



## Newsletter n. IV 25<sup>th</sup> July 2018



EPYC PROJECT IS ABOUT TO END...  
HAVE A LOOK AT OUR LATEST ACTIVITIES!

### GERMANY

#### FINAL EVENT IN BERLIN

The final dissemination event of EPYC in Berlin took place on the **7<sup>th</sup> of May 2018**.

The team of Diakonisches Werk Berlin Stadtmitte and partners were delighted to welcome more than 90 guests – people with diverse professional background, such as Care, Health, Social Work, Counseling, Education and so forth.

We were also more than happy to welcome the federal minister of family affairs who opened the event and complimented on our work.

Through several presentations about Young Carers and results of latest research, the audience was empowered in working with the target group and identifying them. In interactive workshops, people had the chance to discuss practical case examples to improve their knowledge and understanding of the

situation of Young Carers.

The event gave us great support and interest from many different stakeholders and we feel encouraged to continue working on improving the situation for Young Carers in Germany!

The handbook developed for youth and education professionals has been received very positively by professionals. This encouraged us to update and reprint the handbook as well as to publish an adapted version for health and care professionals.

**For more information:**

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



## IRELAND



The EPYC project has continued in Ireland with ongoing dialogue with volunteer led youth organisations. The Irish Girl Guides has been particularly interested in using the materials developed through the EPYC project to support more than one thousand volunteer leaders in their engagement with girls and young women.

We have also focussed on developing a snapshot report of what young carers in Ireland know about the supports that are available to them and what they think of those services.

We used a survey and conversations with young adult carers (under 25 years old) to gain their input and published a final report on the issues raised. The report, entitled "Engaging with Young Carers: A Virtuous Circle", can be found at [http://www.carealliance.ie/publications\\_youngcarers](http://www.carealliance.ie/publications_youngcarers).

Our multiplier event was held on **12 June 2018** as part of National Carers Week. The event was a success with 18 attendees who work with young people and young carers in varying settings. The seminar focussed on the EPYC project and the findings of our survey and report, and a presentation about the experiences of student carers in third level education. The attendees were a very dynamic group and we had a robust "round table" discussion after the presentations to identify areas where practitioners felt we could make future progress and where new initiatives need to focus their efforts to best support young carers. As a result of the session, information being provided by one statutory agency will be amended to better reflect young carers and their needs, which we believe is significant success for the project.

## AUSTRIA

### HARVEST SEASON IN AUSTRIA

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.

### SUCCESSFUL CLOSING EVENT AND OPENING FOR FURTHER ACTIVITIES

We had a great and encouraging final event on **June 5<sup>th</sup>, 2018**. Experts, stakeholders and actors came together to receive the brochures, and listened to a lecture given by a care scientist who researched on the situation of young carers in Austria. We had a lively discussion on how to reach the target group, how to create and offer special support and at the same time meet the need of young carers to be just like others

of their peer group.

All agreed that a main focus should be put on breaking the taboo and thus the isolation of young carers and their families. This includes: accepting the phenomenon, respecting the efforts of all families with children that are, unavoidably, involved in the care situation, listening to their actual needs - and making "caring for family members" an issue for all people and all settings. So a lot of work is still waiting for all of us.

## SCOTLAND

### ABOUT THE GOING HIGHER FOR STUDENT CARERS: RECOGNITION AWARD



The Going Higher for Student Carers: Recognition Award aims to make it easier for higher education institutions to support young adult carers and student carers and reward good practice. It incentivises and encourages universities to adopt a sustainable, whole institution approach to **Identify, Support and Report** on student carers.

Download the Going Higher for Student Carers: Recognition Award guidance document here:

[https://carers.org/sites/files/carerstrust/media/going\\_higher\\_for\\_student\\_carers\\_-\\_recognition\\_award\\_pdf.pdf](https://carers.org/sites/files/carerstrust/media/going_higher_for_student_carers_-_recognition_award_pdf.pdf)

Download the Checklist for the Going Higher for Student Carers: Recognition Award here:

[https://carers.org/sites/files/carerstrust/media/going\\_higher\\_for\\_student\\_carers\\_recognition\\_award\\_checklist\\_pdf.pdf](https://carers.org/sites/files/carerstrust/media/going_higher_for_student_carers_recognition_award_checklist_pdf.pdf)

This resource has been produced as an output of EPYC project. Carers Trust Scotland is grateful to the European Commission through the Erasmus+ programme for its generous support, which has made this award toolkit and pilot possible.

### CARERS TRUST SCOTLAND: YOUTH CONSULTATION AND PLANNING DAY EPYC PROJECT



On **Saturday 12 May 2018**, Carers Trust Scotland worked with the Empowering Professionals to Support Young Carers Youth Advisory group to help plan forward it's multiplier event in **June 2018**.

The young people inputted into all aspects of the planning for the event, including the agenda and event presentations. The

young people will also help to run the event and will present on their experiences as young adult carers to the professionals attending.

### EMPOWERING PROFESSIONALS TO SUPPORT STUDENT CARERS IN HIGHER EDUCATION: SHOWCASE AND LEARNING EVENT

Following the launch of Carers Trust Scotland's Going Higher for Student Carers: Recognition Award pilot scheme last year. Carers Trust Scotland held the Empowering Professionals to Support Student Carers in Higher Education: Showcase and Learning Event, hosted at Glasgow Caledonian University on Friday **15 June 2018** during National Carer's Week.

42 professionals attended this event who were working at or with further and higher institutions; including Professor Valerie Webster, Deputy Vice Chancellor of Glasgow Caledonian University. The event provided stakeholders with an opportunity to share their learning and celebrate the success of the universities that have achieved this innovative award.

At the event three institutions were awarded the Going Higher for Student Carers: Recognition Award: Glasgow Caledonian University, University of Aberdeen and the University of Highlands and Island (Inverness Campus). Louise Morgan, Director for Scotland and Northern Ireland, said:

*"We are delighted that three higher education institutions in Scotland have now achieved the Going Higher for Student Carers Recognition Award. This award highlights the institution's commitment to proactively support student carers to help them fulfil their potential. It is vital that together we raise awareness of student carers and ensure they are at the forefront of the higher education agenda in Scotland"*



Carers Trust Scotland is also pleased to announce that it has received two years continuation funding from the Scottish Funding Council. This support will allow Carers Trust Scotland to continue and develop this important award scheme further and create a new strand of this work for colleges in Scotland as well.

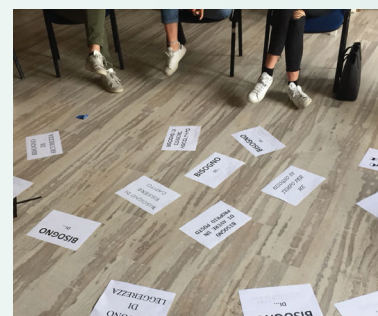
By improving identification, policy and support developments, young adult carers and student carers can thrive. Carers Trust Scotland's work is striving to see the needs of young adult carers and student carers being put at the forefront of the higher education agenda in Scotland.

## ITALY

### ANZIANI E NON SOLO THE ACTIVITIES WITH YOUNG CARERS

Activities with YCs went on up to **June 2018**. New YCs joined our group early this Spring and together we worked on the **video on Young Carers** to be presented during the EPYC Multiplier Event and the annual Carers Day events in May.

Another group of YCs was created in a nearby town, Sassuolo. 9 YCs between 13 and 25 years old, all siblings of disabled people, met every 2 weeks until June, reflecting on their needs and emotions.



### THE FINAL EVENT

On **May the 19<sup>th</sup>**, in the framework of the Carer Days events, ANS organized the final event of the EPYC project. Aim of the seminar was to present to the community all activities undertaken and results achieved in the framework of the project, but also to raise awareness on the topic of young carers among youth workers and social and health care professionals.

During the afternoon, Licia Boccaletti from ANS presented the activities carried out during the project and their impact at local level. The project was then discussed in a round table involving Dr. Sara Cimmarosa (a psychiatrist working in the public mental health service of Carpi District) and by Stefania Buoni (President of the Association of Children of Parents with Mental Illnesses).

Finally, the event closed with a presentation and a reading of the book "La trappola del fuorigioco" by Carlo Miccio. The book, written by a former young carer, describes emotions and challenges of growing up with a father with mental illness. The reading was an excellent opportunity to engage the public, since many people asked to speak to share their own experiences as former young carers.

During the event we also organized a small exhibition of the photos and video produced by young carers during the EPYC workshops.



# ISTITUTO VERSARI MACRELLI - CESENA

## THE LATEST ACTIVITIES

Here are the latest activities related to carers carried out by Versari Macrelli Institute:

- Training course on youth carers for teachers
- Teachers of the Versari Macrelli Institute took part in three conferences on family carers (held in Forlì, Gambettola, Bertinoro)
- Interview on a national newspaper (Repubblica) to disseminate the project
- First fitting of a travelling exhibit showing the pictures of the “Carpe Imaginem contest”
- Drafting of the provincial guidelines for the young carers school well-being

As final dissemination actions, our institute has decided to promote or to take part in events aiming at sensitise the popular opinion on young carers.

As a matter of fact, at a local level the carer’s role is more and more recognised as an adult who takes care of elderly people. On the contrary, the young carer’s role is still hidden, since he/she often takes care of a young person.

On **8<sup>th</sup> and 9<sup>th</sup> May 2018** some teachers of the Versari Macrelli Young Carers commission spoke and took part in some debates within the conference “Being a carer: from invisibility to rights”, held in Forlì.

On **22<sup>nd</sup> May** the Versari Macrelli Institute, together with other institutions, organised in Gambettola the conference “Young carers: who says that caring is only a work for adults?”. On that occasion we set up the exhibit showing the pictures of the “Carpe Imaginem contest”. The latter was a photographic contest addressed to students of the Forlì-Cesena high schools; they were asked to send pictures representing the feeling of young carers.

Lastly, on **7<sup>th</sup> June 2018**, some Versari Macrelli teachers presented the EPYC project within the conference “Carers: resources of a gasping welfare”, held in Bertinoro.

## EPYC GUIDEBOOK

A Guidance report based on pilot projects that implement support for young carers

EPYC guidebook that gathers all the lessons learnt from the piloting in Austria, Germany, Ireland, Italy and Scotland is finally ready!

After a brief description of the activities undertaken and the group services created by the partners in the project framework, the guide focuses on different practical topics: the common challenges in trying to establish peer support for young carers, what worked well, the factors that contributed most to success, the partners’ top tips and recommendations, and the partners experiences of what didn’t work. Also feedback from young carers and from professionals have been included together with how partners felt their work has made a difference for young carers. The closing chapter clearly summarizes the lessons learnt.

Download the guide here:

<http://www.ep-yc.org/download/1624/>



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)