

Decision Report – Cabinet decision

13th May 2019

Future Support Arrangement for Young Carers

Cabinet Member(s): Cllr Frances Nicholson Cabinet Member for Children and Families Division and Local Member(s): All

Lead Officer: Julian Wooster Director of Children’s Services

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	Seen by:	Name	Date
	County Solicitor	Honor Clarke	29/04/2019
	Monitoring Officer	Scott Wooldridge	30/04/2019
	Corporate Finance	Sheila Collins	29/04/2019
	Human Resources	Chris Squire	01/05/2019
	Property	Paula Hewitt / Claire Lovett	02/05/2019
	Procurement / ICT	Simon Clifford	01/05/2019
	Senior Manager	Julian Wooster	30/04/2019
	Commissioning Development Team	Vikki Hearn	
	Local Member(s)	All	
	Cabinet Member	Cllr Frances Nicholson	01/05/2019
	Opposition Spokesperson	Cllr Jane Lock	
	Relevant Scrutiny Chairman	Cllr Leigh Redman	
Forward Plan Reference:	FP/19/04/02		
Summary:	<p>This report addresses proposals as to how young carers can best be identified, engaged and supported within Somerset to meet outcomes that are important to them.</p> <p>It is estimated there are 1,750 young carers in Somerset. Traditionally, through the Young Carers Project, Somerset County Council has offered support to up to 150 young carers at any point in time, with around 100 new referrals each year. This is not a level that we are content with and so this paper outlines how we seek to dramatically improve identification and support, reaching far more young carers in Somerset and offering them opportunities that are personalised to their interests and circumstances.</p> <p>The vision for the new arrangements is that in future more young carers, with support from partners and in particular from schools, will be identified and will be able to immediately access support</p>		

groups without a need for a formal assessment or contacting statutory council services.

There is £248,000 in the 19/20 Budget for support for young carers. The core traditional service elements of assessment, an option of one-to-one support and the availability of a group to attend will be maintained. But we also want to enhance this by offering a more local community-based solution, designed by young carers and the voluntary and community sector. This is referred to as a 'community alliance' within this report. It is intended that this will help to extend our reach but also ensure a more flexible offer for individuals.

In order to achieve this support for young carers, there are 3 distinct areas of offer that it is proposed will be funded by Somerset County Council in order to ensure a sustainable and vibrant service that can deliver great outcomes for young carers:

**Ensuring robust support for those who need it the most:
Supporting Young Carers who have complex needs (as per the Effective Support for Children and Families Guidance)**

£120k per annum used by the Director of Childrens Services to provide dedicated support to young carers with more complex needs with:

- Active caseload of circa 12 cases
- Assessment of young carers where required
- Ongoing profile raising of YC services and signposting to community alliance

Providing support for all young carers regardless of level of need through Young Carers groups:

£53,000 annual grant fund established and capacity to administer this put in place by the Director of Childrens Services.

Access to groups does not need to be via an assessment, anyone can refer young carers in irrespective of their level of need. We will expand the current groups offer to ensure 4 sessions per month in all 4 areas, plus explore the opportunity of 2 sessions per month in West Somerset. Locally Young Carers themselves can determine how this should be organised, weekly or fortnightly, juniors and seniors together or separate. Commissioning and the Adolescent Support Workers will facilitate this initially but it could be connected with 'community alliance' below in future, young people will be involved in the process of grant awards.

Expanding our reach: Identifying young carers who may otherwise be hidden, linking young carers irrespective of level of need into community activities, identifying

	<p>opportunities for young carers to access other funding streams for additional support.</p> <ul style="list-style-type: none"> • Develop inclusive access to universal offers in communities e.g. youth groups, sports activities, skills and training etc. • Provide connectors/ navigators to facilitate access to community solutions e.g. to help build confidence, create peer support networks etc • Build solutions to meet specific personal and family needs • Work in partnership with health, education and social care to promote and enable development of a strength-based approach • Seek investment from alternate sources such as social welfare grants from relevant charities and bids to major funders such as Lottery, Children in Need and Comic Relief to boost investment and create a sustainable future model that complements local authority funding. • Consider a ‘brand’ for young carers services that is identifiable and promotes opportunities, awareness and access. <p>These three distinct areas for local authority funding do not include extra support in addition to the offer detailed above to young carers:</p> <ul style="list-style-type: none"> - With additional needs (as per the Effective Support for Children and Families Guidance), this is supported within schools for those in Education and will be part of the remit of the ‘community alliance’ for those who are Electively Home Educated or not in education, employment or training. - With acute needs (as per the Effective Support for Children and Families Guidance), this is supported within Children’s Social Care.
<p>Recommendations:</p>	<p>That the Cabinet approve the plans for young carers support within the budget available, as set out in this report and specifically agree the following:</p> <ol style="list-style-type: none"> 1. That £120,000 of the £248,000 of the budget available is used to commission support for young carers who have more complex challenges through the Level 3 adolescent support services. 2. Agree that £53,000 of the £248,000 available is used as a grant scheme plus its administration cost, to be utilised to run locality-based support groups for all young carers to access. 3. Agree that £75,000 of the £248,000 available is used to develop a “community alliance” building capacity and infrastructure by increasing community

	<p>resources, skills and knowledge to meet support needs locally where appropriate and maximise social value by securing additional funding and resources from other sources.</p> <p>4. That the Director of Childrens Services is authorised to take forward all necessary actions in order to support the delivery of the above recommendations.</p>
<p>Reasons for Recommendations:</p>	<p>Somerset wants to do more for it's Young Carers, the young people we support currently (150 young carers) and the young people we have yet to identify (up to a further 1600).</p> <p>In September 2018 the Director of Children's Service put forward proposals to make changes to the young carer service. This included a recommendation to involve the VCSE in the provision of support for young carers. Cabinet deferred the decision and requested further work was carried out to look at the evidence, risks, issues and opportunity in more detail.</p> <p>The recommendations made are on the basis of:</p> <ul style="list-style-type: none"> - Engagement with Young Carers - Engagement with Staff - Engagement with the voluntary and community sector - Research into national approaches - A senior management review of all known Somerset young carers cases, current support levels and re-assessment where appropriate <p>The work provided a real opportunity for the Council to consider how we might modernise the current offer, working on what has already been developed:</p> <ul style="list-style-type: none"> - within Prevention Services (Team 8 and getset) maintaining the model of key workers for those who need support at a complex level (approximately 48 young people based on the outcomes of the senior management review), - access to local groups for all <p>But further enhancing and improving the support on offer by:</p> <ul style="list-style-type: none"> - including a broader community offer of support and developing a 'community alliance'. Through engagement with the community and voluntary sector we have been able to identify options for that enhancement which could enable us to reach out to more young carers in Somerset, provide greater choice and control to young carers and their families over how their needs and ambitions are met and provide an opportunity for greater inclusivity in their own communities.

	<ul style="list-style-type: none"> - embedding the duty to assess within all skilled assessment roles working with families (through use of the Early Help Assessment or Adult’s Social Care Assessment tools) <p>Implementation of the recommendations will be monitored at 6 and 12 month intervals to ensure we are realising our ambition to really reach and support more young carers, and to ensure we have responded to the concerns young carers and interest groups raised as well as the VCSE.</p> <ul style="list-style-type: none"> • concerns regarding continuity and quality of care and highlighted the importance of relationships and trust built up with key workers. • access to support can be a barrier, in terms of knowing what’s available and being able to get there. • possible limitations in terms of the ability of a community offer to meet the wide range of needs presented by young carers and their families in the short term, whilst establishing a new approach. <p>The research underlined the importance of providing the right investment and resource upfront and evolving the offer over a period of time to mitigate the risk to existing young carers and their families.</p>
<p>Links to County Vision, Business Plan and Medium Term Financial Strategy:</p>	<p>All of the recommendations within the report align to the County Vision:</p> <ul style="list-style-type: none"> • Help people to help themselves by enabling young carers to have the best opportunities and support whilst undertaking their caring responsibilities. • Target our resources to where they are needed most by utilising the available budget for young carers to think about an enhanced offer and wider body of support that can meet needs at a more individual level. • Work with all our partners by committing ongoing engagement, choice and control for young carers and to a ‘community alliance’ that can maximise available resources for young carers. <p>The recommendations align to the Children and Young People’s Plan:</p> <p>Supported families Healthy lives Great Education Positive Activities</p>

<p>Consultations and co-production undertaken:</p>	<p>Engagement events to explore the future model of support to young carers and involve the VCSE in young carer provision were held with a sample of Somerset young carers, the community and voluntary sector, and interest groups, this included some parents of young carers.</p> <p>On 1st November 2018, the Council's Participation Team met with over 60 young carers between the ages of 7-17 to further understand the impact of caring on these young people's lives (See Appendix One).</p> <p>On 14th December 2018 SPARK Somerset facilitated an event with the community and voluntary sector in Somerset to help us to understand the level of interest and maturity of the sector. 16 people took part in the event from 14 organisations and included some who are also parents of young carers and an ex young carer. (See Appendix Two).</p> <p>On 15th January 2019, the Commissioning Team organised an event with Young Carers specialist interest groups. 12 people attended from 10 organisations and included parents of young carers and former carers.</p> <p>In April 2019 an engagement meeting took place between the Director of Children's Services, and Friends of Young Carers to discuss the recommendations in the paper and the role they wish to take should the proposals be approved.</p> <p>Subject to Cabinet approval there is a commitment to engage with a broader range of stakeholders to ensure that they are able to contribute and express their points of view.</p> <p>This will include:</p> <ul style="list-style-type: none"> - Inviting young carers to participate in staff Interviews - Asking young carers how they would like groups in their area run via the grant scheme (frequency, content, age groups) - Involving young carers in the local grant award process for young carers groups - Involving young carers, the voluntary and community sector and interested parties including parents in the development of the 'community alliance' - Involving young carers
<p>Financial Implications:</p>	<p>This report recommends how the Young Carers support budget will be utilised in order to identify, engage and support young carers. The full budget figure has been confirmed by Children and Families finance and was agreed at Cabinet and by Full</p>

	Council in February 2019 as part of the Medium Term Financial Plan.					
Legal Implications:	<p>Any grant award process will be managed in a transparent way and in line with Somerset County Council grant award principles.</p> <p>SCC must take reasonable steps to identify young carers in their area who have support needs. All young carers under the age of 18 have a right to an assessment of their need, as per the Children Act 1989 and Carers (Equal Opportunities) Act 2004. The LA also has responsibilities under the Care Act 2014 for the needs assessment of Young Carers undergoing transition to adulthood.</p> <p>The Carers (Equal Opportunities) Act 2004 places a duty on local authorities to inform Carers regardless of their age, of their rights to an assessment which must consider their work, education and leisure needs. Children and Adult Social Services are committed through a memorandum to work together locally, adopting a whole system, whole council, whole family approach to providing support for young carers and their families.</p>					
HR Implications:	Additional staffing will be required for adolescent support staff and the necessary consultations will be carried out.					
Risk Implications:	<p>The recommendations for future support for young carers are based on a more agile, responsive and individualised way of improving lives and changing outcomes for our young people. There has been uncertainty for young carers around the future of their support and other interested parties have also felt anxious. As the future support evolves to a more community-based model communication and engagement will be key to ensure this level of concern is not replicated.</p>					
	Likelihood	3	Impact	4	Risk Score	12
Other Implications (including due regard implications):	<p><u>Equalities Implications</u></p> <p>The recommendations for the future support for young carers focus on improving access, reaching those that are currently hidden and assessing at point of contact rather than referring on wherever possible.</p> <p>The recommendations are based on an equal offer across the County and giving choice and control to young carers on how this is developed.</p> <p><u>www.somerset.gov.uk/impactassessment</u></p> <p>The Equalities Impact Assessment can be found at Appendix X.</p>					

Community Safety Implications

No implications

Sustainability Implications

Whilst no proposals are made to change the young carers transport budget, there is an implication for pollution and sustainability as currently some young carers need to travel from West Somerset to Taunton in order to access groups. This will be reviewed as part of the considerations to have young carer group sessions in West Somerset.

The grant awards will also factor in transport and sustainability in order to achieve a positive impact on the environment.

Health and Safety Implications

The recommendations include capacity to reach more young carers, engage with them and support them as appropriate. This will include any inappropriate care and improving ways of care delivery. This should reduce risk of ill-health or injury for young carers.

Privacy Implications

Any data collected will be as part of existing assessment arrangements –

Early Help Assessment

Children and Families Assessment

Adults Assessment

All of these have consent arrangements addressed within them and will ensure the safe handling of personal data.

Health and Wellbeing Implications

The proposals are designed to have a positive impact in all three areas and priorities of the Health and Wellbeing Strategy:

- positive impacts on health and wellbeing
- positive impacts on preventing ill-health (physical and mental health)
- positive impacts on reducing health and social inequalities.

The Priorities in the Health and Wellbeing strategy are:

1. People, families and communities take responsibility for their own health and wellbeing.
2. Families and communities are thriving and resilient.
3. Somerset people are able to live independently for as long as possible.

	<p>These impacts will be for young carers and it is hoped for the families in which they are caring.</p> <p>The proposals are in direct pursuit of the Shared Vision for Health and Wellbeing in Somerset that “People live healthy and independent lives, supported by thriving and connected communities with timely and easy access to high-quality and efficient public services when they need them.”</p>
<p>Scrutiny comments / recommendation (if any):</p>	<p>The Scrutiny Committee received an update on the young carers service on 26 April 2019 and were asked to consider and comment on the arrangements. The Committee agreed to make the following recommendations to the Director of Childrens Services and for Cabinet to consider in May:</p> <ul style="list-style-type: none"> • That the Council maintain an appropriate level of spend on Young Carers; • That the Council integrate the Young Carers assessment function into mainstream services; • That the Council fund the voluntary sector to provide dedicated services for Young Carers as and where needed; • That the Council propose additional arrangements to increase the identification of Young Carers by partner agencies; • That the Council ensures there is an opportunity for the Friends of Young Carers and others to contribute to services for Young Carers; • That the Council ensures that a monitoring framework is included in the new arrangements for future services for Young Carers <p>The Director of Childrens Services has considered these recommendations and has responded to each at section 1.3 of this report.</p>

1. Background

- 1.1. Somerset County Council is required to proactively identify and assess the needs of Young Carers as per the Children Act 1989 and Carers (Equal Opportunities) Act 2004.

A key principle of supporting young carers is the ‘whole family’ approach. The Care Act 2014 requires that the ‘Local Authority must consider the impact of the person’s needs for care and support on family members’. This requires the authority to identify anyone who may be part of the wider network of care and support’ Children’s Commissioner for England, December 2016

We know we are expected to be improving identification of young carers, improving educational opportunities and outcomes, improving access to early

support services, and improving support for Young Adult Carers to enable them to make positive transitions.

Nationally young carers have said that what is important to them is:

- To be a child
- To listen and take their views into account
- To have someone they can talk to
- For professionals to be aware and understand them.

With confirmation that the County Council's financial position is improving, and the full Young Carers budget is in place there is an opportunity to really understand how we secure this for our young carers in Somerset.

- 1.2.** It is estimated there are 1,750 young carers in Somerset. The Young Carers Project has at its maximum reached 150 young carers at any point in time, with around 100 new referrals each year. The Project has been supported by 15 volunteers.

In terms of SCC staffing costs, this has equated to approximately £213,000. With the high proportion of the budget being spent on staffing, this has by default created a service dependent upon local authority capacity constraints and bound by thresholds.

With the opportunity to make changes to improve support and outcomes for young carers we seek to address this balance and be more outward looking in our approach. We know this is supported by the voluntary and community sector, as well as some interested parties, but we also recognise the need to manage this as a transition whilst the infrastructure and support for young carers is developed within communities, this is to ensure no gap in support for existing young carers but with the object of reaching far more young carers in future and offering more choice and flexibility as to how young carers want to be supported.

The Friends of the Somerset Young Carers Project charity also fundraises to deliver support activities and ad-hoc opportunities for young people. They have confirmed that they will continue to do this and would like to work with us on implementing the recommendations.

Research has shown that there are up to 20 appropriate external funding sources ranging in value that voluntary or charitable bodies would be eligible to apply for on behalf of young carers. The recommendations within this paper seek to ensure we develop sufficient capacity and work in partnership in Somerset to maximise these opportunities for our young people and increase social value.

In order for the recommendations within this report to be as successful as possible there are other developments needed across the system and this will be managed as a co-ordinated response to ensure the very best support to young carers in Somerset.

How the support will come together is outlined below as a comparison to what was previously in place for young carers.

Previous Young Carers Project	2019/20 Proposals
Identifying and supporting young people with caring responsibilities.	As per the Care Act and Children's Commissioners report, we will satisfy ourselves that this is firmly embedded in all Adults, Public Health and Children's services including Education. Widening the net of responsibility with the aim of reaching more young carers in Somerset.
Undertaking the Young Carers Needs Assessment	Existing assessment tools will be utilised – Early Help Assessment; Adults Assessment; Children and Families Assessment etc. This values the skill of assessment but does not create an exclusive approach for young carers. This will help with the 'whole family' approach and uses existing processes and mechanisms rather than adding in variance and having opportunity for error. There will be capacity for four Adolescent Intervention workers who can complete assessments for young carers with complex needs, and then go on to provide key worker support.
Supporting Young Carers to reduce inappropriate levels of care	This will be carried out by a wider body of support for young carers, anybody carrying out an assessment can offer advice, particularly those who are supporting the adults for whom young carers are supporting, young carers group leaders will keep a watchful eye on this too. By widening the responsibility, we aim to embed young carers support in Adults, Public Health and Children's Services in such a way that we reach more young carers. Where there are additional bespoke needs this is where we will design the 'community alliance' to build whole family solutions.
Providing 1:1 support in difficult times	Supporting young carers through early help arrangements is a statutory requirement on all agencies

	and services working with children is a statutory requirement of Adult Social Care.
Group activities and respite opportunities through breaks.	<p>The recommendation to ensure a universal offer for Young Carers irrespective of level of need through the form of locality groups will deliver some of this -</p> <p>£53,000 annual grant fund to be established and capacity to administer this by the Director of Children's Services. In the Children's Commissioner report Dec 2016 'Young carers emphasised the value of young carers groups which offered them an escape from the responsibilities and stresses impacting on their life'.</p> <p>Groups will be well advertised and anybody who identifies young carers can refer into these groups immediately so that support can commence even if further assessment is needed.</p> <p>This builds on the existing offer by making provision for more groups, involving young people in who is grant awarded, how sessions in their area are run and ensuring a full year rather than term time offer.</p> <p>In addition, Somerset Friends of Young Carers have confirmed that they will continue to offer funding for trips and activities, particularly in holiday time.</p>
Promoting recognition and awareness of Young Carers' needs and achievements, working alongside other services to develop schemes and services which support Young Carers	<p>We will look to the 'community alliance' to ensure that this takes place at a local level and at a County level. Young carers will be involved in anything that is designed.</p> <p>As part of embedding the principle of identification of young carers in a broader set of services the recognition and awareness of young carers will be raised.</p>
Monitoring delivery through Young Carers Network & Young Carers Forum	This new model of support for young carers will be reviewed with all

	<p>stakeholder groups in 6 months, and then at 12 monthly intervals. At a local level young carers views will be sought on their groups, how they are run, frequency, venue, activities etc on a regular basis.</p>
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1.3. The recommendations made by Scrutiny Committee will be addressed in the following ways:

- **That the Council** maintain **an appropriate** level of spend on Young Carers – a budget of £248,000 is committed for young carers support and is in line with previous years’ investments and this is only one element of spend across the partnership on supporting young carers. In addition, under the Safeguarding Board procedures all agencies have a duty to meet the needs of young carers. The proposals include strengthening arrangements to identify young carers which all agencies will have a duty to respond to depending on the level of need.
- **That the Council** integrate the Young Carers assessment function into mainstream services - As required by the Care Acts and Children’s Acts and statutory guidance, we will satisfy ourselves through improved performance reporting that young carers assessment where required are firmly embedded in all Adults, Public Health and Children’s services including Education. Widening the net of responsibility and ensuring that young carers in Somerset receive the appropriate service as a result of a statutory assessment.
- **That the Council** fund the voluntary sector to provide dedicated services for Young Carers **as and** where needed – as per the proposals, £53,000 funding will be available for grant awards and their administration, these grants will be open to the voluntary sector; £75,000 funding will be available to build a ‘community alliance’ within the voluntary and community sector.
- **That the Council** propose additional arrangements to increase the identification of Young Carers by partner agencies - As required by the Care Acts and Children’s Acts and statutory guidance, we will satisfy ourselves that young carers assessment is firmly embedded in all Adults, Public Health and Children’s services including Education. Widening the net of responsibility with the aim of reaching more young carers in Somerset.
- The ‘community alliance’ will also support with profile and awareness raising.
- **That the Council** ensures there is an opportunity for the Friends of Young Carers and others to contribute to services for Young Carers – the support from Friends of Young Carers is highly valued by SCC as an additional resource for our children and young people. The

proposals have been shared with Friends of Young Carers and they are positive about the vision and their ongoing contribution to this.

- **That the Council ensures that a monitoring framework is included in the new arrangements for future services for Young Carers** – all aspects of future support will be monitored in terms of reach, offer and improved outcomes, most importantly feedback from our young carers. This will be embedded in Children's services reporting and governance arrangements. The schools reporting system is being changed to identify young carers as a category and work is being undertaken to categorise young carers in early help assessments alongside other need groups as set out in Working Together 2018.

2. Options considered and reasons for rejecting them

- 2.1. An options appraisal that reviewed young carers service identified seven ways in which the service could be delivered differently. This was at a point in time when the local authority had severe financial pressures.

Engagement activity with multiple stakeholders, most importantly our young carers has given us insight into what good looks like and what matters to our young carers. The recommendations within this paper seek to achieve this and are therefore the final option presented.

The shift is to think more outwardly in order to reach more young carers and support them appropriately. There is less emphasis on thresholds and more emphasis on local and immediate support that remains agile and responsive to our young person's feedback. This will take 12 months to develop but a blend of SCC delivered service and community-based responses will we believe, enhance and broaden the support on offer, harnessing statutory capacity across 'People' services and building social value and investing in communities. It is this for this reason, and at this stage in development that alternative options such as keeping the services entirely in house or look to commission services entirely externally were rejected.

3 Background papers

- 3.1 Cabinet 12 September 2018
CAF-20 re-modelling of support to Young Carers
[Cabinet Report](#)
- 3.2 Cabinet 17 October 2018
Developing a better model to offer young carers support; and deferring the young carers proposals until February 2019.
[Cabinet Report](#)
- 3.3 Cabinet 11 February 2019
Setting the forward budget for 2019-20
[Cabinet Report](#)

Social Care Forthcoming Green Paper – England

<https://researchbriefings.files.parliament.uk/documents/CBP-8002/CBP-8002.pdf>

The Support Provided to Young Carers in England – Children's Commissioner

<https://researchbriefings.files.parliament.uk/documents/CBP-8002/CBP-8002.pdf>

Somerset Equality Impact Assessment

Before completing this EIA please ensure you have read the EIA guidance notes – available from your Equality Officer

Version

Date 28th April
2019

Future Support for Young Carers in Somerset

There is £248,000 in the 19/20 Budget for support for young carers (up to 18 years of age). The core traditional service elements of assessment, an option of one to one support and the availability of a group to attend will be maintained but enhanced by offering a more local community based solution, designed by young carers and the voluntary and community sector. This is referred to as a 'community alliance'. It is intended that this will help to extend our reach but also ensure a more agile and individualised offer. The key changes are who will be delivering the support to our young carers as the offer becomes less county council dependent and extends its reach and involvement of a range of organisations and sectors that could meet young carers needs.

Evidence

What data/information have you used to assess how this policy/service might impact on protected groups? Sources such as the [Office of National Statistics](#), [Somerset Intelligence Partnership](#), [Somerset's Joint Strategic Needs Analysis \(JSNA\)](#), Staff and/ or [area profiles](#),, should be detailed here

The quality of young carers data in Somerset is not at a standard we would want it to be. There are plans in plan to enhance this but currently we understand the following about our young carers.

Age of Young Carers in Somerset

Those currently supported by young carers services in Somerset are between 7 and 17 years of age.

Age	Number of Young Carers
7	2
8	6
9	5
10	15
11	17
12	28
13	23
14	23
15	21
16	20
17	11
Total	171

Disability

We understand that there are 18 young carers in Somerset who have a disability. Whilst we are confident that at an individual level the disability type and needs will be met appropriately by professionals we do not hold this information in such a way that we could assess impact of the proposed changes to the offer.

Gender Re-assignment

There are transgender young carers for whom Somerset currently provides support and will continue to support going forwards.

Marriage and Civil Partnership

As young carers are under the age of 18 it is unlikely that any will be married or in a civil partnership. We do not believe any of our current young carers fall into this group.

Pregnancy and Maternity

We are not currently able to identify any young carers who are pregnant, however, it is possible that some older young carers could be or become pregnant.

Race and Ethnicity

Ethnicity	Number of young carers
Mixed - Other Mixed Background	1
Mixed - White & Asian	6
Mixed - White & Black African	1
White - British	150
White - Other Cultural Background (blank)	1 9
Mixed - White & Black Caribbean	3
Total	171

Religion or belief

Data relating to the religion and belief of our young carers is limited, over half of those we currently support do not have this recorded. This is an area that needs to be improved. We are aware of the following profile currently.

Atheist	1
Christian	12
Church of England	6
None	42
Other	1

Sex

We know that there are 105 female young carers and 65 male young carers. This is in line with national data around the prevalence of female carers.

Sexual Orientation

The sexual orientation of young carers in Somerset is not known.

Other considerations

According to the Children's Society, young carers nationally are more likely to live in families with income below the national average, more likely to miss school, more likely to be 'NEET' between the ages of 16-19, and have significantly lower attainment at GCSE than their peers.

Who have you consulted with to assess possible impact on protected groups? If you have not consulted other people, please explain why?

As laid out in the main body of the report, a number of people have been engaged and consulted with as part of this process with the main features of consultation being on the 'carers' as a protected group. How can they access services, when they do access what do they value, and how would they like service to be delivered. This has included:

On 1st November 2018, the Council's Participation Team met with over 60 young carers between the ages of 7-17 to further understand the impact of caring on these young people's lives (See Appendix One).

On 14th December 2018 SPARK Somerset facilitated an event with the community and voluntary sector in Somerset to help us to understand the level of interest and maturity of the sector. 16 people took part in the event from 14 organisations and included some who are also parents of young carers and an ex young carer. (See Appendix Two).

On 15th January 2019, the Commissioning Team organised an event with Young Carers specialist interest groups. 12 people attended from 10 organisations and included parents of young carers and former carers.

In April 2019 an engagement meeting took place between the Director of Children’s Services, and Friends of Young Carers to discuss the recommendations in the paper and the role they wish to take should the proposals be approved.

Consultation in relation to other protected characteristics has not been overt in this exercise and historically data in relation to young carers has been quite limited, the evidence base above has been difficult to extract. Steps are in place to improve this and although we do not have a robust baseline there is a commitment to improve the quality of data, monitoring and reporting. The proposals for future support to young carers are to have a more agile and responsive offer.

Analysis of impact on protected groups

The Public Sector Equality Duty requires us to eliminate discrimination, advance equality of opportunity and foster good relations with protected groups. Consider how this policy/service will achieve these aims. In the table below, using the evidence outlined above and your own understanding, detail what considerations and potential impacts against each of the three aims of the Public Sector Equality Duty. Based on this information, make an assessment of the likely outcome, before you have implemented any mitigation.

Protected group	Summary of impact	Negative outcome	Neutral outcome	Positive outcome
Age	<ul style="list-style-type: none"> Young Carers that we are currently supporting span a range of ages from 7-17, as such their needs and the way they would like their need to be met vary. The proposals within this report allow for young carers to determine at a local level whether they would like all age sessions or would like ‘juniors’ and ‘seniors’ 	☐	☐	☒

sessions to be run. Within this proposal it is important that we allow for quieter voices to be heard, which could be our younger young carers.

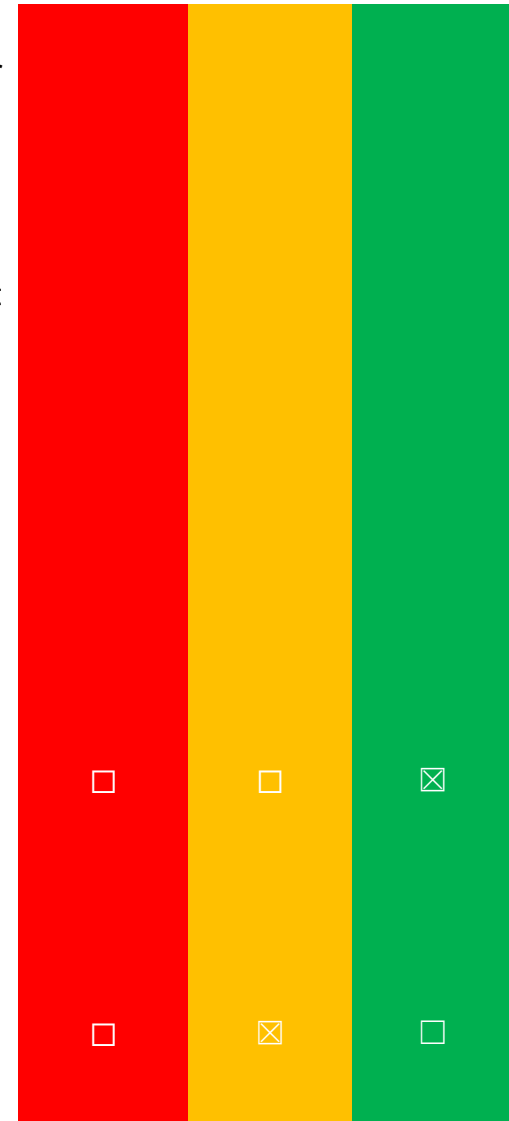
- The proposals within this report are to develop a 'community alliance' that can respond to young carers irrespective of age and develop more tailored and local solutions going forward, this is important as within this age range nearly all young carers will be dependent on some form of transport arrangement to get them to their groups or activities as they will not be self-sufficient.
- Young carers services are available for children and young people up to the age of 18. At this stage an assessment will be carried out and a transition can be made to the Adult's carers' service. This is to ensure we can preserve what is important to young carers 'to be a child'.

Disability

- The disability type of our young carers is not known at a level that can be impact assessed, however, we know that particularly for young people with learning disabilities, autism or asperges for example changes in group leaders or key workers can be difficult. As such wherever possible, as new members of staff take on groups or support there will be a shared session between the outgoing worker and incoming worker to provide reassurance and reduce anxiety.

Gender reassignment

- The young carers support currently offers service to gender reassignment and will continue to do so.



Marriage and civil partnership

- As young carers are under the age of 18 it is unlikely that any will be married or in a civil partnership. We do not believe any of our current young carers fall into this group.

Pregnancy and maternity

- We are not currently able to identify any young carers who are pregnant, however, it is possible that some older young carers could be or become pregnant. Utilising Transform (previously known as the Troubled Families data warehouse) we have an opportunity to strengthen this by matching schools, children's, adults and health visitor data.

Race and ethnicity

- The proposals within this report are to develop a community alliance that can respond to young carers irrespective of ethnicity however, it is also necessary to keep in mind as we extend our reach that within some communities the culture that needs to be respected is that carers do not want to be identified.
- Groups and support workers may need to access translator services as required in order that groups remain inclusive and accessible for all races.

Religion or belief

- Data relating to the religion and belief of our young carers is limited, over half of those we currently support do not have this recorded. This is an area that needs to be improved and better understood. Certain religions may not for example access groups as they run at certain times of day when worship takes place etc.

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Sex

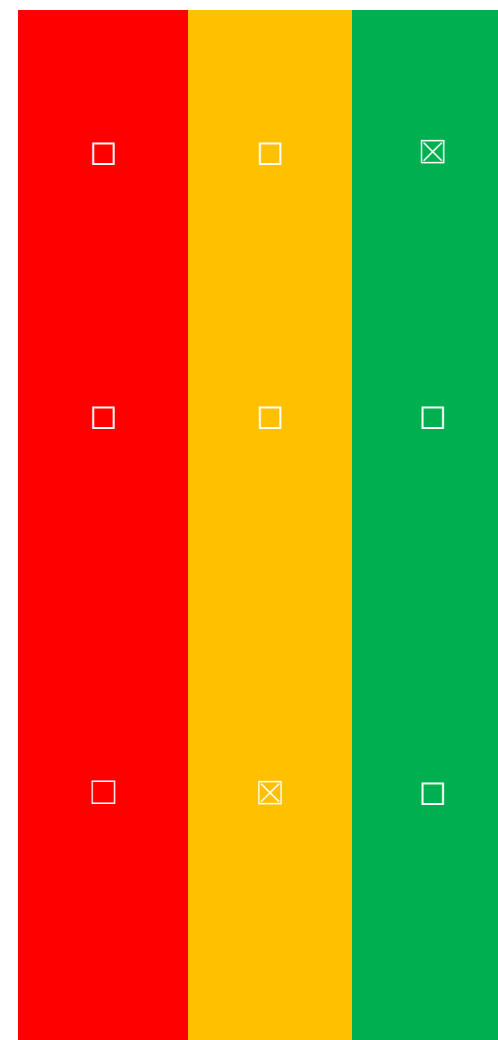
- The proposals within this paper allow for more individualised solutions for our young carers so should improve the offer irrespective of young carers gender. However, we also need to ensure that consultations with young carers do not take a gender bias, that solutions developed do not take a gender bias and that the offer remains appealing and is accessed by males and females alike.

Sexual orientation

- The sexual orientation of young carers in Somerset is not known and this is an area that requires improvement. The impact cannot be assessed, however in principle there should be improvements, as more tailored solutions develop through the community alliance and ensuring access to universal groups.eg. 2BU run groups for LGBTQ.

Other, e.g. carers, veterans, homeless, low income, rurality/isolation, etc.

- According to the Children’s Society, young carers nationally are more likely to live in families with income below the national average, more likely to miss school, more likely to be ‘NEET’ between the ages of 16-19, and have significantly lower attainment at GCSE than their peers. We do not have the data for Somerset to evaluate the impact of this yet, however, working more closely with schools and the Education Safeguarding service, this understanding needs to be developed.
- We know within Somerset rurality is an issue and for some young people can find access more challenging as a result.
- It is possible that Somerset may have young carers from military families as this is a feature of our County.



Negative outcomes action plan

Where you have ascertained that there will potentially be negative outcomes, you are required to mitigate the impact of these. Please detail below the actions that you intend to take.

Action taken/to be taken	Date	Person responsible	How will it be monitored?	Action complete
Whilst no negative impacts have been identified there is a need to strengthen the data and an improvement plan is in place with schools and the use of Transform (previously the Troubled Families data warehouse).	02/09/2019	Penny Johnson, Gill Bawler, Tony Johnson, Rowina Clift-Shanley	Through commissioning arrangements, performance reporting through Childrens SMT.	<input type="checkbox"/>
The proposals within this report are to develop a community alliance that can respond to young carers irrespective of any equality and diversity characteristics and develop more tailored and individual solutions going forward than has been possible within the constraints of the local authority service.	01/04/2020	Rowina Clift-Shanley	Through commissioning arrangements, performance reporting through Childrens SMT.	<input type="checkbox"/>
The proposals seek to identify, support and consult far more young carers, this will give us the ability to understand the profile of our young carers more fully and adapt our approach accordingly.	01/11/2019	Rowina Clift-Shanley and Lise Bird	Through commissioning arrangements, performance reporting through Childrens SMT.	<input type="checkbox"/>
All organisations that receive grant awards or form part of the future 'community alliance' will be required to have	01/08/2019	Children's Commissioning	Through grant award processes.	<input type="checkbox"/>

adequate Equality and Diversity policies in place and training for staff.

In order to ensure access to transport for young carers to get them to groups or other activities whilst they remain too young to take responsibility for this themselves, and where rurality and access may be an issue, the full £22k transport budget for young carers will be maintained.

01/04/2020

Adele McLean

Through annual budget setting arrangements.



Through ongoing engagement and development of services organisations representative of vulnerable groups. Eg. 2BU and Somerset Military Family Support Group will be encouraged and invited to contribute their insight, views and resources for young carers.

02/09/2019

Children's Commissioning

Through commissioning arrangements.



If negative impacts remain, please provide an explanation below.

Completed by: Rowina Clift-Shanley

Date 28/04/2019

Signed off by: Julian Wooster

Date 30/04/19

**Equality Lead/Manager sign off date: Tom
Rutland 30/04/19**

To be reviewed by: Rowina Clift-Shanley

Review date: 30/09/19

Appendices

Appendix 1 – 1st November 2018 Young Carers Event

Engagement with the Young Carer's Service November 2018

Introduction:

In Autumn 2018 a proposal to cut the Young Carer's Service in Somerset was taken to Cabinet and put on hold to enable further work to take place to engage with young carers and their families.

Subsequently, Adult Social Care Commissioning has been tasked with facilitating this consultation and the Participation and Engagement team in Children Commissioning were given the responsibility of engaging with young carers meeting in October school half term.

Adult Social Care Commissioners will use this to help inform work looking at opportunities to involve the community sector in providing opportunities for young people to come together to share experiences and support each other; and have a break from their caring responsibilities.

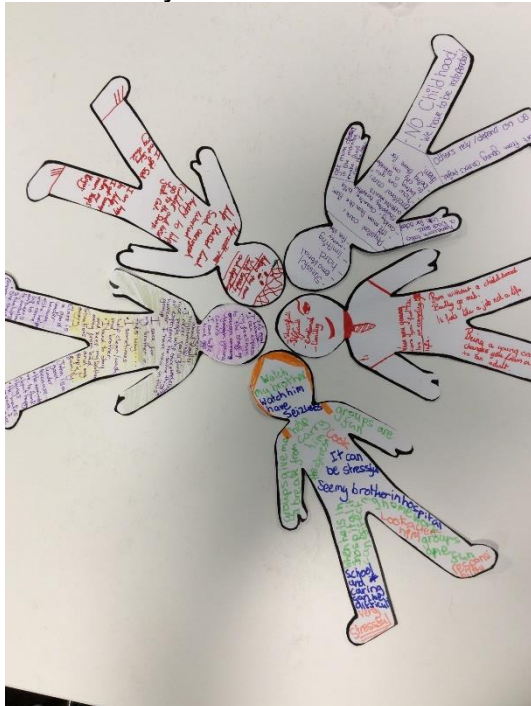
Planning the Engagement:

In order to give young carers, the best possible opportunity to be heard, a session plan of 3 activities was designed in consultation with 3 workers from the Young Carers service and an agenda and timetable was agreed.

The session plan was then shown to the Young Carers Forum prior to the engagement session and the fifteen young people in attendance tested the questions in the plan to ascertain that they would obtain the fullest information from the young carers. Their suggestions were used to amend the session plan.

The Engagement Session:

On 1st November the Participation and Engagement team (four workers) and a senior adult services commissioner attended an activity day at Pilton Village Hall and met with 60+ young people aged between 7 – 17 years. They held 3 x 50-minute sessions overseen by a relevant Children's Services manager.



The following describes the activities and evaluates the responses to the activities.

Activity One – What's A Day in the Life of a Young Carer Like?

Sixty-two young people designed a Young Carer from a paper cut out, responding to the question 'What's A Day in the Life of a Young Carer Like?'. They identified the themes of emotional feelings, practical help, physical effects, friends, family, school and the Young Carers Service in order to carry out the exercise (Appendix A).

They characterised 29 emotional feelings – ranging from the positive – happy and cheerful - to the negative – depressing. The most overall dominant emotion was stressed or stressful – expressed by 37 young people. Also prominent were sad, anxious, worried,

isolated, depressing and emotional. The most dominant positive feelings were helpful, kind, special, happy, cheerful, fun, relieved and good. The young people used the exercise to write statements about themselves –

“try walking in my shoes”.

The young carers identified 21 different types of practical support they give, ranging from general descriptions of helping and taking on more responsibility to more specific tasks. Cooking was the highest specific task – 13 young carers help with food and drink preparation for or with their families along with tasks such as washing and dressing a parent or sibling, cleaning and housework and helping with medications. Young carers also offer emotional support – talking, giving kisses and cuddles, being there for their cared-for person. As one young carer quoted,

“A young carer makes people laugh, smile and feel loved”.

Young carers described the physical effects of caring in 7 ways including generally finding it hard and difficult and also needing to be patient. The most dominant physical effect is tired or exhausted – with 22 young people describing themselves in that way. One young carer stated that,

“Even though I’m young I am more responsible than some adults”.

Education is impacted by young caring responsibilities through affecting ability to attend on time, complete homework, concentration at school and having to do caring duties before and after school. Only 7 issues were raised around education in this exercise and one young carer stated that they had,

“more to worry about than homework and school”.

There were 23 statements made about family in the exercise. These ranged from how the young carers practically interact with their family including duties around disabled parents, caring for siblings when they're in hospital and helping the family to eat. However, expressing feelings about their family were more prevalent including emotions of sadness and guilt about their cared-for person's situation –

“I feel real bad for my mum because she has arthritis”

- to being happy that they are able to help – “I like caring for my dad”. One young carer said that the support they give is,

“Saving money for the council”.

Activity 2 – What Helps A Young Carer Now?

We asked the groups to discuss together what support they receive currently that they find useful.

The responses fell into 3 themes – relationships, positive activities and practical support; relationships being the highest source of support. (Appendix B)

Young carers identified 11 different types of relationships that gave them support ranging from the vicar to families and friends and professional and voluntary agencies such as CAMHS (Children and Adolescent Mental Health Services), Promise Mentoring, counsellors and schools and teachers.

The top support types were pets (11), school/teachers (17), friends (27), family (27) and Young Carers Service (62). A young person told me,

“When I need someone to talk to I come and tell a member of staff at Young Carers. I like Young Carers – it helps me to be myself and someone to talk to”.

The Young Carers Service was identified overwhelmingly as the main area of support.

“They are very kind and caring and helpful with problems”.

This support consists of trips and residential; groups; clubs; forums; instilling confidence; liaising with schools; making friends with other young carers; someone to talk to, listen and understand; support for emotional and mental health, offering time away from caring and having a trusted named Young Carer worker. One young person said,

“They’re like a family to me”.

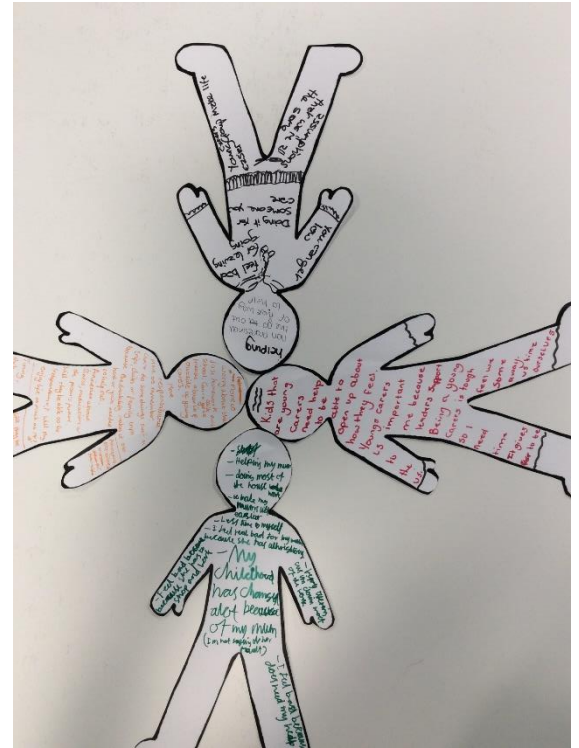
Young carers named key Young Carer’s workers, for example,

“She (worker) made me confident in myself for who I care for. She has helped me through the bad times”.

Positive activities featured strongly (20 responses) as a means of support ranging from sport, being outdoors, creative activities and using technology.

Finally, a small number of young people (4) identified practical support as important to them, citing meditation, eating, writing things down and getting financial support.

One young person told us,



“Being a young carer changes you from a child to an adult’



The final activity asks ‘What Opportunities does a Young Carer want for a Good Future?’

We asked the groups how their current support might help them to reach their goals. In small groups they discussed what their individual goals are and how they are supported to reach them. Their responses were collated on pre-prepared diagrams featuring a road and a horizon. The responses fell into 3 themes – career aspirations, personal ambitions and altruistic ambitions. The young people gave general career aspirations around success and moving into further and higher education. However, 20 young people specified a job or profession with choices ranging from professional dancer and zoo keeper to engineer and doctor. 5 young people acknowledged that the skills they had learned as a Young Carer

would support their future careers, with one young person stated,

“I would like to train as a nurse, as I have learnt many caring skills as a Young Carer”.

19 young people stated personal ambitions which featured both short and long-term timescales – the top ambitions (7) was to travel and to keep the young carers service in their lives.

Finally, 12 young people identified altruistic ambitions including keeping close to their families and raising awareness of Young Carers more globally.

We then asked the groups what the barriers to meeting these goals were; and their responses fell into 3 categories – emotional, practical and physical. The emotional barriers were around being stressed, being worried about the person they care for and a lack of confidence. There were more practical barriers identified than the other 2 categories, the top 4 being lack of time, lack of finances, poor qualifications due to not being able to fully attend school and having too many responsibilities. Finally, the physical barriers were tiredness and lack of concentration.



Conclusion:

The engagement session helped us to understand the profile of the young people who use the Young Carers Service – including their emotional issues which are predominantly around the stress and worry of their role.

The service is undoubtedly valuable to them, especially around their identity as young carers and the opportunity of being with people who understand their situations. The service offers fun and relaxation to some users who don't have this elsewhere – but also offers practical solutions including advocating for them in schools and helping find support for their cared-for people.

However, the sessions showed that young carers get other forms of support and this exercise identified the range of support needed and how this differs in many ways, according to the frequency and severity of the caring responsibilities.

Our young carers were generally aspirational and hopeful for their futures; but had no difficulty in identifying the barriers they needed to overcome in order to reach their goals.

This engagement should help with further engagement throughout the Autumn and before an amended proposal is taken back to Cabinet in Spring 2019. Adult Social Care Commissioners will use this information to help inform work looking at opportunities to involve the community sector in providing opportunities for young people to come together to share experiences and support each other; and have a break from their caring responsibilities.

For any further information about this document, please contact Fiona Phur, Partnership Business Manager, Children's Commissioning Team, Somerset County Council

FZPhur@somerset.gov.uk

APPENDICES

Appendix A: What's a Day in the Life of a Young Carer Like?

Results:

Emotional

1. Stressful/Stressed x 37
2. Sad x 7
3. Bored x 3
4. Annoying x 5
5. Anxious x 10
6. Worried/worrying x 8
7. Isolated/lonely/different x 8
8. Moody x 1
9. Insecure x 3
10. Angry x 2
11. Pressured x 1
12. Depressing x 6
13. Traumatizing x 1
14. Confusing x 3
15. Fearful x1
16. Overwhelming x1
17. Nerve wracking x1
18. Happy /cheerful x 6
19. Helpful x 3
20. Fun x1
21. Make sacrifices x 4
22. Relieved x1
23. Good x 2
24. Emotional x 6
25. Limiting x 2
26. Mental health x 2
27. Helpful/ Kind/special x 7
28. Guilty x 2
29. Frustrated x 1

Practical

Busy x 7

1. Working all the time x 2
2. More/ lots of responsibility x 12
3. 'Washing and dressing a parent/ sibling x 8
4. Helping x 6
5. Laundry x 1
6. Cleaning/ housework x 8
7. Medication x 6
8. Take siblings to/from school x 2
9. Cook x 13
10. Shopping x 2
11. Being a young carer has taught me certain skills x 1
12. Helping others/siblings x 4
13. Financial x 2
14. Organising hospital appointments x1

15. Giving emotional support x 8 ('a young carer makes people laugh, smile and feel loved')
16. Looking after pets x 4
17. More to remember x 1
18. Gardening x 1
19. Doing jobs around the home x1
20. Manual handling x 2
21. Dealing with own illness/es x 1

Physical

1. Difficult x 7
2. Hard x 11
3. Tired (all the time) x 19
4. Exhausted x 3
5. Silenced x 1
6. Patience x 3
7. Extra respite x 3

Education

1. Affects homework x 5
2. Find it hard to concentrate at school x 4
3. School and caring can be very difficult x 5
4. I have to help before and after school x 2
5. Exam pressures x1
6. Late for school x 2
7. 'More to worry about than homework and school' x 1

Friends/Peers/Free time

1. 'Other people our age don't know what we are going through'
2. 'No freedom/spare time x 5
3. 'No-one to talk to'
4. 'Less free time'x2
5. Not going out with friends x 4
6. 'Can't engage with things we want to' x 5
7. 'Don't have the same life as other people your age'
8. 'Keep to yourself'
9. 'Only some of my friends at school know' x 2
10. 'I don't have any friends'
11. 'Good friends understand'
12. 'My friends come to the house – they think they should help'

Family

1. 'I'm happy when mum isn't in hospital' x 2
2. 'I help my family' x 1
3. I have to push my mum around in a wheelchair'
4. 'My dad does not live with us which makes it a lot harder on us'
5. 'Trying to be a protector factor for my pets and father especially'
6. 'To make my mum's life easier' x2
7. 'I feel real bad for my mum because she has arthritis'
8. 'Feel bad because she (mum) has to shop and work'
9. 'I feel bad because cared for person needs help x 3

10. Look out for sibling x 4
11. See my brother in hospital x 1
12. 'I get sad not seeing my dad'
13. 'I am happy to help. I get annoyed when my mum keeps crying'.
14. Look after my brother and my mum as she gets really stressed and angry
15. Keep dad company x 1
16. Helping the people in my family to eat x 1
17. 'Me and my sister help my mum because she is disabled'
18. 'Brings you closer to your family'
19. 'I try not to judge my sister'
20. I have to look after myself and my mum and I'm only 10'
21. 'I (also) feel upset when mum is having a bad day'
22. Sometimes my dad helps, but he needs to take time off work'
23. 'I like caring for my dad'

Young Carers Service

1. Workers understand (Lack of understanding about our lives) x 5
2. 'There is time to relax' x 2
3. I love being a Young Carer'
4. It gives us a break to be ourselves' x 4
5. It is so much fun' x 2
6. 'Being a Young Carer lets me meet more people'
7. 'The only break is when I go to the YC groups' x2
8. 'It gives me a break from stressful times'x2
9. 'Getting the support I need' x 2
10. 'Groups are fun'
11. 'It's good because I can express my feelings to the staff' x 3
12. 'They (workers) help me come up with the answers to unsolved situations; encourage me not to give in and remind me to think of happy things'
13. 'When you don't want to speak to your mum you can speak to your workers'
14. 'Leaders support me mentally'
15. 'Provides things like residentials that my family can't afford'
16. 'Need to talk to adults
17. 'Young Carers help us get through the tough times and everyone in the group understands it's a family even though we're not related'.
18. 'The people are nice'
19. 'Non-professionals go out of their way to help'
20. 'I only have young carers to help'

General

'We have to be independent'

'Try walking in my shoes'

'Even though I'm young I am more responsible than some adults'

'Less /no +time to myself' x2

'I have an ambition to be a police officer'

'Missing out on childhood x 6

'Others rely/depend upon us'

'Saving money for the council'

'It's all too much'

'Worrying about the person you care for's future – will they be independent; will they be as happy as I am'

'Stuck'

'No-one to talk to' x2

'Assumptions that we're all the same'

'It feels like a job, not a life'

'Being a young carer changes you from a child to an adult'

Appendix B Activity 2 – What Helps A Young Carer Now?

Relationships

1. Young Carers – trips, residentials, give us confidence, talking to our school, good friends, someone to talk to, forum, support my mental health, time away from caring, named YC worker x 62 'They're like a family to me'
2. Family/significant others (mum, dad, brother, my parent's friends, cousin, grandma, nan) x 27
3. Friends/ friendship groups x 27
4. School/ (Trusted) teachers at school x 17
5. 'I get bullied at school and my brother helps me'
6. Pets (dogs, cats, Guinea pig, hamster, snakes) x 11
7. Myself x 3
8. Counselling x 3
9. Promise mentor x 2
10. CAMHS x 2
11. The vicar x 1

Positive Activities

1. Sport (rugby, fencing, karate, swimming) x 5
2. Doing arts and crafts x 3
3. Being in the forest / forest school x 3
4. Music- listening to/creating x 3
5. Toys x 2
6. Sleepovers x 2
7. Freedom x 1
8. Technology – video games, phone, electronics x 1

Practical Support

1. Financial support x 1
2. Writing things down x 1
3. Eating x 1
4. Meditation x 1

'Don't pity me for being a young carer' 'Don't judge before you know'

'When I'm sad, people don't always understand'

Appendix C -Exercise 3 'What Opportunities does a Young Carer want for a Good Future?'

Identified goals:

Career aspirations

Be successful x 2

Career - Work in a care home x 1, Make people better x1 Become a teacher x 2 Become an actor x 1, become a detective x1 , be a nurse x 2, get a good job x 3, be a doctor x 1, become dancers x 2, become a traffic offer x 1, photographer x 1, engineer x 1, be a chef x 1, be a gamer x 1, be a zoo keeper x 1

Further education x 4, university x 4, study law and politics x 1,

Learned some good skills for the future by being a Y Carer x 5

Personal Ambitions

Care for dogs x 1

Travel the world x 7
Nothing can stop me x 1
We can be the best x1
Buy a house x 2
Better mental health x 2
More time for myself x 1
Keep worker/ Young Carers in my life x 4

Altruistic ambitions

Have a school assembly to raise awareness x 1
To be there for the ones I love x 1
For my cared for person to become well x 3
Be helpful to other young carers x 3
Spend time with my family/ understand their illnesses/conditions better x 4

Barriers to reaching goals:

Emotional

1. Worrying about cared-for person x 4
2. Too stressed/worried x 4
3. Lack of confidence x 1

Practical

1. Lack of time x 7
2. Finances x 5
3. Too much responsibility x 4
4. Poor school performance/attendance means low qualifications x 3
5. Too busy x 1
6. Lack of support generally and at school x 3
7. Lack of understanding of a young carer x 3
8. Have to stay at home x 2
9. More help at home x 1
10. Lack of career advice x1

Physical effects

1. Lack of energy/tiredness/sleep x 6
2. Lack of concentration x 3

Appendix 2 – 14th December 2018 VCS Event

Engagement with Voluntary and Community Sector Organisations regarding provision for Young Carers.

14.12.18:

Context

A proposal was put to Somerset County Council's Cabinet Committee in September to redesign the young carers service. Cabinet considered the proposal and made the decision to undertake further work to explore what options are available for the service going forward to ensure our statutory obligations are met. As a result, engagement events have been arranged to look at opportunities, risks and issues to help the Council consider what options are available for a redesigned service.

Adult Social Care commissioned SPARK Somerset to run an engagement event for Voluntary Sector organisations.

WORKSHOP

Aim:

To provide an opportunity for voluntary and community sector organisations to contribute to the shaping of future services for the provision of respite and positive activities for young carers.

Objectives:

1. Map current provision.
2. Identify opportunities for the voluntary and community sector to enhance provision for young carers.
3. Identify possible funding sources.

Attendees:

Sixteen people took part in the event from 14 different organisations. (For details see Appendix 1).

Those in attendance represented a wide range of backgrounds and organisations. Besides representing their organisation, some participants also had first-hand experience of being a young carer or being cared for. While some already work with young carers on a regular basis, others were looking for opportunities to develop this work.

Two representatives from Adult Social Care Commissioning were also present. They participated in the activities and were able to give some clarity regarding the council's perspective.

Summary of concerns and issues

Concerns were wide ranging from the need for oversight and co-ordination, to taking the load off the cared for, lack of sustainability of funding. The range of concerns demonstrates the range of experience and backgrounds of participants.

Outcome 1

Mapping of current provision:

In small groups participants discussed the support that is currently available to young carers. This ranged from pets, to school to specialist services for young carers (taken from flip chart notes):

- Sports Clubs
- Youth Clubs run locally by communities.
- Cubs/Brownies/ Scouts/ Guides

- SWISH- specific teams to help young people with sexual health
- Access to youth work sessions/volunteering
- After school clubs
- Young Somerset Services
- Summer playdays/ holiday clubs.
- Chard and Martock Youth Provision and Mental Health provision.
- Social Farms and Gardens.
- PAT dog.
- Web support forums and parenting groups.
- St Bart's Nurture Group
- Equine assisted therapy.
- Military support/welfare.
- Minehead EYC (mentoring etc).
- Children in Need Funded Groups (Taunton and Bridgewater)
- Mentoring for young carers with more complex needs
- Route One Advocacy Services
- Condition specific support
- National projects
- Young Carer's festival
- Online forums for young carers (may have ceased)
- Some schools have young carers groups weekly.
- Compass Disability
- Somerset Young Carers Project- regular groups and summer activity programme run by SCC Young Carers Team. Includes residential.
- Young Somerset rural music project
- Friends of Somerset Young Carers Charity- fund individual and group applications
- Young Carers Forum (also run by SCC Young Carers Team)
- Drug and Alcohol service provision
- SOMPAR (Mental health)
- Somerset Carers Service
- Magdalen Farm- sleepovers. Respite with each other.
- Pets
- Families

Summary - types of current provision:

- Mainstream services (open to all regardless of their needs).
- Services for vulnerable young people but not specifically for young carers.
- Specific services for young carers.

Considerations:

Young carers might be the core business of some organisations, while others might provide specific activities for young carers on an ad hoc basis.

The group felt that young carers often want to access mainstream services, but things prevent them from doing so. Their parents/carers may not have time or capacity to arrange and pay for their child to attend service or it might be that poor accessibility might mean that a parent can't support their child to participate. A wheel chair user in the group described how he can't join his son for some Rugby club events because they take place in an upstairs room without a lift. For these reasons, young carers might end up using specialist provision, just because they're easier to access, not because they're their preferred activity. If mainstream services had better awareness of the needs of young carers, they might be able to support them to engage.

Young carers need to know that the person they are responsible for is looked after so that they can go and relax with their friends.

The group discussed the benefits of having a group around the child to unpick their needs and consider their needs holistically. They can then identify how best to support the young carers to engage in activities.

Outcome 2 - Identify opportunities for the voluntary and community sector to enhance provision for young carers.

2.1 Enabling young carers to access activities (mainstream and targeted provision).

Notes:

Participants felt that it is important that young carers should be able to access a range of activities and that they could possibly be given their own pot of money to enable them to access them. This would need to include consideration of transport costs for those living in remote and hard to reach areas. Although this might be risky with most young people, young carers have a lot of responsibility and are more likely to make wise choices.

Young carers shouldn't have to meet a threshold in order to access services but should be able to access support when they need it, regardless of where they live.

They should be worked with in a positive way, not focussing on their problems.

There was also a suggestion that "light touch" non-statutory advice could ensure that the caring set up is as good as it can be.

2.2 Raising awareness of young carers, their needs and referral pathways.

Notes:

When GPs make a long-term diagnosis, they should ask about whether there are any children in the home. This would greatly improve the identification of young carers. Diagnosis is a critical time to ensure that support is in place for all involved. Provision should recognise the fact that young carers are very short of time. It is important to remember that relationships are important to young carers and they should be able to rely on consistent, positive support from a named professional.

Awareness raising, and outreach might also enable young carers to self-identify and reach out to services.

In order to raise awareness of the services available to young carers, participants felt that it would be good to have a newsletter or calendar of events like the Short Breaks newsletter. There was also discussion about the possibility of an app or forum for young carers. These may have been used but failed in the past.

Edgehill University is developing a triage tool for identifying young carers and their specific needs and risk factors. A specific toolkit could then back that up to open referral pathways.

2.3 Oversight of provision and ensuring that young carers' needs are met through signposting and support.

Notes:

Participants felt that it would be good to have someone overseeing provision for young carers who could signpost young carers and support them to access them where necessary. Parents of young carers may not have capacity to think about organising their child's leisure activities. Young carers also need someone to reassure them that, yes, they should go out and have fun. A central person could fulfil all of this.

There is some value in a "group around the child" if necessary, to take a holistic look at their needs and those of their family.

Young carers might benefit from peer mentoring and/or mentoring from a trusted adult.

2.4 Acknowledging and supporting young carer's achievements, skills and knowledge.

Notes:

The group felt that links to Glastonbury festival could be used to raise the profile of and celebrate young carers. Young Somerset already has a good relationship with Michael Eavis, who founded the festival.

The group felt that it was important for young carers to have equality of access to careers education and advice. Young carers have many skills that other young people might not have, but they may not know how to market themselves. Some felt it might be good for young carers to have access to a specific certificate or qualification that would identify their skills such as maturity, empathy and project management. Others thought that young carers may not want to feel singled out. They discussed ways of recognising and celebrating the achievements of young carers and reducing stigma. A Young Carers Awareness Day already exists, and Hampshire had a young carers festival.

2.5 Ensuring consistency in quality of service provision and facilitating partnership working between service providers.

Notes:

Better understanding and support in 'mainstream' provision was also considered very important. Professionals should be better skilled in identifying young carers and enabling them to access appropriate services and support. This would also include consistency in provision and support within schools and possibly a schools' outreach service.

Those organisations working with young carers should have opportunities to networking regularly and the local authority should take responsibility for overseeing it. This would enable effective collaboration and partnership working between those organisations supporting young carers.

To ensure parity and quality of voluntary sector provision for young carers the group felt that it to have some sort of kitemark or code of practice. SCC currently run the Safe and Welcoming Scheme, but this will end in March. UK Youth also have something similar known as Safe Spaces. Either of these could be used or adapted.

Notes: There wasn't much discussion about gaps in provision and specific opportunities for developing new services.

Outcome 3 - Identify possible funding sources.

- Children in Need
- MacDonald's
- Big Lottery
- Local business
- Awards for All
- Banks (e.g. Aviva and Tesco Bank)
- Big companies
- Somerset Community Foundation (currently distributing EDF funding for services near Hinckley).
- Funding in local community for individual families.
- Condition related funding (e.g. Motor Neurone Disease)
- Lions club
- Small foundations.

Notes:

Participants felt that it would be beneficial to apply as a consortium and it might be beneficial to have a funding coordinator for the group. Otherwise, organisations such as CCS and Spark can help with funding applications. The Big Lottery is currently focussing on encouraging partnership working. The sustainability of funding is also an important consideration and that many funders don't allow an organisation to reapply within a certain period. The group felt that, to ensure sustainability and avoid firefighting, it would be good to have a shared vision and strategy.

Next Steps:

Pip Cannons explained to the group that there will be further conversations in January with other interest groups.

Adult Social Care will be looking at how other local authorities work with young carers and assess the opportunities, risks and issues.

This will lead to a paper which will be shared with Cabinet.

The group asked for the following:

- Regular meetings for interested parties, including those that couldn't make it to the initial engagement (e.g. Keyring, YMCA, The Pod (Frome), SASP, Zing). Rebecca offered to host the next meeting at Magdalen Farm. It would

be good to rotate locations so that everyone could learn about the different organisations.

- Involvement of young carers and the cared for in future discussions.

Conclusions:

This engagement proved that there is enthusiasm within Somerset’s voluntary sector to work together to enhance the offer to young carers. The voluntary sector has a “vibrancy and creativity” that the statutory sector might not be able to achieve. Although there are services out there, there is not consistency across the county. While there are benefits to bespoke services for young carers, some might prefer to access mainstream provision.

There is a need to raise awareness of young carers and to create means for identification and referral pathways. Oversight is required to ensure that young people can access the activities that suit them, regardless of where they live. Also, there is not consistency in identification and support in schools.

There are funding opportunities, but organisations should work together to make the most of these and to ensure sustainability of the work that they do.

Author: Helen Fielden on behalf of Spark Somerset

Date: 21/12/18

Appendix 3 – 15th January 2019 Young Carers Interest Group Event

Young Carer interest group workshop

15.01.19:

Context

A proposal was put to Somerset County Council's Cabinet Committee in September to redesign the young carers service. Cabinet considered the proposal and made the decision to undertake further work to explore what options are available for the service going forward to ensure our statutory obligations are met and to specifically look at opportunities for greater input from the community sector. As a result, engagement events have been arranged to look at opportunities, risks and issues to help the Council consider what options are available for a redesigned service.

WORKSHOP

Aim:

To help us to understand what opportunities there are to involve the community in young carer support.

Objectives:

1. Summarise concerns and issues
2. Consider opportunities of involving communities in young carer support in Somerset
3. Identify the risks and issues with involving communities in young carer provision
4. Discuss what a community offer might look like
5. Agree next steps

Attendees: 15 people attended today's workshop.

Pip Cannons	Strategic Manager - Adults & Health Commissioning Somerset County Council
Vicky Chipchase	Senior Commissioning Officer – Adults & Health Commissioning Somerset County Council
Deborah Penny	Development & Engagement Officer – Carers' Voice Somerset Partnership Board
Neil Richards	Carer & Chair of Carers' Voice Somerset Partnership Board
Richard Hobbs	Carer & Vice Chair of Carers' Voice Somerset Partnership Board & Member of Somerset Parent Carer Forum Steering Group
Ruth Hobbs	Carer & Director of Somerset Parent Carer Forum, School Governor
Eileen Tipper	Scrutiny Committee Member, Trustee CCfS, School Governor
Caroline Harding	Community Agent & Carers Agent Manager – Somerset Carers Service

Alison Adlam	Chair of Friends of Somerset's Young Carers
Julie Draper	Healthwatch
Rebecca Squire	Somerset Activities Sports Partnership
Steve Sharples	PPG Representative
Justin Spiers	Curriculum and Partnerships Manager Somerset Skills & Learning
Sarah Baker	Parent Carer & Support Group Facilitator - Somerset Parent Carer Forum
Marian Evans	Parent Carer & Support Group Facilitator - Somerset Parent Carer Forum

Outcome 1 – Summary of concerns and issues

- 1.1 Needs of individuals differ as does the type of support they want and their situation – one size does not fit all.
- 1.2 Needs change and regular reviews & oversight needed.
- 1.3 Young carers need to be seen in context of family / household as well as individuals
- 1.4 Community capacity is different in different places.
- 1.5 What is a community? The definition is not clear cut.
- 1.6 Cuts to funding / investment.
- 1.7 It is essential that we support young carers to transition into employment and further education.
- 1.8 We need to consider an infrastructure that provides for all the marginalised groups. Structure should be built into the system from the beginning.
- 1.9 We need to be clear about what we are doing proactively together well and determine how we can improve the ways that we work together.
- 1.10 Many organisations are concerned about safeguarding matters and may need additional support with this to confidently offer their offers.
- 1.11 We need to consider short and long term young caring roles.

Outcome 2

Opportunities of involving communities in young carer support in Somerset

We recognised the need to encourage, support and focus young carers on their abilities and what they can do, empowering and enabling them to be the instigators of desired changes, initiatives and developments. We also recognised that communities can have an important part to play in identifying, supporting and promoting young carers.

Opportunities identified were identified as follows:

2.1 Information, advice and signposting

- Wrap around support around schools to include: Debit advice, housing issues, mental and physical health advice, drug and alcohol support, advice for all the family members who have an impact on the young person's life.
- Identified key person, connector or agent based in or directly linked to schools.
- Develop a directory of opportunities broken down into eligibility criteria i.e. age
- Create a benefits information guide for young carers i.e. discount card scheme

Note: Information must be up to date, accurate and relevant.

2.2 Connecting young carers to support

- Expand the Health Coach/ village agent/ carers agent role to help identify and accommodate the needs of young carers.
- Young carer champions in GP practices

2.3 Physical and Mental Health

- Support to access mainstream leisure activities
- Somerset Activity Sports Partnership to engage people in physical activity.
- Enhanced and wider range of Young Carers Support Groups with pathways identified, ranging from intensive to infrequent support.
- Wider range of emotional support activities.
- Clearer information around specialist agencies and support to access them i.e. Somerset Partnership NHS Trust, MIND, Drug Advisors.

2.4 Social and Emotional

- Create an on – line forum for young carers offering support and counselling.
- Create safe areas to network
- Allocated physical space at school to undertake homework.

2.5 Respite

Broader range of person-centred respite solutions

2.6 Training

- Create a centralised, online training directory for young carers.
- Develop a training programme for “Young Persons Ambassadors”
- Somerset Skills & Learning to work with us to create a young carers training curriculum to support young adults into employment or further education.

Note: All training must have flexible study options.

2.7 Speaking out

- Development on Young Carer Peer support and advocacy programmes.
- Creation of Young Carer groups/representation within Patient Participation Groups.
- Young carers lead awareness raising campaigns (see “We Care Too” Newcastle Carers Service) and help young carers to raise the profile and celebrate the importance of their role.

Outcome 4 - What does a community offer look like?

Informed and informative, flexible, differentiated and offering choice. We also need to ensure that there is consistency across the county to ensure equity of provision.

Key components:

- Wrap around schools.
- Provide information that is accurate, up to date and relevant and effectively share information and data.
- Think Family approach.
- Sustainable in the long term.
- A clear strategic overview
- Paid agents/connectors.
- Central coordination and fundraising

Conclusion

This engagement showed that the representatives from interest group recognised some benefits of investing in the development of community options for young carers to enable more young carers to be identified and to have better access to a wider range of information, advice and solutions to meet a wider range of needs. The group highlighted the need to ensure that young carers have quality, personalised support plans and that we ensure that we adopt a “Think Family” approach throughout. A good range of ideas were shared and some initial exploration around how this might work was discussed but needs further discussion. The group was clear that support is valued and needed to help young carers succeed in all aspects of their lives and reach goals that they want to achieve.

Deborah Penny on behalf of Carers’ Voice Somerset Partnership Board. 15.1.19

Appendix 4 – January 2019 Summary of Research

Young Carers Services Comparative notes 15.01.19

1 - Wiltshire

1.1 Contact details

Community First, Unit C2, Beacon Business Centre, Hopton Park,
Devizes, SN10 Y 01380 722475

enquiries@communityfirst.org.uk

<http://www.communityfirst.org.uk/yaw/young-carers/>

1.2 Management and tender process timeframes.

Current Young Carers Service managed by **Community First** (registered charity.) The Young Carers Service is part of **Wiltshire Carers Service**.

Wiltshire Young Carers Service was established in 1998 and was previously managed by Spurgeons (Children's Charity) for 8 – 9 years.

NB. Pilot project 1-year (local charity) YC helped to shape service. Recommendations: Suggest a longer transition period if possible, (it can take a substantial period of time to contact young carers and their families and gain consent to pass over contact details, arrange staffing and activities etc).

1.3 Funding

Current LA contract duration: Wiltshire Carers Service **3 years + 1 + 1 option**. Start date April 2018. Wiltshire Carers Service have a sub contract which has been awarded to "Youth Action for Young Carers" (Award winning youth arm of Community First).

Current contract LA contract value: Paid annually. **Not permitted to disclose value.**

Summary: 10% LA, 70% from grant trusts and foundations, 20% Own fundraising activities via charity Community First (ASPIRE fundraising team) - "Youth Action". Note: Transport costs for Young Carers Service alone are approximately £14k pa.

Background information: Initially the core funding for Young Carers Service came from LA/CCG.

Transition phase: Initial LA funding £50 - £60k to cover management and on costs; used to 'lever in' additional funding from a wide range of sources to enhance and grow the service to meet local needs.

1.4 Identifying and supporting young people with caring responsibilities.

Schools contribute greatly to the identification of YC. 65 Schools have signed up to the Big Lottery Award Programme which helps them to identify and support YC. Each school has a Carers Lead. Bi annual Carers Leads meetings enable the sharing of knowledge and experience, raising awareness and celebrating successes.

1.5 Undertaking the Young Carers Needs Assessment

Wiltshire Council Families and Children's Service carries out assessments of young people who care for someone else. Staff in the Families and Children's Service will then arrange to come and see the young person. Wiltshire Council works with an organisation called [Carer Support Wiltshire](#) to provide breaks for young carers when the assessment shows this will be helpful.

1.6 Supporting Young Carers to reduce inappropriate levels of care	Volunteers working with YC undertake Level 1 Award in Child Protection delivered via the local Safeguarding Children's Board.
1.7 Providing 1:1 support in difficult times (incl. advocacy).	All staff provide mentoring and advocacy including through schools.
1.8 Group activities and respite opportunities through breaks.	X3 term time activities per group. Friends of Young Carers provide funding for school holiday activities and some individual grants.
1.9 Promoting recognition and awareness of Young Carers' needs and achievements, working alongside other services to develop schemes and services which support Young Carers	Annual Young Carers Awareness Day, 15 schools worked in collaboration on this. The primary Carers Service has dynamic social media presence which includes raising awareness of Young Carers. "Building Bridges Programme" - Supporting young carers to overcome barriers to employment and education. Project "INSPIRE" supporting 16 – 19 yrs. NEET. Wiltshire Council is a member of the British Youth Council (BYC) which organises and runs the UK Youth Parliament. Wiltshire has three seats on Youth Parliament and holds annual elections for young people aged 11 to 18 years. PANOC & MACA assessment tools are used.
1.10 Review service delivery through Young Carers Network & Young Carers Forum (and oversee running of these functions)	
1.11 Number of Young Carers	Estimated 2700 young carers in Wiltshire between 18 - 25, 700 are under 5

2 - Swindon

2.1 Contact details	Swindon Carers Centre, Sanford House , Sanford Street, Swindon, SN1 1HE 01793 531133 carers@swindoncarers.org.uk https://www.swindoncarers.org.uk/young-carers/
2.2 Management and tender process timeframes.	Memberships: Part of The Carers Trust Managed by Swindon Carers Centre (Registered Charity) since October 2017.
2.3 Funding	Current LA contract duration: 5 year +1 +1 option Carers Support Service contract by Swindon Borough Council Jan 2017 – Dec 2022. (It covers support for carers of all ages, including Young Carers from the age of 5, Young Adult Carers, Parent Carers, Adult Carers and Older Carers over the age of 65). https://www.swindoncarers.org.uk/media-releases/page/2/ Current LA contract value: £ not disclosed Background: Previously held two separate contracts one for main carers service and another for the young carers service. Both services were provided by the same provider.
2.4 Identifying and supporting young people with caring responsibilities.	NB: SCC Schools Development Officer/Manager funded by The Big Lottery. The Big Lottery Fund has awarded Swindon Carers Centre a grant of £129,036 to continue developing the Young Carer Award in Swindon for the next 3 years. Swindon Carers Centre has developed a set of 3 Standards across 5 areas:

2.5 Undertaking the Young Carers Needs Assessment
2.6 Supporting Young Carers to reduce inappropriate levels of care
2.7 Providing 1:1 support in difficult times (incl. advocacy).

2.8 Group activities and respite opportunities through breaks.

2.9 Promoting recognition and awareness of Young Carers' needs and achievements, working alongside other services to develop schemes and services which support Young Carers
2.10 Review service delivery through Young Carers Network & Young Carers Forum (and oversee running of these functions)

2.11 Number of Young Carers

Leadership and Management
Identification and assessment of individual need
Developing provision to meet need
Young Carer involvement
Management systems, monitoring and evaluation
Referrals to Young Carers Support Team at the Carers Centre -
Young Carer Support Practitioners carry out assessments.
Identified through assessment.

Carers Trust funding enabled support with emotional wellbeing for 20 YC in 2017/18. 6 sessions were offered as part of a programme to each YC including: Learning how to practice mindfulness, strategies to deal with anger and anxiety and relaxation techniques.

Counselling – Swindon has no funding for this but works in partnership with RELATE and the Young Carers Development Trust. Support can include individualised support, mentoring or guidance on how to apply for an individual bursary.
1:1 support work, term-time groups and school holiday activities, residential trips, individual funding grants, school support and multi-agency working. St James Place foundation funding for one of the Young Carer Support Practitioners has enabled support for 214 additional young carers over the final two years of the project. St James's Place Foundation awarded SCC 3 years funding for a Carer Support Practitioner supporting young and young adult carers to build on this work. Friends of Young Carers Swindon (FOYCS) provided funding for a programme of school holiday activities.

Swindon works in partnership with Nationwide on a variety of projects including: supporting young carers with access to education and employment. Part of this work involves the production of a series of "Young Carers Life Story Skills Videos", viewable through YouTube. Topics include employability, CV writing, completing job applications etc. Links to these learning tools are given to Young Carers Leads in Schools.
Grant from the Carers Trust has enabled Swindon to provide a large consultation event with young carers.

Swindon has a Voice Group called "Young Listeners" Several young carers are trained in public speaking. These individuals then arrange to talk with young carers accessing the service to monitor and put forward improvement suggestions. This form of engagement can take many forms i.e. face to face conversations, through art, board games, individual consultation, surveys etc.

The Young Carer Ambassador Forum meet regularly throughout the year and is committed to championing the voice of young carers and fighting for improved outcomes for young carers in Swindon. SCC is an approved AQA Unit Award Scheme Centre; we can deliver informative and interactive activities and sessions to learners and formally reward their achievements which might otherwise go unrecognised.

PANOC & MACA assessment tools are used. Outcome Star template has been used and a purpose designed version of this created by Swindon for its own use.

Comprehensive Impact measurement plan
Swindon builds in provision for approximately **250**.
Swindon has always supported between **500 – 600** young carers.
Note: On average, one 3rd of young carers cases require significant intervention on an ongoing basis.
Young Carers supported 2017/18: **644**
NB: Overall number of carers in Swindon estimated at 21,000.

No of carers registered as of 31st March 2017		
Total Carers	3950	
Adult Carers	2322 (59%)	
Parent Carers	655 (16%)	
Young Adult Carers	146 (4%)	
Young Carers	827 (21%)	
Gender splits:	Male 33%	Female 67%
Adult Carers	772 (19%)	1550 (39%)
Parent Carers	114 (3%)	541 (14%)
Young Carers	391 (10%)	436 (11%)
Young Adult Carers	46 (1%)	100 (3%)

- Percentages rounded up to nearest whole number.

3 - Bath and North East Somerset

3.1 Contact details

1 Riverside Cottages, Radstock, BA3 3PS

0176 431388

<https://banescarerscentre.org.uk/youngcarers/>

3.2 Management and tender process timeframes.

Currently managed by the BANES Carers Service.

3.3 Funding

Tender process commenced September 2018 Contract commences April 1st. 2019. Young Carer consultation period 2 weeks.

Current LA contract duration: 1st April 2019 to 31st March 2022. 3 years + 1 + 1 option

Current LA contract value: £50k approx PA – (covering staff costs):

Young Carers Support Manager - PT - 3 days pw (Strategy & Development)

Young Carers Officer - FT - 5 days pw. (Young Carers Breaks & Support Groups).

Note: Previously this one Service Manager post.

Additional funding:

X3 Young Carers Officers who carry out assessments, provide 1:1 support and facilitate groups – these posts are funded by “Lloyds INVEST Project” and Children in Need.

The service receives a substantial amount of funds from: Children in Need, Friends of Young Carers.

St. Johns Trust purchased the building in Bath and hold the mortgage. The centre in Radstock is leased.

Note: Works very closely with Bath University School of Management, helping to support teams of students with their projects; including designing organisational fundraising events.

3.4 Identifying and supporting young people with caring responsibilities.

Identification of numbers of young carers in the area, particularly those from ‘hard to reach’ and B&ME communities and those living in rural areas that may be isolated and facing challenges.

3.5 Undertaking the Young Carers Needs Assessment

YC Support Officers carry out assessments.

3.6 Supporting Young Carers to reduce inappropriate levels of care

Joint Protocol between Adult & Children’s Social Care to ensure young carers are not providing inappropriate levels of care.

3.7 Providing 1:1 support in difficult times (incl. advocacy).

YC Counselling Service (funded by Friends of Young Carers). Strong partnership working between YCS, schools, CAMHS and partner agencies ensure that they provide appropriate information, advice & support to Young Carers. Young carers café is used for all new young carers and their families to gradually introduce them to the service. This takes place at the

3.8 Group activities and respite opportunities through breaks.

centre in Bath. X3 YC Support officers facilitate groups – X4 age groups.

The service is based in an easily accessible venue for young people in central Bath. Sessions are also delivered at additional locations to make it accessible for young people. Provision of a wide range of short breaks & Youth activities/ opportunities for young carers to take part in Inc. YC Festival, accredited arts group, award ceremony etc. The service has a mini bus.

3.9 Promoting recognition and awareness of Young Carers' needs and achievements, working alongside other services to develop schemes and services which support Young Carers
3.10 Review service delivery through Young Carers Network & Young Carers Forum (and oversee running of these functions)

The current young carers' service is being promoted in schools, health forums, adult and children's social care teams and youth services.

The service delivers training workshops about young carers to children's services professionals 6 times per year. YC are involved in providing training, awareness raising. A six-monthly magazine is produced with young people.

Quarterly "Have Your Say Days" are incorporated into the provision of the service to ensure young carers are leading on how the Young Carers Service and local services are developed for and with young carers. A Young Carers' Voice Group is being developed to ensure there is a coordinated approach to participation locally.

Contract is monitored quarterly through site visits from the commissioner. Monthly data sets are provided, and quarterly output, outcome and financial monitoring information is provided.

The Carers' Centre holds the contract for the Young Carers Service locally and has a team workplan which is monitored through quarterly sub-committee meetings with trustees and staff and quarterly at staff meetings. Staff working with young carers receive monthly supervision to ensure they are working safely and effectively with young carers.

3.11 Number of Young Carers

The Young Carers Service is currently in contact with over **400** young carers, providing services on a regular basis to approximately 200, approximately 7 new referrals pw.

4 - Bristol

4.1 Contact details

Vassall Centre, Gill Avenue, Fishponds, Bristol, BS16 2QQ
0117 9652220
<https://www.carerssupportcentre.org.uk/young-carers/>

4.2 Management and tender process timeframes.

Commissioned by Bristol City Council.

4.3 Funding

Current LA Contract duration: 3 years + 1 + 1 option
Current LA contract funding: £90,000 per year

Funded posts x2:

Young Carers Service Manager

Young Carers Development Manager – provides 1:1 support & group activities.

4.4 Identifying and supporting young people with caring responsibilities.

Works directly with 12 schools in Bristol helping them to identify and support YC. Young Carers School Award now being offered and helps schools to identify YC and with the following:

- a baseline review
- a step-by-step guide for leaders, teachers and non-teaching staff
- Webinars, videos and case studies

4.5 Undertaking the Young Carers Needs Assessment

Carers Support Service is the lead agency to undertake assessments of the needs of young carers. Assessments are carried out by the Integrated Carers Team.

4.6 Supporting Young Carers to reduce inappropriate levels of care

Safeguarding is a shared responsibility and depends on effective joint working between families, agencies and professionals that have different roles and expertise. All providers are required to embed safeguarding procedures to ensure children and young people stay safe and to reduce risks and build resilience.

4.7 Providing 1:1 support in difficult times (incl. advocacy).

Determining whether it's appropriate for the young carer to provide, or continue to provide, care for the person in question considering the young carers needs for support or wishes forms part of the YC assessment.

1:1 support via service.

4.8 Group activities and respite opportunities through breaks.

Offers a tiered service depending on the individual needs of the YC. The service is in high demand and has a waiting list which is prioritised based on need. A wide range of trips and activities which vary each year including: health and wellbeing focused projects and partnership projects i.e. Jolibuddies mentoring. Heroes group is for 8-12-year olds. It is run fortnightly for 2 hours for 6 sessions. 13 Up Club is a group for South Gloucestershire young carers age 13-18. This group is led by the young carers who choose the range of activities each week. The group is held on a Saturday once a month. Refers YC to suitable groups and positive activities locally.

4.9 Promoting recognition and awareness of Young Carers' needs and achievements, working alongside other services to develop schemes and services which support Young Carers

The service develops strong working links with the following key agencies: The Integrated Care Team, First Response, Early Help, Birth – 25 Service, Children's and Adult's Social Care, Bristol Schools and Colleges, Bristol Youth Links, Health Services, The Bristol Children & Young People Voice Network and any other relevant agencies.

Systems in place for partnership working with universal services, including adult health and social care, to identify and support young carers. To be involved in the Young Carers Strategy Group and contribute to the group's Action Plan. Carry out an annual service user evaluation and represent young carers at a strategic level to ensure their voices are heard. To make links with the lead professionals in schools responsible for supporting young carers.

4.10 Review service delivery through Young Carers Network & Young Carers Forum (and oversee running of these functions)

Rife Guide was the sister site to Rife Magazine, Bristol's digital platform for young people to have their say. It was the place for young people to find out what's going on in Bristol. Young Carers Voice (YCV) ensuring YC are seen, heard and recognised. Meets monthly and acts as representatives for young carers. Aim: Bring about change and make sure that Local Authorities include the needs of young carers and their families in service and policy development.

4.11 Number of Young Carers

The Provider collates appropriate qualitative and quantitative information for the purpose of monitoring and evaluating the Service's performance, 6 month & annual. Progress made against a young carers manifesto/ key messages obtained from children and young people.

According to the 2011 Census, in Bristol there are 860 children under 16 and 2,700 young people aged 16-24 – the current estimate is much more.

Other local data shows that there are currently 7,600 young carers in Bristol.

Most young carers have been caring for between 3-5 years (3,392) and 2,775 have been caring for 2 years or less. 82% of young carers in Bristol (6,321) are providing emotional support and supervision and 18% (1388) are carrying out personal care.

5 - Portsmouth

5.1 Contact details

The Young Carers Team is based at the Battenburg Family Centre, Battenburg Avenue, Portsmouth PO2 0SN. You can contact them by phone on 023 9266 1959 or via e-mail youngcarers@portsmouthcc.gov.uk

The support for young carers and young adult carers age 5-25 is provided by Young Carers Team. They offer weekly groups, half term and holiday outings, games and variety of activities.

4 Staff members

Address: The Carers Centre, 117 Orchard Road Southsea Portsmouth PO4 0AD

The Carers Centre provides support to all unpaid carers over 18. The Carers Centre is open Monday to Thursday 9AM-5PM, Friday 9AM-4.30PM and Saturdays 10AM-2PM for the Carers Café. Carers may phone, drop in, send an email or Facebook message if they want to get in touch.

5.2 Funding

Current LA contract duration:

Current LA contract value:

5.3 Identifying and supporting young people with caring responsibilities.

5.4 Undertaking the Young Carers Needs Assessment

LA - Under the Children & Families Act 2014, children have a right to a young carers assessment – this means that they have a right to be supported and get the help they need.

5.5 Supporting Young Carers to reduce inappropriate levels of care

5.6 Providing 1:1 support in difficult times (incl. advocacy).

Relate have taken over the young person's counselling service in Portsmouth and are located in the Cosham area. Just as Off The Record had previously done, Relate have a drop in service.

Portsmouth & District Relate Centre
58D High Street, Cosham, Portsmouth, PO63AG

5.7 Group activities and respite opportunities through breaks.

Young carers can attend weekly activities as well as half term and summer activities which gives them an opportunity to meet other young people in similar situation and have a break from caring. Holiday activities include trips, swimming, cinema, playzone, adventure playground, games, cooking, bowling, theatre and more

There are Young Carers Groups in Secondary Schools, across the city.

In addition there are other Community Based support groups in the city.

For 8 to 14 year olds there is a group every Saturday morning at the John Pounds Centre in Portsea.

For 14 to 18 year olds there is a group every Monday evening at the Carers Centre (117 Orchard Road, Southsea PO4 0AD).

For 19 to 25 year olds there is a group every Thursday evening at the Carers Centre (117 Orchard Road, Southsea PO4 0AD).

There are also other activities organised for young people 5 to 18 years old during school holidays.

Trafalgar Young Carers Group

The group is held every Wednesday during the lunch break in Mrs Dudley's tutor room. Mark Harold from Portsmouth Young Carers runs this group.

The 4U Project is for Portsmouth's LGBT young people (Ages 11yrs – 19yrs)

5.8 Promoting recognition and awareness of Young Carers' needs and achievements, working alongside other services to develop schemes and services which support Young Carers

5.9 Review service delivery through Young Carers Network & Young Carers Forum (and oversee running of these functions)

5.10 Number of Young Carers

6 - Hampshire

6.1 Contact details See Hampshire Young Carers Alliance for individual projects. (x10) see 6.7

6.2 Funding Hampshire County Council Children's Services Department has the strategic responsibility for young carers in Hampshire.

First point of contact for referrals or information is Hampshire Children's Services.

Children's Services and Adult Social Care work in joint capacity to implement the Hampshire Practice Guidance for Adult & Children's Services in Supporting Young Carers within a whole family working model. (The memorandum of understanding/the joint working guidance. A guide for professionals to understand how both departments need to respond to the needs of young carers and those they care for. It includes: Identifying young carers, sharing of information, assessments, ascertain what needs to change, responding to safeguarding concerns.

Hampshire County Council Departmental Responsibilities*

Age of carer	Age of Person Being Cared for	County Council Departmental Responsibility
Under the age of 16	Any age	Children's Services
16 years or older	Under the age of 18	Children's Services
16 years or older	18 years or older	Adults' Health and Care

*Please note the actual duties are not divided between Adult's Health and Care and Children's Services

Above is an extract from Hampshire Joint Carers Strategy 2018 – 2023

All members of the Hampshire Young Carers Alliance (HYCA) receive an annual grant of approximately £16,000 from the Hampshire County Council Children's Services Integrated Grant (CSI). The balance of running costs is met through large grants and local fundraising. They have also received 2 Big Lottery grants (in excess of £1 million) to develop the young carers strategy and develop new models of care resulting in two 3 year projects.

Andover Young Carers initially started in 2000 as a result of a grant payment from The Carers Trust. Andover has a balance of paid (term time only and year round) staff and volunteers. They have a Charity Executive, 2 X Full time Young Carers Support Workers, 1 Administrator, 1 Activities Worker and 1 Schools Worker.

Note: According to "Carers Together" Hampshire has never had one Young Carers Service covering the whole of the county. It has always been a series of projects that have set up independently in different areas.

See box 2

**6.3
Identifying
and
supporting
young
people with
caring
responsibilities.**

See box 2 – Carried out by Social Workers

**6.4
Undertaking
the Young
Carers
Needs
Assessment**

See box 2

**6.5
Supporting
Young
Carers to
reduce
inappropriate
levels of
care**

**6.6 Providing
1:1 support
in difficult
times (incl.
advocacy).** See Hampshire Young Carers Alliance

6.7 Group activities and respite opportunities through breaks.

Initiatives for Young Carers and Young Adult Care

There are various organisations and initiatives across Hampshire that specifically support young carers and young adult carers. Young carer projects across Hampshire work with schools to identify young carers, offer early intervention, and support in their educational attainment and emotional wellbeing. Young carers are supported to improve their motivation, self-confidence, attendance and engagement with their education.

Winchester University is developing an outreach programme for young adult carers in part with Healthwatch Hampshire, Hampshire Young Carers Alliance (HYCA), Princess Royal Trust Carers in Hampshire (PRTCH) and the Carers Trust. The university is also working to enhance support for students who care for family members with long-term illnesses or disabilities.

The PRTCH is working with young carers projects in Winchester and Eastleigh to pilot a support group for carers aged 16-25. This initiative is aimed at helping young carers to transition into adulthood and be an adult carer. For carers aged 18 and over, the initiative provides support on topics such as CV writing, sexual health and attending higher education.

Volunteer befrienders from Romsey Young Carers, which is part of HYCA, supports young carers with extra tuition to pass exams. Young carers are also supported to attend college open days and provided with help for college applications and to develop their interview skills.

As well as young carer and youth groups, Romsey Young Carers also runs a 'moving on group' for 16 to 18 year olds. Group members decide what activity they would like to do each month and are supported by staff and volunteers. The group is encouraged to form links and provide mutual support to each other. When they reach 18, some young adult carers return as volunteers to support the younger groups. Some of the support provided includes:

- Advocating for support for the whole family to enable young carers to continue their education, training or apprenticeship opportunities
- Referring young carers for benefits advice, which may result in additional funding for the family.

Extract: Hampshire Joint Carers Strategy 2018 – 2023

Summary: There are independent support groups – called young carers projects – in all areas of Hampshire. They provide various levels of help, advice and information. Some have club nights and residentials where you can meet other children and young people with caring responsibilities. Most young carers projects can also help with school and college. Schools also set up young carer support groups.

Hampshire Young Carers Alliance:

Comprises of 10 projects, 1 project is part of a National Charity, 4 are local charities, the remainder form part of other local charities.

Hampshire Young Carers Alliance (HYCA) <https://hyca.org.uk/about-hyca/> works with young carer projects across Hampshire. These projects support young carers' educational attainment and wellbeing and help schools to identify and support young carers.

Current HYCA – Aims to give young carers respite opportunities (or a break from caring), opportunities to develop new skills, to experience new activities and to provide young carers with emotional support. The services set out to achieve these aims through a combination of individual support and group work.

All services run trips, clubs or groups – frequency varies, weekly, fortnightly, monthly and split into different age groups. Clubs and activity days offering a range of activities i.e. cooking, table top games, discussions etc. One group has established a choir.

Background: Started with 5 projects in 2005 initially worked together to share good practice and resources and to develop a single county wide voice, to advocate and campaign. See funding detail for development of HYCA. (see also funding notes).

New Forest Young Carers Project: <https://www.cfnf.org.uk/young-carers-project/>

Andover Young Carers: are a registered charity supporting children and young people aged up to 18 years with a caring responsibility of a family member within Andover and surrounding villages. <https://www.andoveryoungcarers.co.uk/>

6.8 Promoting recognition and awareness of Young Carers' needs and achievements, working alongside other services to develop schemes and services which support Young Carers
6.9 Review service delivery through Young Carers Network & Young Carers Forum (and oversee running of these functions)
6.10 Number of Young Carers

Andover Young Carers have been raising awareness, providing support and advocating on behalf of the young carers of Andover, and surrounding villages since 2000. Through their work with local schools identifying potential young carers, engagement with statutory agencies and other local charities regarding support, and running groups both at our Bungalow and off site, we ensure that the needs of young carers are recognised and met.

Andover Young Carers are part of the Hampshire Young Carers Alliance (HYCA) and we work together to ensure the needs of young carers in Hampshire are recognised and met.

Young Carers Forum - Run by: The Children's Society

Hampshire Young Carers Alliance: <https://hyca.org.uk/about-hyca/>

2011 census – 4109 Young Carers

The current HYCA currently provides support to 1856 young carers in Hampshire, actively supports 1139 young carers in schools and supports 952 families. HYCA currently has 10 projects.