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Young Adult Carers Worker

Newcastle Carers

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The logo for Carer Trust features a stylized graphic of five overlapping, fan-like shapes in yellow, cyan, magenta, blue, and green, positioned above the text 'Funded by carerstrust'.

Digital Skills

- **Nominet Trust**, the UK's leading tech for good funder, launched its **Digital Reach** programme to address the **UK's digital skills crisis** by engaging young people facing chronic disadvantage in their lives.
- **Digital Reach** is Nominet Trust's fresh approach to the digital skills crisis affecting 300,000 chronically disadvantaged 16-24 year olds in the UK, who are being disenfranchised by a 'digital-by-default' society.
- Digital skills (**the capability and confidence to use the internet, manage and share information, communicate, transact and problem solve using devices**) have become increasingly essential. So much so that a lack of these skills leads to a high risk of social exclusion in areas of employability, social mobility and access to services.

Carers Trust

- [Carers Trust](#) is a charity that works with a UK network of local carers' services to improve support, services and recognition for anyone living with the challenges of caring, unpaid, for a family member or friend who is ill, frail, disabled or has mental health or addiction problems.
- Carers Trust was selected by Nominet Trust to take part in the Digital Reach programme and deliver one of six pilot initiatives across the UK.
- An [online tool specifically aimed at young adult carers aged 16-24](#) was developed with [Good Things Foundation](#), a social change charity that supports socially excluded people to improve their lives through digital.
- [Digital skills training is being delivered to up to 520 young adult carers by Network Partners across England, Wales and Scotland.](#)

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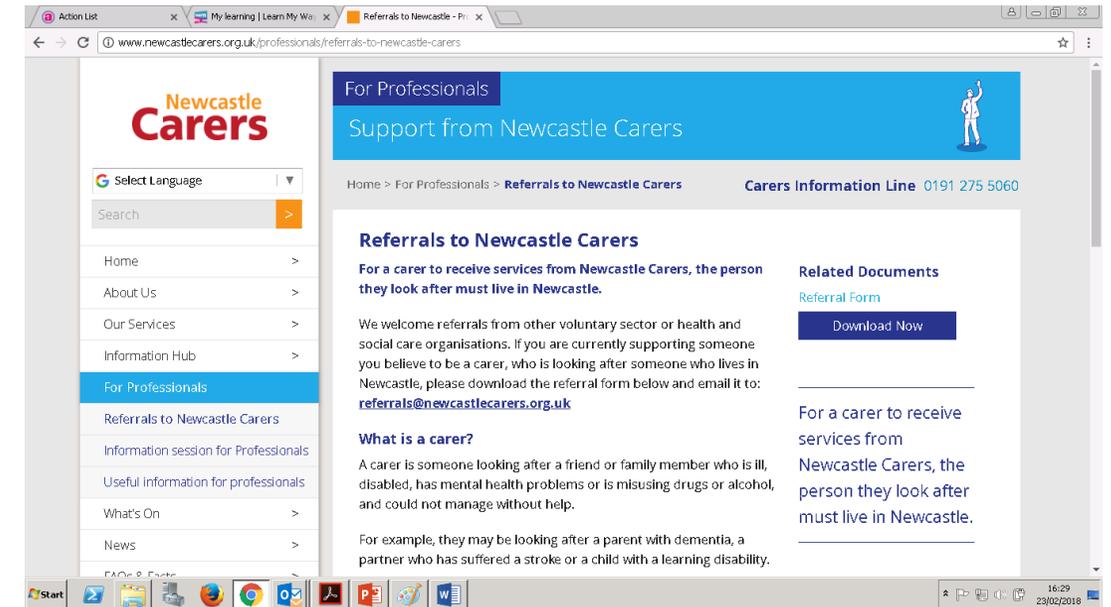
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The logo for Carerstrust features a stylized graphic of five overlapping, colorful shapes (yellow, green, blue, pink, and purple) arranged in a fan-like pattern above the text.

- Independent voluntary sector organisation
- Network partner of Carers Trust

Dedicated service for adult carers in Newcastle with a dedicated Young Adult Carers Worker for 18-25's

- Delivering a comprehensive model of carer support
- One-to-one Information, Advice and Guidance and Action Planning
- Carers groups and activities – peer support
- Training
- Carers Opportunities Fund and other grants
- Counselling
- Complementary therapy
- “Having a voice”



Getting Started

- As with all successful projects **young adult carers** were involved right from the offset – we started with an ideas meeting with some young adult carers and staff from each of the **pilot areas**.
- We explored the current **Learn My Way** resources that are available nationally to improve digital skills
- Worked with Good Things Foundation to develop **additional resources** that will tailor it to the specific needs of Young Adult Carers. This included an **Initial Assessment** and a **Resource Bank**.

Initial Assessment

It was acknowledged that young adult carers can come from any background, and their **existing digital skills will vary depending upon their family dynamic, the nature of the illness/disability of the person they care for and the access that they have had to education.**

1 → Have you ever used a computer, tablet or smartphone?*

Yes

No

11 → How confident do you feel using the internet to access reliable information about health?*

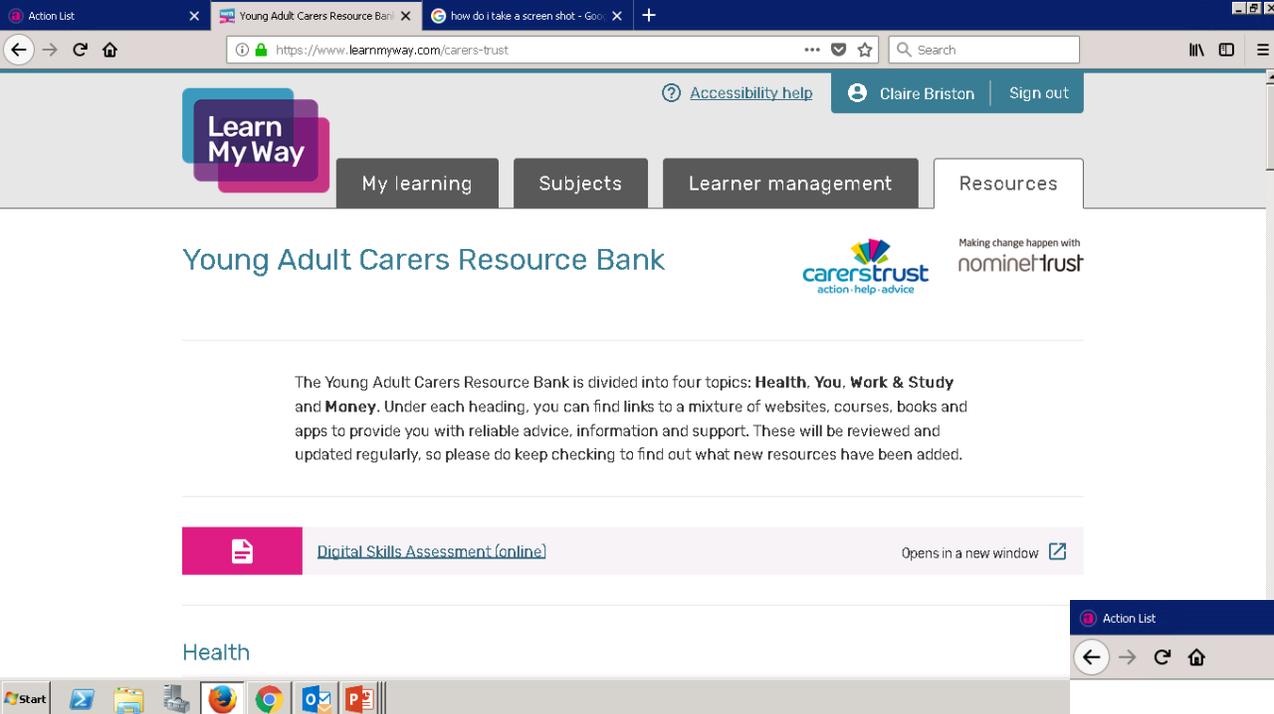
This could refer to your own health or those you care for.

1	2	3	4	5
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Not confident Very confident

Young Adult Carers may have a wealth of existing online skills so it is essential that the tool can be used **flexibly.**

The initial assessment is a tool that we developed to help carers and staff to understand the baseline of current skills and begin to discuss key interests and motivators.

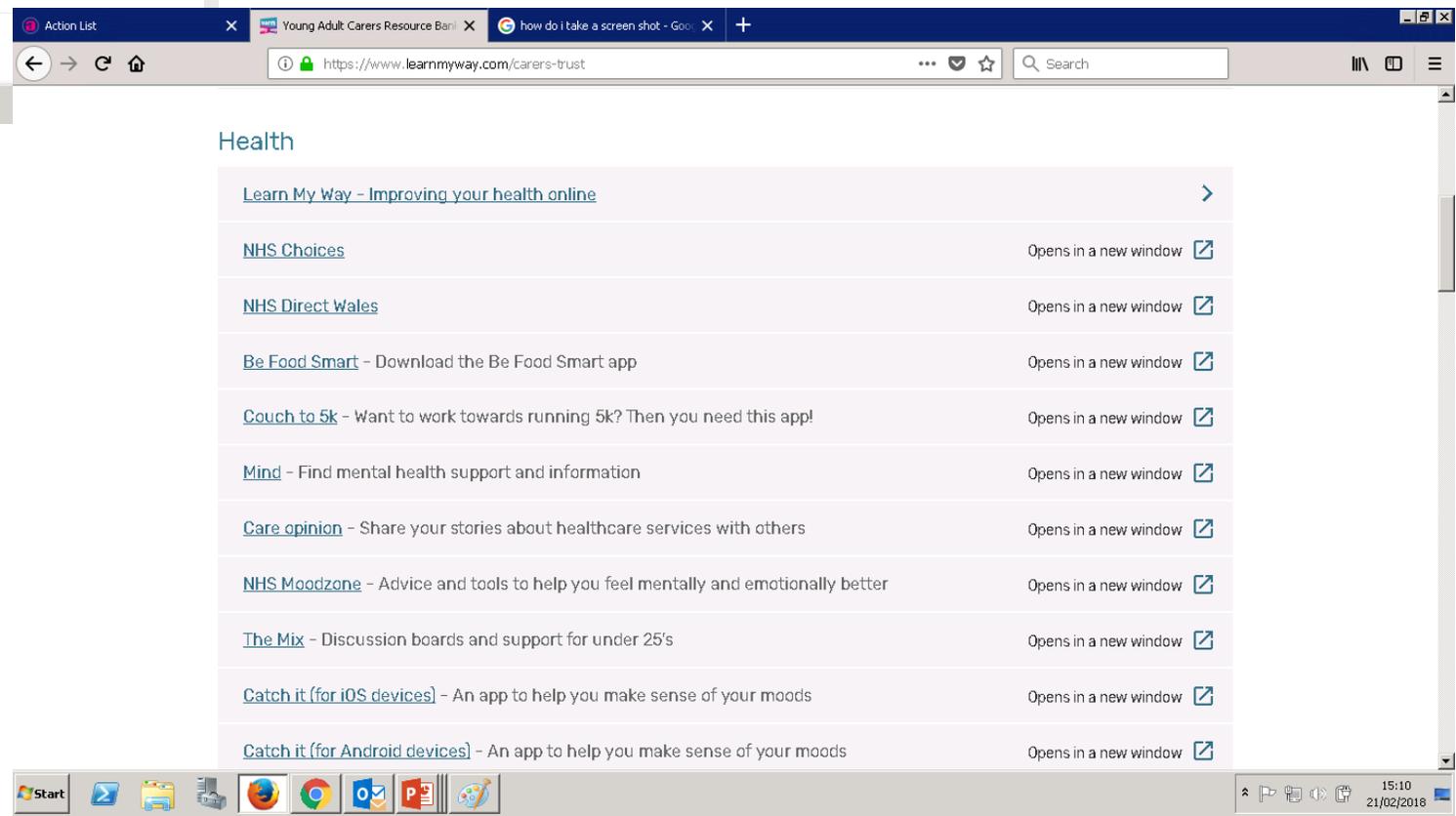


We also developed a Young Adult Carers Resource Bank

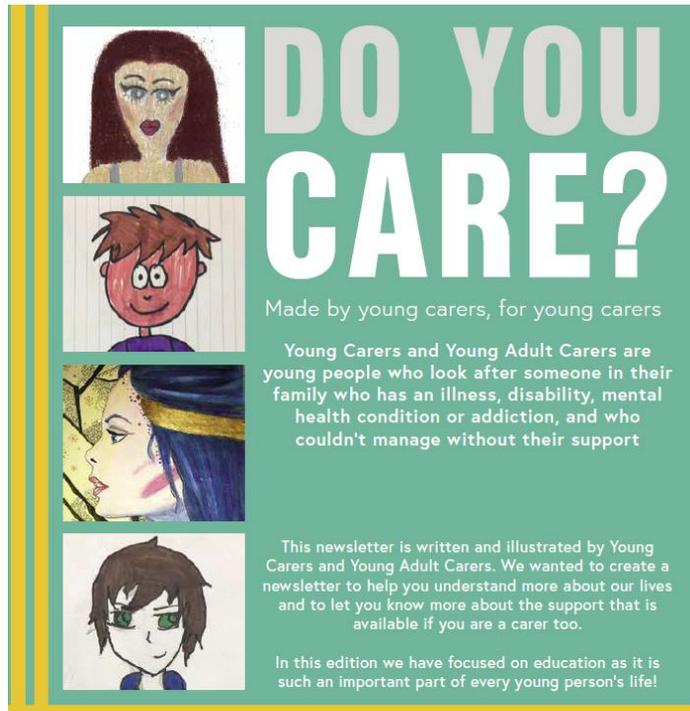
- Holds useful websites and resources in one place
- This can be added to as young adult carers pass on other useful sites

Project workers around the country from the pilot projects have stayed in contact via SLACK to share learning and resources.

www.learnmyway.com



Project Delivery



DO YOU CARE?

Made by young carers, for young carers

Young Carers and Young Adult Carers are young people who look after someone in their family who has an illness, disability, mental health condition or addiction, and who couldn't manage without their support

This newsletter is written and illustrated by Young Carers and Young Adult Carers. We wanted to create a newsletter to help you understand more about our lives and to let you know more about the support that is available if you are a carer too.

In this edition we have focused on education as it is such an important part of every young person's life!



Do you want to improve your #DigitalSkills?

Free training

Understand computers better

Learn about online safety

Learn more about health info online

Get in touch to find out more!



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- Raised awareness of the project through **Newsletters, Groups, Staff Teams, and one-to-one support.**
- **Flexible** to suit the needs of the individual
- Technology available on loan if required
- **Successes and Challenges**

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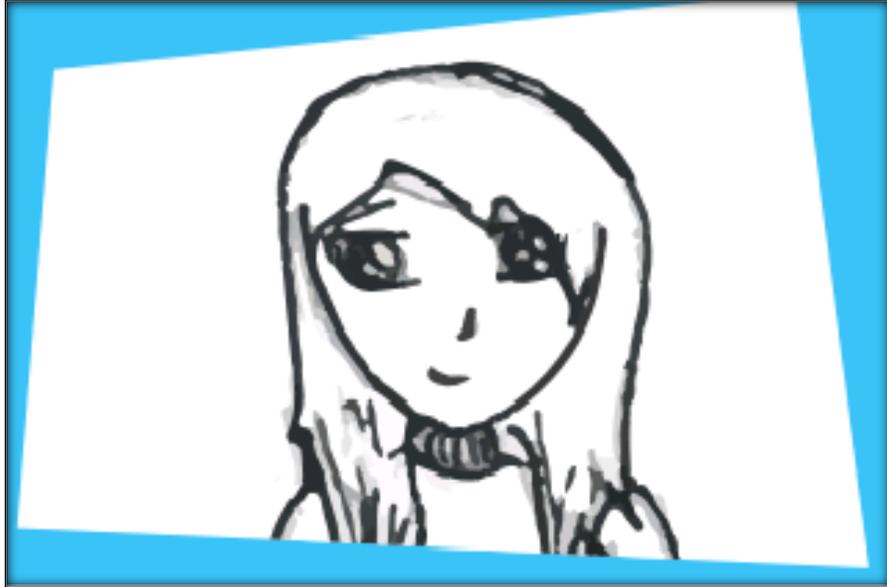


John's story



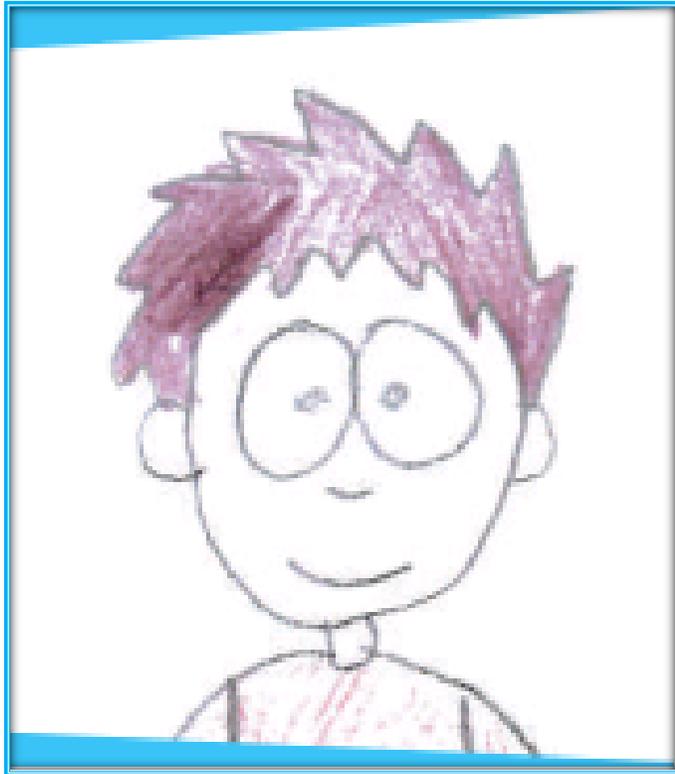
- 23 years old, Cares for Mum with Bi-Polar, loves chatting about what is on tv!
- Missed a lot of school due to mum's illness
- Isolated, lacking in confidence, angry and frustrated
- Worked with Newcastle Carers prior to the digital skills project commencing. Building up confidence and accessing peer support.
- Continuously came up against barriers due to a lack of digital skills and a lack of confidence with computers
- John wanted to take on a volunteering role though was required to complete online safeguarding training which was putting him off taking part.

Joli's Story



- Cares for brother with mobility problems, dizziness and depression, she is 19 and eager to learn new things.
- Came to England from Ethiopia, 3 years ago, no external family support
- Isolated, English is a second language, struggles to navigate systems and support networks
- Explored goals and motivations, Joli found it hard to leave mum though wanted to increase her independence and access to training.
- Digital Skills opened up her awareness of online training and she is now studying English online.

Scooter's Story



- Cares for Mum with Schizophrenia, 18 years old, interested in animals and children, wants to be a youth worker.
- Mum experiences hallucinations and delusional thoughts, this behaviour can be very distressing for Scooter.
- The neighbours complain and he likes to be there to try and keep mum calm and ensure her safety.
- Scooter is at the beginning of his support journey, we are working with a variety of services to improve support for mum and reduce the negative impact of Scooter's caring role.
- Having access to a computer and feeling confident using it at home has given him a temporary solution in this time of transition. This was particularly beneficial over Christmas.

Any Questions?



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