# Schools & Colleges Newsletter

# November 2026

## Welcome

Welcome to this edition of our schools & colleges newsletter; bringing information to support young carers in education. We would really love to hear from you to share any good work which you are doing to support young carers in your setting, please do let us know at: youngcarersupport@swindoncarerstogether.org.uk

## 2026 Young Carer Activities Round Up

2026 has been a busy year for us, with activities running during all half terms and longer holiday periods. With our Christmas activities still to take place, they are going to round off a year where we are sure that lots of happy memories were made by our young carers.




Activities:

Escape Rooms
Ice Skating
Go Karting
Private Cinema Screening
Theme Parks
Paintballing
Indoor Rock Climbing
Ultimate Warriors
Farm/Zoo Visits
Adventure Parks
Crazy Golf
Trampolining
Go Ape
Outdoor Education Centre
Christmas Party

FEEDBACK

*"It allowed me to get away from my responsibilities and have a fun day doing something I wouldn't be able to do usually."*

*"Happy because it was very enjoyable and not something I would normally get a chance to do."*

*"I felt relaxed and free to have a good time with my friends."*

*"It made me feel good by making new friends and trying new things."*

*"Getting out and about is really helping with my confidence."*

*"Happy and so excited. Never been go karting before, and this was brilliant!"*

*"Really happy, I got to have fun and a break from being a carer."*




### Did you as an education setting recognise World Mental Health Day in October?

During our September Primary and Secondary group sessions we invited in local mindset coach John Lewis, to come and engage with the children in relation to mental health and wellbeing.

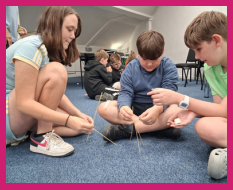
He kept his sessions fun and exciting for the young carers, which included games such as working as a team to answer quick fire questions like *"What does a perfect day look like to you?" "Who has been your biggest inspiration so far in life."*. This was to help with thinking outside the box and quickly on the spot. He also split the groups into smaller teams of 3, and asked them to complete the "marshmallow challenge" - this was a fun STEM and team-building activity.

LINK - Marshmallow Challenge Video

With the younger Primary aged group, he used a football to play catch, but when the child caught the ball they needed to hold it above their head and say something great which had happened that week, and then hold it by their knees and say a challenge which they have overcome.







John's details if you wish to get in touch with him are below:

John Lewis - JL Mindset Performance
https://jlmindsetperformance.co.uk/
07947808675

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## Young Carers Within Your School/College



During September, schools and colleges were contacted by our team with updated lists of registered SCT young carers within their settings.

To keep our records up to date, please do check this list against your database and please advise us if anyone is missing or has moved schools.

Please contact us via the email address below:

youngcarersupport@swindoncarerstogether.org.uk

STUDY HIGHER Young Carers

★ FAO Young Carers in School/College Years 9-13 ★

Study Higher are pleased to be able to share their plans and registration information for their 26/27 programme, and have asked us to share with young carers.

Please find below a link to a booklet from Study Higher which includes information about their programme up until June next year, as well as their registration form.

Study Higher Booklet 26/27

Registration Form

If you have any questions, please contact Study Higher directly on: youngcarers@studyhigher.ac.uk
(Jess and Gabi)

Website: https://studyhigher.ac.uk/youngcarers/





## Did you know?

School & College remain one of the most effective environments for promoting mental health through prevention, early intervention, and sustained support systems.

Many young carers have trouble balancing school/college and home responsibilities, which may impact their mental health. Research has shown that 38% of young carers report having a mental health condition.

## Contact Us:

Young Carer Support Services:

01793 401091

youngcarersupport@swindoncarerstogether.org.uk

Link to website referrals:

https://forms.cloud.microsoft/e/nJh0D7ZwMR

Website:

https://www.swindoncarerstogether.org.uk/