



Nexus youth voice

Information for professionals and parents

The Children's Society is delivering a three-year programme nurturing empowering connections for young carers within armed forces families.



**The
Children's
Society**

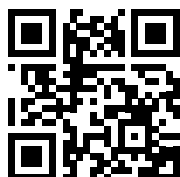
The project

In 2017, research by The Children's Society, funded by NHS England, found that young carers in military families are a hard to reach group, which can make providing support difficult.

The Nexus project aims to improve support, resources and access to services for young carers within armed forces families.



Scan the QR code to find out more information about the wider project and how to get involved.



To succeed we need to find and amplify the voices of young carers within armed forces families and so we are reaching out and asking them to be part of a youth voice group.

Led by young carers, our goals for the youth voice group are to:

- help young people feel less isolated
- create a community for young carers within armed forces families
- raise awareness of the term 'young carer'
- celebrate young people and their caring roles
- empower young people to have their needs met
- broaden young people's skills and abilities.

"I have loved being able to make friends, as well as share my ideas and have my voice heard."

Young person



What is a young carer

A young carer is **a person under 18 who provides care for another person. A young carer might look after someone because they have a disability, a long-term illness or mental health condition, or an addiction.**

- Each young carer's role will look different.
- The person a young carer cares for may be a parent or guardian, grandparent, sibling, or someone outside their family.
- The amount of time a young carer spends caring will differ, as will the responsibilities they take on in their caring role. These could include anything from practical tasks to emotional support.
- A young carer may care for someone with a physical disability, someone who struggles with their mental health, or someone with alcohol or substance misuse issues.
- A young carer's caring role may be continuous or intermittent.
- Many young carers are incredibly proud of their caring role and develop lifelong skills.

Youth voice group

Over the three-year time scale of the project, we will create regional youth voice groups in each area, combining to form a nationwide youth voice group.

Young carers will:

- take part in fun activities virtually, face-to-face, and at residential weekends away
- have the opportunity to attend events and represent young carers in armed forces families
- tell us who they are outside of your caring role
- create positive campaigns and resources, including creating and filming videos
- input their views, ideas, and experiences.

Young carers will gain:

- connections with other young people across the country with similar experiences
- a wider support network
- the opportunity to develop their leadership and influencing skills, which can be showcased on CVs or personal statements
- new experiences
- awards and recognition of your impact and hard work as a young carer.



Referral information

If you know a young person between the ages of 8 and 18 who you think is a young carer within an armed forces family, and they are interested in being involved please complete our referral form on their behalf.

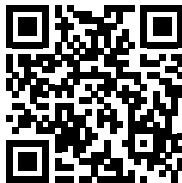
Our in-person youth voice groups will be with young carers living in Oxfordshire, Hampshire, Wiltshire, and Yorkshire, but we welcome referrals from across the UK.

What happens after a referral is made?

Following a referral, Nicole from our team will contact the parent or carer to discuss the project and explain the next steps.

We're also interested in referrals for young carers caring for veterans.

**Scan the QR
code to
go to our
referral form.**



If you want to find out more about the project, please visit childrenssociety.org.uk/nexus.

Q&A

How long will the young carer be involved?

Our project will run for three years and we'd love for young carers to be involved throughout.

What level of commitment is there?

We are looking for young carers who can commit to attend regular evening sessions. Children and young people will also be invited to attend weekend residential and full day events, but attendance is optional.

We understand that some children and young peoples have specific needs and their lives can change at any moment, so we want to be as flexible as possible to ensure everyone who wants to can be involved, can be involved. Therefore, when planning both online and in-person sessions we will take the children and young peoples schedules and individual needs into consideration. For regional groups, we aim to do a minimum of one in person youth voice session per term.

How many spaces are there?

We are looking for 7-10 young carers from each area for our in-person youth voice groups, and 7-10 young

carers for our online youth voice group.

Who do I contact if I have a concern?

Any concerns can be reported to **nicole.clay-noonan@childrenssociety.org.uk**.

Who is running this?

This project is run by the Include team at The Children's Society. Participation Worker Nicole Clay-Noonan will be running the youth voice groups, overseen by Service Manager Linda Littler.

We want young carers to have ownership over the youth voice groups, and their input will be at the forefront.

Who are the Include team?

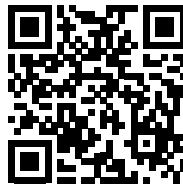
Our Include nationwide programme for young carers works so young carers don't let their extra responsibilities get in the way of school work or having fun. We make sure they understand their rights and put themselves first every once in a while. We also raise awareness of young carers and give them a voice on issues that affect them. They are the experts on their own lives and only they know what needs to change.

For more than 140 years, The Children's Society has been here for children and young people when they most need support.

We offer vital help when they're facing huge life challenges like abuse, exploitation, and neglect. And we campaign tirelessly for the big social changes we need.

Together, we can build a society where every child is safe, happy, and hopeful.

The QR code below will take you to our online referral form that you can complete on behalf of a young carer.



For more information:

Visit : **childrenssociety.org.uk/nexus**

Email: **include@childrenssociety.org.uk**

Telephone: **01962 711 511**

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