

YOUNG CARERS

COMPETITION

Take part:

<https://cavrpb.org/young-carers-competition/>



OVERVIEW

Cardiff and Vale RPB are running a competition to find out how you would promote the Cardiff and Vale Young Carers Charter to Young Carers across our region.

We are looking for people to submit a short film, voice note or cartoon that could be used across social media.

This competition is open to schools, youth clubs and other groups and organisations who are supporting people in key stage 3 (Years 7-9), both in and out of school.

On this page are a range of sample advertising resources we have created that may inspire you, but feel free to be as creative as you like. The important thing is to tell young carers about the Charter and encourage them to find out more.

We are also asking you to think about where you would like us to promote the Charter. Let us know in your entry form at <https://cavrp.org/young-carers-competition/>.

The competition will be judged by a panel, including young carers and the winning entries will be used to promote the Charter.

The winning entry will receive a voucher that can be spent in a range of places including Argos, WH Smith and Waterstones to buy resources that can be used by everyone in the class/group.

First Prize:
£100 voucher

Second prize:
£50 voucher

Third prize:
£25 voucher



LESSON PLAN: YOUNG CARERS

Lesson Overview

Time allocated:
1 hour

About Young Carers

- Definition
- Consider the impact of being a young carer
- Where to go for support

Competition:

- Creating an advert (short film, animation or storyboard) for the Cardiff and Vale Young Carers Charter that will appeal to young carers
- Consider where the advert should be placed

Background

Carers Week runs from 5th-11th June 2023 and is aimed at raising awareness of those who provide informal/unpaid care to a neighbour or relative.

Students should be able to define what an unpaid carer is and know what to do if they think they or someone they know is an unpaid carer.

As an activity to support understanding, and utilise creative skills (eg creative writing, presentation, performance, technology) pupils are tasked with creating a short (max 30 seconds) advert for either TV, radio or social media to promote the Young Carers Charter, consider where it should be used and enter it into our competition.

[Click here to find out about our Young Carers Advert Competition](#)



Lesson Plan

As well as winning a prize, the winning entries will be used to promote our Young Carers Charter.

5 mins – What is an unpaid carer?

Ask students if they know what an unpaid carer is, give them a definition below, explore their thoughts on what that might mean for the young person who is caring.

“A young carer is someone aged 25 and under who cares for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support.” About Us - Caring as a Young Carer | Carers Trust (About Us - Caring as a Young Carer | Carers Trust) (<https://carers.org/about-caring/about-young-carers>)

10 mins – What does the caring role mean for our examples?

Explore the role and impact of caring further through 2 specific case studies provided by Carers Trust Wales (p9-10) lesson-resources-for-secondary-schools---eng.pdf (carers.org). (<https://carers.org/downloads/resources-pdfs/wales-school-resources/lesson-resources-for-secondary-schools---eng.pdf>)

Example questions to explore:

- How might being a young carer impact someone’s learning?
- How might this affect friendships or the things they can do out of school?
- What are the benefits and skills that a young carer may have over someone who is not a carer?

10 mins – How are young carers supported?

- Show the students the Young Carers Charter, discuss:
- Is it successful in its design to help students understand if they are a young carer?
- Do you understand the commitments of the organisations which are meant to support young carers?
- Do you know where you should go for help or support?
- What do you like about the poster? What could be improved?

5 mins – Explain the main task

Brief: We want as many people as possible to know about the support available to young carers and so we need you to create a TV, radio or social media advert. This could be in the form of a song, a trending dance, a rap, a poem, a story, a poster which can be animated, acting/drama – be creative but make sure it grabs attention and tells the story. Negative depictions of what it might be like for a young carer including violence and bullying should be avoided.

Useful to discuss before students begin:

- What makes a good advert?
- What information **MUST** this advert contain?
- What is the potential prize for the best advert?
- Where should it be displayed?

25 mins – write, film, record (if a voice note for radio advert) in small groups/individually

5 mins – Round up

Clarify:

- What is an unpaid carer
- Where can students go for support
- What they have produced (agree deadline if not complete for an adult to be able to submit the entry from each group or the best from the class)

Resources:

[Young Carers Charter](https://cavrpb.org/young-carers/) (<https://cavrpb.org/young-carers/>)

[Carers Trust Wales](https://carers.org/downloads/resources-pdfs/wales-school-resources/lesson-resources-for-secondary-schools---eng.pdf) have a host of resources for teachers to help students understand and define an unpaid carer, this includes key link to Curriculum for Wales 2022 (<https://carers.org/downloads/resources-pdfs/wales-school-resources/lesson-resources-for-secondary-schools---eng.pdf>)

TERMS & CONDITIONS

This one-off prize draw is open to schools, youth clubs and other groups and organisations who are supporting people in key stage 3 (Years 7-9) in Cardiff and/or Vale of Glamorgan, both in and out of school.

There is three prizes of one EdenRed Voucher. Visit www.edenred.co.uk to find out more about EdenRed vouchers.

First Prize: £100 voucher
Second prize: £50 voucher
Third prize: £25 voucher

Entries will be accepted only by submitting on the form at <https://cavrp.org/young-carers-competition/> or you can email hsc.integration@wales.nhs.uk if you are having problems with your submission.

Entries must be submitted by midnight on 30 June 2023.

Winners will be notified by 21 July 2023.

There is no alternative prize or cash alternative to the prize stated.

The RPB's decision is final and no correspondence will be entered into.

The RPB reserves the right to redraw the winners if after 60 days the prize has not been claimed or winner has not responded to our attempts to make contact.

All participants will be deemed to have accepted and be bound by these Terms and Conditions.

If you wish to enter the competition, but not be judged for a prize, please email hsc.integration@wales.nhs.uk to withdraw.

