**Help whilst at school or college**

There are more than 375,000 young adult carers in the UK aged 14-25. For a young person who has caring responsibilities the possibility of going to university may be extremely challenging. It is thought that 27% of young carers of secondary school age experience educational difficulties or miss school\*.

Your life outside school can have an impact on your time when you’re in school. Sometimes you may feel overwhelmed and it might be too much to deal with on your own. There are always people who can help if you can talk to them. Many schools and colleges have great support for young adult carers but if they don’t know about your situation then they can’t help. By talking to a teacher or member of school/ college staff you can find out about the support on offer.

Another way to access support could be through a young carer’s assessment.It is important that you talk to someone about the caring responsibilities that you have. The support that you, and the person that you care for need can then be assessed. For more information contact your local council and ask about getting a young carer’s assessment.

You can also talk to a doctor who can help you. You are not alone and there are people who recognise these problems and can support you.

Young carers’ networks are a great source of help and support. There are local contacts in the back of this booklet or search online to find your nearest one.

\*Supporting Young Carers in School. The Carers Trust, 2013.

**Outreach at Bath Spa University**

|  |
| --- |
| **Useful Contacts**  **Bath Spa University Student Support**  studentsupport@bathspa.ac.uk  01225 876543  **Bath Carers Centre** Woodlands  Lower Bristol Road  Bath  BA2 9ES  Tel: 01761 431388 www.banescarerscentre.org.uk  **Young Carers in Wiltshire**  info@carersinwiltshire.co.uk |

Bath Spa University’s Widening Participation Office works with young carers and offers a wide range of interactive and engaging sessions to help them find out more about higher education. This can include an introduction to university, university courses, study skills and a visit to the university.

We work with the Local Carers Trust in Bath and Wiltshire. If you would like to study elsewhere then contact the university that you are interested in studying at to find out what they do for young carers, as they may offer similar programmes.

**Bath Spa University support for young adult carers**

Juggling caring responsibilities can be challenging; whether you are living at home and continuing to provide the same level of care in addition to undertaking your studies, or caring at a distance by returning home at weekends or holidays to provide care.

Students who have caring responsibilities are encouraged to disclose this to a member of staff so that support can be made available if required.

Our Student Support service has an adviser who acts as the key contact for students with caring responsibilities whilst they are studying at Bath Spa University. This adviser can provide information, advice and guidance to students who are facing difficulties with their course due to caring responsibilities. You will have regular meetings with a named contact throughout your course, supporting you to keep on track.

The adviser can also speak to prospective students who are applying to Bath Spa University.

**Financial support**

As a carer studying an undergraduate degree, you may qualify for the Adult Dependents Grant from Student Finance England.

www.gov.uk/adult-dependants-grant/overview

Once you are a student at our university, if you find yourself to be in financial hardship you can apply for additional help from Bath Spa University Access Fund. Further information about the University Access Fund can be found on the Student Support webpages.

www.bathspa.ac.uk/students/student-support/ money-advice

If yo

u feel you can, let your school/college know about

your caring responsibilities. They will be able to support

you more effectively if they know what obstacles you

face with your studies.

**A Guide to**

**Higher Education**

**for Young Adult**

**Carers**

There are many reasons to consider university; you can

learn more about a subject you enjoy, enhance your career

prospects, develop new skills, gain new experiences and

meet people from a wide variety of backgrounds. Before

making an application it is important to do as much

research as possible so that you will get the most out of

your experience.

**Open days**

are a good way to find out about a

university. Each university will have information on their

website about their open days and how to book onto one.

**Are you a young**

**adult carer**

**and thinking**

**of applying to**

**university?**



**Next steps**

**Every university is**

**different**

You may want to make a checklist – for example:

Do they offer the course you want to study?

What are the entry requirements?

What modules are available?

How is the course assessed?

What is the accommodation like?

What does the Students’ Union offer?

How easy is it to get there from home?

What support services are available?

**✓**

**✓**

**✓**

**✓**

**✓**

**✓**

**✓**

**✓**

**Work hard to get the**

**best results you can**

The Union is the official voice of the students and has a

range of elected representatives to improve and rectify

student issues. Our Liberation Reps are the voice of

under-represented groups at Bath Spa University. They

campaign for equality, celebrate diversity and bring

everybody together.

**Students’ Union**

