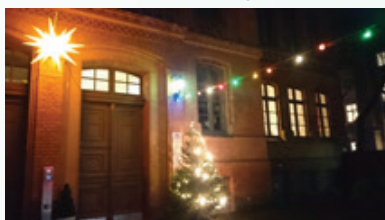
Download of the tool (in German): [“Unterrichtsmaterialien und didaktische Anleitungen”](#)

## GERMANY



A lot has happened in Germany in the last couple of months! We finally started a regular Young Carers group with Young Carers aged 14-21 in October which is developing well. The group is meeting once a month for 2,5 hours and always offers

the opportunity to chat in combination with some sort of creative workshop, for example “improvised theater” or “freestyle art”.



Wanting to know more about the current situation of Young Carers in Berlin, we executed a survey concerning Young Carers, their daily life and needs with the participation of 6 schools from all over Berlin. The survey was commissioned by the “Berlin Senate of health, care and equality of treatment” (Berliner Senatverwaltung für Gesundheit, Pflege und Gleichstellung) and results are expected soon.

Furthermore we participated in a Young Carers conference organized by “Wir pflegen e.V./ JUMP” in Hamburg in November where we proudly presented our brochure “Students with caring responsibilities – a field



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manual for teachers and social workers with tools for practical support” which we now distribute to schools and other institutions working with children, adolescents and young adults.



Here is the link to the download:

[www.echt-unersetzlich.de/images/Brosch%C3%BCre\\_EPYC\\_Bildungsbereich\\_web.pdf](http://www.echt-unersetzlich.de/images/Brosch%C3%BCre_EPYC_Bildungsbereich_web.pdf)

## SCOTLAND

### CARERS TRUST SCOTLAND WORKING WITH YOUNG ADULT CARERS TO HELP THEM REALISE THEIR POTENTIAL

Carers Trust Scotland were delighted to work with the Empowering Professionals to Support Young Carers in Scotland youth advisory group to help them consider their future and realise their own unique potential. In October 2017, Carers Trust Scotland took 11 young adult carers to a 3 day residential training weekend at the World Peace Sanctuary in Dumfries and Galloway, Scotland, to work with them to consult and consider their own aspirations for their future and discuss self-management.



Over the course of the 3 days the young people took part in a range of activities from discussion, group work, games, art and music. Through these activities the young people considered their own aspirations for further and higher education, money management, employability and volunteering.

The young people also took part in a range of activities aimed to increase confidence, learn new skills and team working. One of these activities included learning about and experiencing Taiko Drumming, a style which originated in Japan.

## IRELAND

### THE ACTIVITIES OF CARE ALLIANCE IRELAND

As the EPYC project continues, here in Ireland we are working to highlight the role of young carers. We are engaging with youth organisations to build awareness and understanding of young people with additional caring responsibilities. We have developed a short guide on how to identify a young carer, and steps to take to support them in engaging with activities outside their



Photo by Tim Moore

caring role. We are working with youth organisations to have this guide included in their leader briefing materials.

Care Alliance Ireland has also presented the work of the EPYC project at the 7th International Carers Conference in Adelaide, Australia. Liam O'Sullivan gave an oral presentation on the work to date, its importance and some of the possible next steps. Denise Dunne had a poster presentation on our work at the Care Alliance Ireland - University

College Dublin School of Nursing, Midwifery & Health Systems research conference. Both presentations described the tools developed by the partners, the project website and the resources available to professionals working with young carers.



## ITALY

### THE ACTIVITIES WITH YOUNG CARERS IN ITALY AND THE EPYC PROJECT NETWORK



ANZIANI E NON SOLO (Carpi) has started its activities with Young Carers!

Meetings began during the summer and went on up to December. The activities started with 3 workshops where YC have been introduced to the world of photography and then proposed to express their feelings and ideas on different topics through the lens of their camera (or mobile phone!).

After the summer, the small group gathered again to share

their holiday experiences and get a glimpse on possible future activities: some funny exercises on drama techniques and autobiographical writing. By the end of the year, YC focused on a new topic: how to build up a video (different techniques and mobile apps) and how to structure the script beyond it. The aim is to create a video on caregivers to be presented in May 2018 during the annual Caregiver Day organized by ANAZIANI E NON SOLO.

Furthermore, the meetings of the EPYC project network composed by local professionals working in the youth wellbeing and counselling fields went on to find out strategies to identify and support Young Carers.



## EPYC ACTIVITIES IN CESENA

After the meeting in Cesena in March 2017, IPS VERSARI MACRELLI has worked on two sides:

**A. Dissemination of the project** in the Forlì-Cesena district: the referring people of the project took part in several workshops, where they presented the project showing all the information materials (flyer, personalised school project)

**B. Evaluation of the impact of care activities on young carers' at school and researching possible solutions.**

Thanks to the activities developed in November/December we have found out 10 young carers who had never showed any need in spite of their difficulties in their studies. Talking with them has allowed us to better understand what their real needs are.

A first key word is **empathy**: young carers strongly need to tell their stories and to find a reference point at school (a teacher or a tutor who really cares).

The teachers' group involved in the project contacted the teachers of the different classes of young carers. The team worked with them to support both the students and their families.

Another key word is **team**: team working allowed us to effectively help students and families. Our school activities have been publicised within our district, both in schools and in other contexts. The Versari Macrelli Institute is, as a matter of fact, the first school which specifically takes care of young carers.

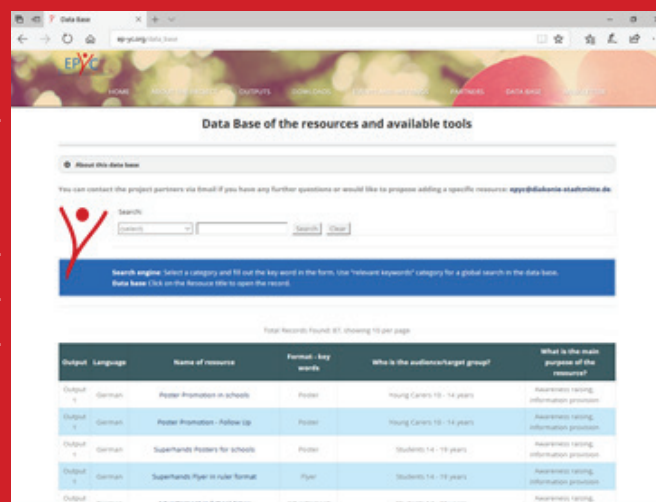
Another key word is **dissemination**. In Italy we talk quite a lot about carers, but very little about young carers. Knowing our EPYC partners' experience has been very important to understand young carers' role. All the material produced by our partners have helped us in planning our documents.

The last key word is **sharing of knowledge**. It has been essential having the chance of sharing our partners' knowledge and competence and sharing experience at an international level.

We would like to organise a travelling exhibit of the photos made within the contest organised last spring. Here is the link of the video on this contest: <https://spark.adobe.com/video/V5Bj6x2Q2wLFu>

## DATA BASE OF THE RESOURCES AND AVAILABLE TOOLS FOR YOUNG CARERS AND PROFESSIONALS WORKING WITH THEM

The database of resources and tools available in all the partners' countries is online! The project partners have collected different types of resources and tools on the caregiving issue: awareness raising and/or information providing resources, tools for identification or self-identification of caregivers,



Output	Language	Name of resource	Format - key words	Who is the audience/target group?	What is the main purpose of the resource?
Output 1	German	Poster Promotion in schools	Poster	Young Carers 10 - 14 years	Awareness raising, information provision
Output 2	German	Poster Promotion - Follow Up	Poster	Young Carers 10 - 14 years	Awareness raising, information provision
Output 3	German	Superhands Posters for schools	Poster	Students 14 - 19 years	Awareness raising, information provision
Output 4	German	Superhands Paper in ruler format	Paper	Students 14 - 19 years	Awareness raising, information provision
Output 5	German	Advertisement in School letter	Advertisement	Students 14 - 19 years	Awareness raising

practical resources for different professionals, tools for the care burden assessment, resources for empowering and/or supporting young carers, etc...

For each resource a simple data sheet presents all the main information: country, language, author details, target, main purpose, the external link.

See all the resources and tools we have found: [http://www.ep-yc.org/data\\_base/](http://www.ep-yc.org/data_base/)

There is also the possibility to contact the project partners via Email to propose adding a specific resource: [epyc@diakonie-stadtmitte.de](mailto:epyc@diakonie-stadtmitte.de).

## THE 3° TRANSNATIONAL PARTNER MEETING IN VIENNA

On September 14th and 15th 2017, the project partner Austrian Red Cross (ARC) hosted the 3° transnational partner meeting. Each partner presented the final version of its project outputs related to the “Awareness raising resources” and the “Tools to assess the care burden and the impact of caring on the daily life of young carers and to support their empowerment process”.



Partners also described the state of art of the piloting activities for Young Carers to be carried out in their countries.

Finally, partners agreed on the following steps for the development of the a common guide / handbook for professional working with Young Carers, containing the different experiences from all six partners, the challenges faced and how we overcame them.

Next (and last!) partner meeting will be hosted by the project partner Carers Trust Scotland in Spring 2018.

For more information about the project and to subscribe to our newsletter, visit the project website [www.ep-yc.org](http://www.ep-yc.org) or contact the coordinator: [epyc@diakonie-stadtmitte.de](mailto:epyc@diakonie-stadtmitte.de).

[www.ep-yc.org](http://www.ep-yc.org)