

Submitted to: Children and Young People Scrutiny Committee

Title: Service Provision for Young Carers

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1. Purpose

- 1.1 This report presents the Service Provision for Young Carers in Nottingham City. It sets out the provision and pathway of support for young carers and the responsibilities of Nottingham City Council Children and Adult Services and the main commissioned provider, Carers Federation - Action for Young Carers (AYC) in light of the Children and Families Act and the Care Act 2014.

2. Background

2.1 The Carers Federation - Action for Young Carers (AYC)

The Carers Federation - Action for Young Carers (AYC) provides a bespoke service to young carers aged between 5-18 years of age. AYC completes both Young Carers Needs Assessments and Statutory Assessments to young carers and their families. It works within a holistic framework offering the whole family a package of support, with a focus on safeguarding young carers.

AYC supports over 300 young carers at any one time living within Nottingham City. During the last five years, AYC has supported and completed over 1100 Young Carers assessments. The numbers are increasing year on year:

- 2011/12 – 90 young carers supported
- 2012/13 – 163
- 2013/14 – 306
- 2014/15 – 395
- 2015/16 – 310

The issues identified as impacting young carers include the following: Feeling isolated and lonely; being the sole carer and the need to take the cared for person to appointments; impact on the young carer's behaviour, emotional and mental health; including worry and anxiety for the cared for person; the weight of emotional dependence on the young carer; being bullied; lack of self-esteem and confidence; cultural barriers and isolation; sleep deprivation; brain functionality due to lack of an appropriate diet; financial difficulties and transport costs; attendance and behavioural difficulties at school and potential exclusion; being a main carer there are no appropriate adults to support young carers to attend school.

AYC offers young carers the following individual support:

- One to one support with a designated worker
- Young carer groups and activities providing opportunities for young carers to have quality time away from their caring roles

- Provide young carer ID cards
- Advocate on behalf of young carers and their families
- Lead on the Common Assessment Framework (CAF) process
- Counselling within the Carers Federation
- Sign post young carers to other services

AYC work in partnership with schools to raise awareness in school by providing the following:

- Young carer awareness assemblies
- Young carer groups in schools
- Teacher training
- Provide teachers with young carer education packs

2.2 Nottingham City Local Authority

Nottingham City Local Authority's current work is strengthening a 'Think Family' approach to the identification, assessment and provision of support to young carers, their siblings and families.

This work focusses on the prevention of crises arising through early identification and intervention, and for assessment and support for families to be combined where appropriate.

It supports the Memorandum of Understanding 'Working Together to Support Young Carers and their Families' to aid joint work between Children and Adult Services and Carers Federation - Action for Young Carers.

Government legislation changed for Young Carers in April 2015, and states that the Local Authority has a legal requirement to undertake and record a Young Carer's Needs Assessment.

2015/16 Children's Social Care Assessments identified 141 children and young people as being a young carer where there were **"Current concerns that services may be required or the child's health or development may be impaired due to their caring responsibilities."**

In 2015/16, 57 children and young people were identified as a young carer in targeted family support assessments, CAF (Common Assessment Framework).

Quarter 1 2016/17, 3 are identified as young carers in CAFs.

2015/16, 19 families were identified for a referral to Adult Social Care. Citizens have received an assessment and services have been provided so young carers are not completing care and support responsibilities that are considered excessive or inappropriate.

Considerable work has taken place by the Local Authority Children's and Adult services in partnership with AYC and Explore Family to join up our work

and ensure that where a young carer is identified in any of our work settings, the workforce know of the referral route and pathway to services to ensure the young carer receives the right support for their well-being and safety.

A joint interim protocol was established in 2015 in response to Government legislation, The Care Act 2014, The Children's and Families Act 2014 and the statutory guidance for a Young Carers Needs Assessment. The protocol will be monitored and reviewed in November 2016.

2.3. AYC Engagement

AYC are currently engaging and supporting 274 young carers in Nottingham City.

Groups for Young Carers have continued on a weekly basis with 3 separate blocks of four.

- 1st group – 5yrs – 8yrs
- 2nd group – 9yrs – 13 yrs
- 3rd group – 14yrs – 18yrs

Part of the group sessions include the following professionals engaging and training Young Carers:

- Kooth Counselling for Young People
- EMAS First Aid Training for Young People
- Dogs Trust to promote and educate Young People how to properly care for their dogs but also to transfer the skills onto themselves
- City Care provide training on the following subjects: sexual health; child sexual exploitation; social media safety awareness; for both Young Carers and parents

The group also have time out from their caring responsibilities, making friends and building relationships with peers of their own age. Young Carers will have opportunity to relax and have a short break in groups, for instance, to play board games, prepare food, have fun, listen to music or just have a chat.

Respite activities have continued during each half term consisting of the following: Laser quest; drama groups; dance groups; cooking; visiting local parks and having picnics together; linking in with free sports facilities such as: tennis, archery, running and netball.

The service also provides family days to encourage parent involvement where possible.

Feedback and Impact of AYC Provision

Grace, 16

“Being part of AYC has been life changing for me and mum. I am now so proud to be a young carer and am looking forward to a better future because of AYC and the support I have received.”

Mum

“I could not be happier with the service if it wasn't for AYC,I would still be in a mess. They have helped myself and my daughter through everything. My daughter is so happy now.”

Mum

“I felt that me and my daughter were in control of what we wanted to access. I had a referral to adult social care for my disabled daughter; my oldest daughter had 1:1 support; the school put in flexible attendance and homework help. This is all we needed. The AYC service has been excellent for my family. We have had a whole family assessment which looked at my children's individual caring roles and the impact this had on their well-being and development as well as my own needs. I had a review of my support package because AYC referred me to Adult Social Care and all my children have had support in school, which has improved things greatly. We have also attended family's activities together, which was great. ”

Young Carer

AYC helps me by: “If I am sad or down I can talk to you and it can make me happier.”

The best thing AYC offers is: “I get to talk about my feelings and meeting new friends.”

How could AYC improve? “Everything is great.”

School

“The self-evaluation has helped us identify what we are good at supporting young carers and what we need to do to improve. We are now raising the profile of young carers in our school. We're very grateful for the Young Carer Assess training. We all think the schools programme is very well structured and comprehensive.”

3. Published documents referred to in compiling this report

Care Act 2014

Children & Families Act 2014

4. Contact colleague

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