

# **‘Young Carers are everyone’s business’**

## **Barnet Young Carers Plan 2012 – 2015**

*“We need schools, youth services, health services, GPs, social services, and employers to all realise that young carers exist, must be recognised, and should be supported by these other services.*”

*Young Carers are everyone’s business.”*  
Saul Becker 2011<sup>i</sup>

# Barnet Young Carers Plan 2012 - 2015

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# Barnet Young Carers Plan 2012 - 2015

## Foreword

Barnet Children's Trust Board recognises that young carers do an important job, and are often proud of the commitment they are able to make in their families. During the consultation on this plan a number of young carers in Barnet have contributed their views, and spoken confidently and proudly about the roles they have.

Children and young people often become carers where someone in the family has unmet care needs arising from disability, ill health, mental health needs or substance misuse. In these situations young people may sometimes take on a level of responsibility that is inappropriate, and there may be knock-on effects in education, and other areas of their lives.

Research suggests that there may be much higher numbers of young carers than previously thought, and we want to see improvements in how young carers are identified by both adults and children's services.

Improved identification of young carers is an important step but needs to be accompanied by services' commitment to working together in partnership when making assessments.

Assessments of adults needing care, or treatment for ill health, disability, mental health needs or substance misuse need to consider the potential caring roles of children in the family and how best to respond to this. Equally assessments of vulnerable young people need to take account of the needs of the whole family to ensure that any adult who is cared for, has received an appropriate assessment.

We also want to see services for children and young people recognising the impact that inappropriate caring has on young people, listening to young carers' voices and ensuring that the caring role does not hinder young carers in achieving their potential in education, training and employment.

As Barnet Adults and Children's services have now adopted the Barnet memorandum of understanding between Adults and Children's Services '*Working Together to Support Young Carers and their Families*', this will help to build on our commitment to early intervention to support vulnerable young people and adults. The memorandum is a key part of this plan, which reflects our commitment to ensuring the safety of all Barnet's children including young carers, narrowing the gap for children at risk of not achieving their potential, and preventing ill health and unhealthy lifestyles.

Signed

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Chair Barnet Children's Trust Board

# Barnet Young Carers Plan 2012 - 2015

## Vision

All children and young people who are carers should have the same opportunities as all children and young people to be safe, be healthy, to enjoy life and to achieve in education and work. They should be able to learn, achieve, develop friendships and enjoy positive, healthy childhoods just like other children.

Where services are working with families we should try to ensure that the needs of dependent children in the family, including those who may be assisting with caring, are recognised. This means taking account of their hopes, aspirations, strengths and achievements and the need for advice and support for all the family. Services should work together in partnership building a 'whole family' approach.

Our vision sits within the three corporate priorities: better services with less money; sharing opportunities, sharing responsibilities; a successful London suburb. It is also underpinned by the priorities of Barnet's Children and Young People Plan 2012: ensuring the safety of all Barnet's children; narrowing the gap for children at risk of not achieving their potential; and preventing ill health and unhealthy lifestyles.

# Barnet Young Carers Plan 2012 - 2015

## Shared understanding - who are young carers?

There are a number of different definitions of young carers but for this plan we have adopted the approach taken in the model memorandum of understanding 'Working Together to Support Young Carers and their Families'<sup>1</sup>

**We are agreed that the term “young carer” should be taken to include children and young people under 18 who provide regular and ongoing care and emotional support to a family member who is physically or mentally ill, disabled or misuses substances.**

*The term does not apply to the everyday and occasional help around the home that may often be expected of or given by children in families and is part of community and family cohesion.*

The key features are that:

***“caring responsibilities are important and relied upon within the family in maintaining the health, safety or day to day well-being of the person receiving support or care and/or the wider family.”***

Our main focus, however, will be to ensure we develop better ways of identifying where caring by children risks becoming excessive and/or inappropriate and putting in place the support that prevents this happening. Timely assessment and early intervention can prevent a child undertaking inappropriate levels of care.

**We start from the belief that:**

*“a young carer becomes vulnerable when the level of care-giving and responsibility to the person in need of care becomes excessive or inappropriate for that child, risking impacting on his or her emotional or physical well being or educational achievement and life chances”<sup>2</sup>*

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<sup>1</sup> Adopted from the 2012 joint model memorandum of understanding ADCS/ADASS and Children's Society.

<sup>2</sup> Frank, Jenny & McLarnon Julie, Young carers, parent and their families: key principles of practice-supportive guidance for those who work directly with, or commission services for, young carers and their families, The Children's Society, 2008.

# Barnet Young Carers Plan 2012 - 2015

## National context

### Initiatives

An influential document for young carers has been the Model Memorandum of Understanding '*Working Together to Support Young Carers and their Families*' produced by the Statutory Directors for Children's Services and Adults Social Services 2009, updated in 2012. Bringing together feedback from young carers, messages from national research, and underpinned by three commissioned resources<sup>3</sup>, it seeks to encourage local authorities to improve the identification and assessment process for young carers with a partnership approach between services.

The Children's Society 'Include' project on young carers have produced a web resource for school, research and they also publish the six Key Principles<sup>4</sup> for work with young carers, which have been taken into account in this plan.

### Legislation: Assessments

*'Children do not care in isolation – they care because someone in their family has unmet care needs*

**1. Social care are required to assess and provide support to all carers under 18 who provide a substantial amount of care and support to relatives or friends on a regular basis.** *Under the Carers (Recognition & Services) Act (1995) and the Carers and Disabled Children's Act (2000).*

***However research has shown that only a small number of young carers (18%) are actually identified and assessed, although the numbers are slowly increasing.***

**2. Currently there is a duty to carry out a Carers Assessment for carers who request this and carers must be informed of their entitlement to an assessment.** *Carers (Equal Opportunities) Act 2004*

**3. Direct payments are available to carers including 16 and 17 year olds.** *The Carers and Disabled Children's Act 2000*

**4. A child whose health or development is likely to be significantly affected or impaired without provision of local authority services should be assessed.** *Children Act 1989*

**5. Holistic assessments should focus on need to safeguard the child's welfare and development.** *Framework for the Assessment of Children in Need and their Families 2000*

Assessing the needs of the young carer and the parent in relation to each other is an important part of assessing the needs of the whole family. Assessing the needs of the whole family requires good joint working between all agencies (Adult's Services, Children's Services, Education and Health services)

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• <sup>3</sup> Signposts, Young Carers Personalisation and Whole Family Approaches, Whole Family Pathway 2012

<sup>4</sup> See Appendix A

# Barnet Young Carers Plan 2012 - 2015

## Adult Health & Social Care

### **The Disabled Persons Act 1986**

This imposes a duty on local authorities to take into account the abilities of a carer of a disabled person.

### **The National Service Framework Standard 6**

This highlights the need for parents with mental health difficulties to be provided with services

### **NHS and Community Care Act 1990**

Local authorities are required by this Act to carry out assessments of the needs of anyone who appears to be in need of community care services.

### **Fair Access to Care Services<sup>1</sup> Guidance 2002**

All assessments of adults must check if there are children in the family.

## Government strategy

***Recognised, Valued and Supported: next steps for the carers strategy (2010)*** set out the Coalition Government's strategy for carers and those they support.

### **The five key outcomes are:**

- Carers will be respected as expert care partners and will have access to the integrated and personalised services they need to support them in their caring role.
- Carers will be able to have a life of their own alongside their caring role.
- Carers will be supported so that they are not forced into financial hardship by their caring role.
- Carers will be supported to stay mentally and physically well and treated with dignity.
- Children and young people will be protected from inappropriate caring and have the support they need to learn, develop and thrive and to enjoy positive childhoods.

### **The strategy identified four key priority areas, all of which are relevant for young carers:**

- 1 Supporting those with caring responsibilities to identify themselves as carers at an early stage, recognising the value of their contribution and involving them from the outset both in designing local care provision and in planning individual care packages.
- 2 Enabling those with caring responsibilities to fulfil their educational and employment potential.
- 3 Personalised support for both carers and those they support, enabling them to have a family and community life.
- 4 Supporting carers to remain mentally and physically well.

In 2012 the government published a white paper, *Caring for our future: reforming care and support* in order to consult on its vision for a reformed care and support system. The key elements are:

- People will be confident about the quality of care.
- People will be treated with dignity and respect.
- Everyone will know what they are entitled to.
- Everyone will have control over their care.
- Carers will have new rights to public support.



# Barnet Young Carers Plan 2012 - 2015

## National research

### Key Statistics

Studies<sup>5</sup> show that the average age of a young carer is 12 years old but can be as young as five and the level of care increases as they grow older and girls are more likely than boys to be carers. Young carers are predominately from single parent families, families that are socially excluded, and families on low incomes or where parents are unemployed. In lone parent families mothers account for 70% of relatives needing care, whilst in two parent households almost half (46%) of the people receiving care are siblings.

For many children caring is a long-term commitment and two thirds of young carers care for more than three years. The majority spend on average up to 20 hours per week caring and 16% are reported to be caring for between 20 and 50 more hours (ONS 2001).

### Drug and Alcohol issues

There are between 250,000 and 350,000 children of problem drug users in the UK – about one child for every problem drug user<sup>6</sup>. 2.6 million children live with a hazardous drinker<sup>7</sup>.

In their study, Dearden and Becker (2004) highlighted that “young carers from minority ethnic backgrounds are more likely to have been assessed, especially under the 1989 Children Act. Those caring for someone with drug/alcohol problems are more likely to receive an assessment under the Children Act”.

A consultation of carers the government undertook prior to producing the National Carers Strategy for 2008 found that young carers ‘feel GP’s, hospitals and schools do not always recognise or take account of their needs as children and as young carers, adding to the pressures and challenges they face.’<sup>8</sup>

### Support

Social services are the most common external support received by young carers and their families, and the main referral agency to young carers’ projects, a national statistic which is also reflected in Barnet. Almost a quarter of young carers receive support from Young Carers Projects, where they believe that their problems and experiences are valued, understood and recognised.

In general we know that young carers receive limited informal support from other family members, friends or neighbours. This neglect has meant that their needs are often overlooked and unrecognised, resulting in isolation and limited information and knowledge about available support and entitlements.

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<sup>5</sup> Chris Dearden and Saul Becker Nottingham University 2003

<sup>6</sup> Hidden Harm, Home Office 2003

<sup>7</sup> BMC Public Health 2009

<sup>8</sup> National Carers Strategy, 2008, p.22

# Barnet Young Carers Plan 2012 - 2015

## Young Carers and Education

A Family Action report 'Be Bothered' 2012 on young carers and education found:

- Young carers are more likely to experience educational difficulties such as persistent lateness, absenteeism, limited time for homework and poor educational attainment, as well as restricted opportunities for social and leisure activities. 27% of young carers aged 5–15 missed school or were experiencing educational difficulties (up to 40% where children were caring for a relative with drug or alcohol problems).
- Most young carers are not known to be caring by school staff, so being a young carer can be a hidden cause of poor attendance, underachievement and bullying, with many young carers dropping out of school or achieving no qualifications;
- Much of the bullying experienced by young carers results from the stigma associated with some disabilities and health conditions such as mental ill health of substance misuse;
- A survey for the Princess Royal Trust for Young Carers in 2010 found that 68% of young carers experience bullying at school and 39% said that nobody at their school was aware of their caring role;

## Young Adult Carers

The Carers Trust have identified that there are 229,318 young adult carers aged 16-24 in the UK and this is 5.3% of all people in that age group. One quarter of all young adult carers in the UK (56,069 people) are providing care for more than 20 hours per week and almost 27,000 of these, (12% of the total) are providing care for more than 50 hours each week.

The 2011 Census identified that there are 230,000 young adult carers, defined as young adults ages 18-24, who provide unpaid family care. In addition there are 61,000 16 and 17 year olds who are on the cusp of moving from being young carers to young adult carers.

This group often lack guidance as they move away from school. At a time when their peers are considering further and higher education options, or work, the young adult carers may concentrate on caring full-time, and ignore their own needs. Leaving home to go away to university may not be an option, and they are often unaware of options, or information about carer's benefits.

At 19 years they are no longer eligible for young people's advice and guidance services, and may miss out on valuable advice to help them through the transition to being an 'adult'. One young carer we spoke to had felt that university was not for her, because she didn't want to leave the parent she cared for without support. After receiving guidance, she is going to use the year to help the parent build appropriate adult support networks, which will enable the young adult carer to be able to live more independently, and possibly go on to higher education.

# Barnet Young Carers Plan 2012 - 2015

## Local Context

### Governance

Barnet Young Carers Plan 2012 will be implemented by the Barnet Young Carers Implementation Group on behalf of Barnet Children's Trust Board.

The Young Carers Implementation Group will be convened and chaired by the Youth Support Service. Members of the group will include representatives from Barnet Youth Support Service, CAF team, Adults Social Care, and Children's Social Care, and others as invited. This group will review the plan and report to the Barnet Children's Trust Board, and to the Barnet Carers Strategic Partnership Group, which reports to Barnet's Health and Wellbeing Board.

### Barnet Carers Strategy Refresh 2012-13

The Young Carers plan sits within the wider **Barnet Carers Strategy** which provides an update on national and local policy changes, and it notes the following needs identified for development of work with young carers:

- Following consultation with partners, and with young carers, develop a new updated plan for young carers
- Establishing up to date shared guidance for Adults and Children's services to encourage joint assessments and support for young carers, using ADASS and ADCS Memorandum of Understanding
- Improved identification of young carers across Barnet children's services, schools and the voluntary sector
- Provision of health related training for young carers

### Consultation 2012

A consultation process was carried out in 2012 to review the Young Carers Strategy 2009-2012, and establish a new strategic plan. As part of the process we held a consultation event bringing together young carers, Barnet Young Carers and Siblings (BYCAS), adult care services, children's social care, CAF team, youth support service, Troubled Families service, and other relevant voluntary sector organisations including adult drug and alcohol services and Barnet Refugee Service. We also held a separate consultation with young carers. <sup>Appendix 1</sup>

We have taken recommendations from both events, Barnet Carers Strategy, Barnet's Children and Young People's Plan, and national guidance, to identify priorities for future work and developed these into this Young Carers Plan.

# Barnet Young Carers Plan 2012 - 2015

## Young Carers Strategy 2009-2012 main achievements

Main achievements include:

- Improved joint working between adults and children's services through an agreed protocol written in 2009
- the establishment of a Mental Health protocol between Children's and Adult's services: Safeguarding Children where there are concerns of Parental Mental Health Protocol
- Raising awareness of young carers, in particular with BYCAS reaching out to more young carers from ethnic minority groups: OFSTED noted this work in its Safeguarding Inspection of Barnet Children's Services in 2012, saying, '*A good range of support services for young carers is provided through a contract with a voluntary agency...The service has been successful in extending its reach with 463 young carers now identified, of whom a large proportion are from Indian, Asian and black African communities.*'
- Commissioning of specialist support for hard to reach young carers with a specialist substance misuse worker at BYCAS
- Commissioning of youth clubs and leisure breaks for young carers with BYCAS dedicated youth clubs for young carers, arts and crafts club, film club
- Commissioning of support to help a number of Barnet schools identify and support young carers through BYCAS specialist schools liaison worker (includes work at secondary schools Compton, QE Girls, London Academy, and also Whiting Hill and Underhill primary schools)

# Barnet Young Carers Plan 2012 - 2015

## Profile of young carers in Barnet

The number of young carers in Barnet being was identified in the 2001 Census as approximately 1,000: As there are currently 55,376 Barnet children and young people aged 5-17 years in Barnet this equates to 1.8%.

However the most recent research carried out by Nottingham University (2011) commissioned by the BBC, carried out a widespread survey of young people in secondary education, with a result showing over eight per cent of children and young people identified as young carers.

***This recent research suggests a figure of 4,430 young carers in Barnet.***

As we do not have a clear system of identifying and registering young carers in Barnet we are not in a position to confirm the true figure of young carers in the borough.

We do know that there are no Barnet young carers aged 16 and 17 years receiving direct payments under the Carers and Disabled Children's Act 2000, although some young carers who are children in need are supported through Children's Social Care.

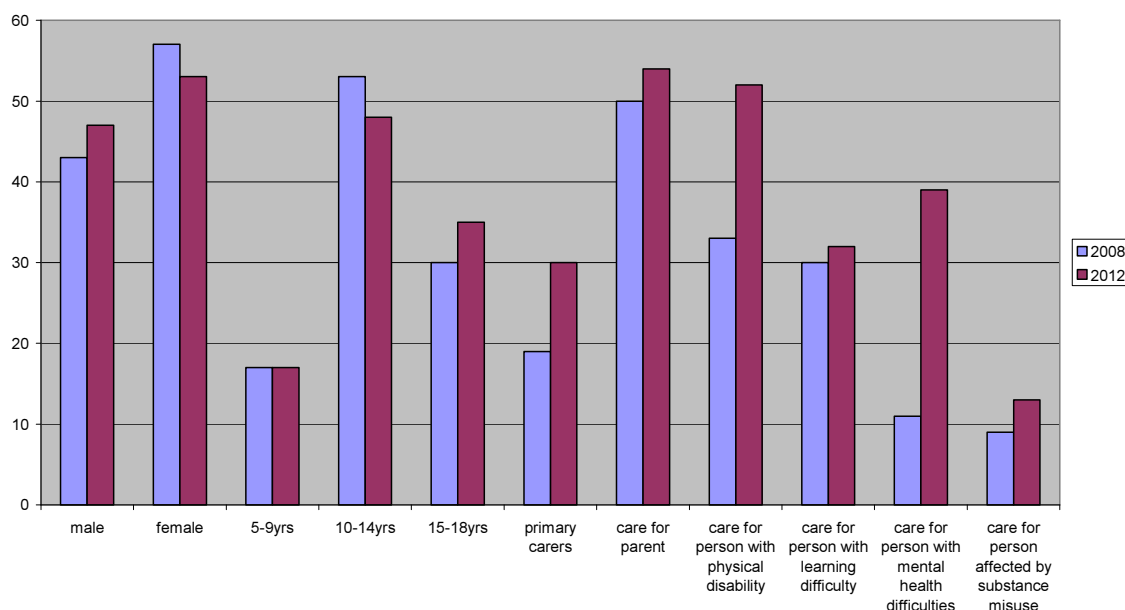
## Young Carers using BYCAS

Barnet Young Carers and Siblings (BYCAS) is in contact with 460 young carers and the current average referral rate is 8 per month. A review of services in June 2012 indicates that:

- *53% of members are female and 47% are male, which correlates with national findings*
- *17% are aged between 5-9 years*
- *48% are aged between 10-14 years*
- *35% are aged between 15-18 years*
- *30% are primary carers; 70% are secondary carers*
- *approximately 54% provide care for a parent*
- *52% care for a person with a physical disability*
- *32% care for a person with a learning difficulty*
- *39% care for a person with mental health difficulties*
- *13% care for an adult affected by substance misuse*

# Barnet Young Carers Plan 2012 - 2015

BYCAS Register Comparison 2008 to 2012



The number of young carers registered with BYCAS has increased from 340 in 2008 to 460 in 2012. There has been a noticeable increase in the percentage of young carers at BYCAS who are caring for someone with mental health difficulties from 11% in 2008 to 39% in 2012, and also an increase in the percentage looking after someone with a physical disability from 33% in 2008 to 52% in 2012. There are also more of the older age group (15-18 years) using BYCAS up from 30 to 35 per cent. Some of these young people have been attending the project for many years and may come along with younger siblings.

## The young carers' stories

(Based on true stories, details have been changed to ensure anonymity)

Aysha is 15 years old and cares for her mother who has a progressive disability, and her 9 year old sister. She has attended BYCAS for over three years, during which the mother's condition has worsened, with increasing difficulty in being mobile and managing everyday tasks herself.

The mother is supported by Adult Social Care with carers to look after her, but Aysha has to take on a lot of the responsibilities in the house; looking after herself, as well as feeling responsible for her mother and sister, and caring emotionally as well as helping with dressing, washing, and cleaning the house.

Aysha is managing her school work, and has a good attendance record at her school. In fact she has learnt to be very responsible. She enjoys the youth club at BYCAS, spending time without any worries, just 'being a kid'.

## Barnet Young Carers Plan 2012 - 2015

Ryan is 13 years old and lives with his mother, who is a single parent. He has been attending BYCAS for a few months. The mother has learning difficulties and some physical disabilities and is supported by Adult Social Care, but she is increasingly unable to do much around the house, leaving Ryan to do a lot of the cleaning and cooking.

He recently became friendly with some members of a local 'gang' and came to the attention of the Youth Offending team. At BYCAS, he especially enjoys playing football with his peers. He misses a male role model in his life, and is able to find this from the youth workers at the club.

Carey is 11 years old and has been attending BYCAS for several years. She has two siblings who both have physical disabilities; her mother has a deteriorating physical condition, and the father has mental health problems. While the father is the main carer at home, Carey has to give a lot of support around the house, and with her two sisters. She enjoys the youth clubs, and relies on the transport provided, as otherwise she wouldn't get out at all.

One boy aged 15 who attended BYCAS for several years helped care for his younger sister who had a physical disability. The situation was made more difficult as the parents had mental health difficulties. When the targeted youth worker first referred him, the BYCAS workers felt that his presentation was poor, including his clothing, and they were concerned and initiated a CAF. The situation at home became much worse, and Barnet Children's Social Care became involved, supporting all the children, who are now looked after. The boy still attends youth club sessions at BYCAS enjoying the continuity of friends and workers which the project offers him.



## Overview of services for young carers in Barnet

### Commissioned Services: BYCAS

The main focus of work with young carers is through Barnet's Early Intervention and Prevention service which has two contracts with Barnet Carers Centre, who operate 'Barnet Young Carers and Siblings' (BYCAS) service for young carers aged 5-17 years. The contracts cover: the 'Time for Us' Project which supports young carers living with parents/carers who misuse substances and the 'Respite and School Liaison' service.

BYCAS deliver the above requirement via the provision of:

- (i) **Respite Club Provision** –BYCAS Crew is a respite club aimed at younger children and Angels for teenagers. The funding covers one play leader and three play workers for each club, venue costs, transport and monthly outings with additional sessional and voluntary staff. The clubs provide young carers with a break from caring in a fun and supportive environment and offer a range of art, physical games, and cookery activities as well as access to a counsellor. They also arrange some family outings and activities. The youth worker also acts as Lead Professional for some CAFs.

#### **Transport**

A particular challenge is the provision of transport to and from the clubs. Young carers, who may be from five years old, are particularly in need of transport help to get to after-school activities. They may not have access to a family car to get to a club, especially if the parent is ill, or the parent may be unable to leave the sibling who is looked after, or the family may not have their own transport.

- (ii) **School Liaison Officer** -one worker, employed term-time only who provides outreach work via assemblies, PHSE lessons, school meetings and individual and support groups. The officer also signposts children to services at BYCAS, and acts as 'Lead Professional' for a number of CAFs. The School Liaison Officer has a regular presence running groups/PHSE lessons at The Compton, QE Girls, London Academy, and more recently at Whiting Hill and Underhill primary schools.

From January to June 2012 BYCAS has delivered presentations in schools raising awareness to 1920 students about some of the issues faced by young carers and what support is available to them. At QE Girls, young carers themselves are delivering PSHE sessions to Year 7 pupils, raising awareness about young carers and support available. A teacher commented:

*"Year 7 groups were very responsive and sensitive towards all aspects of the module. It certainly raised their awareness and mine and most definitely helped carers to be more confident about identifying themselves."*

- (iii) **Time 4 Us** -one substance misuse family worker who offers direct work and support to young carers affected by parents or siblings who substance misuse, and offers awareness raising with other practitioners undertaking joint work with other agencies as required.



# Barnet Young Carers Plan 2012 - 2015

## **Young Carer's Voice**

BYCAS also run a "BYCAS Discuss" Group to obtain user feedback and young people also contribute towards BYCAS' newsletters and contributed to the OFSTED Safeguarding Inspection in Barnet in 2012, and the development of this plan.

BYCAS deliver awareness raising and presentations to a wide number of practitioners across the local children's workforce. Children's Social Care social workers are generally aware of BYCAS who are frequently invited to attend case conferences and core group meetings, and a highest percentage of their referrals are made by Children's Social Care. The multi-agency support team who support CAFs are aware of the service at BYCAS.

## **Current levels of investment**

The current contracts with BYCAS run from 1<sup>st</sup> Nov 2011- 31<sup>st</sup> March 2013, with the Time For Us Project receiving £40,600 for the length of the contract, and The Respite and School Liaison Project receiving £151,100 for the length of the contract. The contracts are monitored with bi-annual reports and monitoring meetings

BYCAS, which sits under the umbrella organisation, Barnet Carers, also receives funding from other sources as a charitable project.

## **Other Services**

Outside of the LBB contract BYCAS also provide short breaks for young carers, and their families. These regular breaks provide opportunities for the parents/adults in the family to enjoy time with other adults, as well as some provision for all family outings, and specific trips for young carers, with replacement care being provided for the parents being cared for.

## **CAF**

The CAF produces regular 'snapshot' pictures of the different kinds of risk factors identified. The current number of young carers as risk factors is low and the plan seeks to increase this number.

## **Drug and Alcohol Projects**

BYCAS work with both Barnet Young People's Drug and Alcohol Project (YPDAS) and the adult drug and alcohol projects in Barnet; the Recovery Centre (WDP) and Barnet Drug and Alcohol Project (BDAS). Both adult drug/alcohol projects do assessments with service users to identify those who are parents, and they will now look at ways to improve assessments to identify and signpost young carers who may have additional needs.

## **Mayor's Charity Appeal 2012/13**

Barnet Carers Centre is one of two local charities that are the focus of Barnet Mayor's Charity Appeal for 2012/13

# Barnet Young Carers Plan 2012 - 2015

## Barnet's Strategic Priorities for Young Carers

The following local strategic priorities have been identified following the consultation, and taking into account local planning for Children's services and:

- (i) the Children's Society Key Principles
- (ii) Objectives of 'Working together to support Young Carers and their Families' a memorandum of understanding between children's and adults services.

### **Barnet Strategic Priorities for Young Carers 2012 - 2015**

- 1. Improve identification and assessment of young carers**
- 2. Raise awareness of young carers and their needs amongst practitioners**
- 3. Improve support to families to reduce inappropriate levels of care by young people**
- 4. Ensure young carers are supported to achieve in education, and transition from education**
- 5. Support targeted services for young carers**
- 6. Ensure young carer's voice is heard**
- 7. Ensure that the needs of young carers from across Barnet's diverse religious and cultural communities are appropriately supported**

# Barnet Young Carers Plan 2012 - 2015

## Appendices

### Appendix A –

#### Key Principles of Practice - Children's Society

- 1 Children's **welfare** should be promoted and safeguarded by working towards the prevention of any child undertaking inappropriate levels of care and responsibility for a family member.
- 2 The key to change is the development of a **whole family** approach and for all agencies to work together, including children's and adults' services, to offer co-ordinated assessments and services to the child and the whole family.
- 3 Young carers and their families are the **experts** on their own lives and as such must be fully informed and involved in the development and delivery of support services.
- 4 Young carers will have the same access to **education and career** choices as their peers.
- 5 It is essential to continue to **raise awareness** of young carers and to support and influence change effectively. Work with young carers and their families must be monitored and evaluated regularly.
- 6 Local young carer's projects or other **targeted services** should be available to provide safe quality support to those children

#### **'It is important to recognise that:**

- Young carers may be hidden and there is a need to develop pro-active practice that will enable families to feel able to ask for support.
- The reasons that children undertake inappropriate levels of care may be complex and that to resolve them may require a multi-faceted approach to resolve.
- Procedures need to be in place so that the same principles are followed whatever route is taken to gain access to an assessment and to other services. This will require inter-agency collaboration and planning at both strategic and service provision levels.
- Timely effective assessments of both the person who needs care and the whole family could prevent a child undertaking inappropriate levels of care in the first place.

#### **When a referral is made for a child who is caring, consider:**

- Is the family member for whom they are caring already receiving services from us?
- Is the child's school involved or aware of what is happening (family situation?)
- A 'young carer' assessment should trigger an assessment or review of the person who needs care.

#### **When a referral is made for an adult or child with a disability or illness, consider:**

- Is there a child in the family who may be helping to provide care?
- Have they been offered an assessment?
- What can be offered to help the whole family?
- Does the parent need support in their parenting role?

# Barnet Young Carers Plan 2012 - 2015

There may be differences of view between children and parents about appropriate levels of care. Such differences may be out in the open or concealed. The resolution of such tensions will require good quality joint work between adult and children's social services as well as co-operation from schools and health care workers. This work should include direct work with the young carer to understand his or her perspective and opinions. (*Framework for the Assessment of Children in Need and their Families*).

## Appendix B

### Young Carers Consultation Summary

A young carer representative from BYCAS attended the Consultation Event, and a group consultation session was also run at BYCAS for around 20 young carers.

Three areas were identified for discussion:

#### 1. Support for young carers.

Young carers were offered coloured cards to write about what kind of support they receive, what new support ideas would be positive for them and then to prioritise in order of preference and need.

The support currently received was the evening forums and clubs provided through BYCAS.

Priorities for future support were for the provision of activities, for example arts and crafts, design, and pottery. They were also keen for family trips, for example camping, family days out, and family parties for special occasions, as well as sports events like the young carers' Olympics.

#### 2. Support for young carers and families

Key worker: the idea of a key worker or outreach worker who could provide support to young people and their families was very popular.

- Some young carers noted that speaking to their teacher was not an option because the teacher didn't understand, or they felt it was difficult to speak to the head teacher/teachers who they were not comfortable with. One young carer said that not telling teachers about problems means you can get more respect as the treatment you receive won't be different from other children.
- The idea of another person (not a teacher) specifically visiting home or going into school was discussed, most young carers expressed the need for this sort of support, it offers them a safe person to speak to, to build trust with and offer them support.
- Note:(BYCAS currently provide a worker to do this in some schools)

#### 3. Improving identification of young carers

An older member of the group suggested that she might have an easier time if people around knew that she was a carer, however most of the group disagreed with this, and they voted that it was better not to be identified as a young carer. The general view was that no one understood or was empathetic to their needs.

*"People (other pupils) make fun of you and teachers treat you differently when they know"*

*"I don't want anyone to know, cause it's really not nice"*

## Barnet Young Carers Action Plan 2012 - 2015

### Aim 1 Improve identification and assessment of young carers

CYPP:

Ensuring the safety of all Barnet's children; Preventing ill health and unhealthy lifestyles; Narrowing the gap for children at risk of not achieving their potential

Objective	Action	Outcomes	Performance measures	lead for monitoring and review
1.1.To implement the Young Carers plan	Establish a Young Carers Implementation Group (YCIG) with representatives from Youth Support, Adult Social Care, Children's Social Care, CAF, and BYCAS, and feedback to Barnet Children's Trust Board, and Barnet Carers Strategic Partnership Group.	The plan is monitored and reviewed at six monthly intervals, and updated for November 2015	The Young Carers Implementation Group convenes and meets three times a year.	YCIG: Sharon Glover Youth Support Service Manager to convene and lead: Michaela Carlowe (CAF); (Adult Social Care; Children's Social Care; Fiona Jones BYCAS;
1.2. Young Carers' issues are highlighted in Barnet's work with carers.	A representative from the Implementation Group sits on Barnet Carers Strategic Partnership Group	Young Carers issues are linked to overarching objectives in Barnet Carers Strategy	Attendance at meetings	Youth Support Service
1.3. Children's Service and partners continue to improve their work on identification and assessment of young carers	Representatives from the Implementation Group attend the Children's Society 'Prevention through Partnership' training event for local authorities and partners, and share the learning	Expertise is shared, and information about work with young carers is distributed	Event attended by February 2013	YC Implementation Group representatives

1.4. Adopt a memorandum of understanding (MoU) between Adults and Children's Services 'Working together to support young carers'.	Young Carers Implementation Group ensure the MoU is, agreed by the Joint Adult/children's SMT, adopted by Barnet Children's Trust Board and has the authority of the Safeguarding Board	Adults and Children's Service working together to support young carers	MoU adopted by Feb 2013	YC Implementation Group
1.5. Update protocol and create pathway for shared work across children's and adults' services and establish good practice case studies for training	Update the 2009 protocol 'Good Practice Guidelines for Adult Social Services and Children's Services' and establish a new clear 'pathway' for adults and children's services which ensures assessments take account of young carers	Adults and Children's' Service working together to identify and assess young carers and their families.	June 2013	MoU Implementation Group (as YCIG and additionally representative from Adults Mental Health services)
1.6. Increase the number of CAFs where young carers are identified	Include a prompt about young carers in the CAF assessment	Increase in number of young carers identified as CAF risk factor	Dec 2013	Michaela Carlowe, Multi-agency Support manager
	CAF (MAST) team to run a specialist session on identification of young carers for CAFs in one of the CAF Practitioner forums	Increase in number of young carers identified as CAF risk factor		Michaela Carlowe, Multi-Agency Support manager
	New E-CAF forms to include a prompt about young carers on the E-CAF form when it goes live	Increase in number of young carers identified as CAF risk factor		Michaela Carlowe, Multi-Agency Support Manager
	Troubled Families to use assessments to identify number of young carers worked with, and report data to the Young Carers Strategic group	Increase in number of carers identified as CAF risk factor		Stuart Collins, Head Troubled Families Division
	CAF team to report CAF snapshot figures with young carers as risk factor,, to the Young Carers Implementation Group	Information gathered on number of young carers with additional needs		CAF data on young carers monitored by Implementation Group

1. Increase number of young carers identified through Adult Drugs and Alcohol Services	WDP Recovery Centre will explore how young carers can be identified through the assessment procedures.	CAF shows increase in number of young carers with additional needs identified	March 2013	Craig Middleton, WDP Recovery Centre Service Manager
	Barnet Drug and Alcohol Services (BDAS) will explore how young carers can be identified and signposted to support, through the assessment procedures.			MaryBell MacLeod BDAS Operational Manager
1.8. Improve links with pharmacists and other primary care services	Raise awareness of young carers in pharmacists, GP surgeries, and other primary care services	Increase in number of young carers signposted to support services	March 2013	Jasvinder Perihar, Carers Strategic and Commissioning Lead

## Aim 2 Raise awareness of young carers and their needs amongst practitioners

2.1. Raise awareness about MoU and shared pathways to adults and children's service practitioners	Deliver a lunchtime briefing session on the MoU, shared pathways, and the implications for young carers to all children's service practitioners	Children's Service practitioners aware of MoU and responsibilities with young carers.	June 2013	Delphine Garr, workforce Learning/MoU Implementation Group
	Incorporate learning from MoU into all Common Core training for children's service	Children's Service practitioners aware of MoU and responsibilities with young carers.	Dec 2013	Delphine Garr, Workforce Learning/MoU Implementation Group
	Incorporate information about MoU into introduction to all multi-agency training	Children's Service practitioners aware of MoU and responsibilities with young carers.	Dec 2013	Delphine Garr, Workforce Learning/MoU implementation Group
2.2. Establish multi-agency training programme to inform practitioners about MoU and young carers	Multi-agency training on young carer's issues is delivered through 4 x half day training	Practitioners are made aware of the needs of young carers		Delphine Garr, Workforce Learning/MoU Implementation Group

issues across the Children's service and adults services	Deliver six one hour information sessions for adults and children's services on the learning from the MoU and its implications for young carers	Practitioners from adults and children's services are made aware of the needs of young carers		Delphine Garr, Workforce Learning
2.3. Support an awareness raising event on young carers	Youth Support Service to provide support to Barnet Carers Centre for an awareness raising event on young carers during Carers Week	Raising awareness amongst Children's Service professionals who work directly with young carers	A range of professionals attend event	Sharon Glover, Youth Support Service/Barnet Carers Service
2.4. Ensure that information about young carers is accessible on LB Barnet web sites	Produce web-based resource to publicise support available to young carers for Barnet's working with children website	An increase in referrals to support services	Website information written Jan 2013	Projects and Strategy Officer
2.5. Case Study on young carers to be presented at conference	CAF team to present case study involving a young carer to Adult Mental Health and Children's Services conference	Raise awareness about young carers to adults and children's services.	June 2013	Michaela Carlowe, Multi-Agency Support manager

### Aim 3: Ensure young carer's voice is heard

3.1. Young Carers are supported to ensure their voice is heard in planning and decision making on issues which affect them	Voice of the Child co-ordinator works with young carers to support a forum which feeds into Barnet Youth Board.	Forum representatives feed back to Barnet Youth Board	Young Carers forum meets at least twice a year	Voice of the Child co-ordinator (Zainab Bundu)
	Voice of the Child co-ordinator holds review meetings with the young carers' forum and ensures their views are fed back into the Young Carers' Implementation Group.	Young Carers review the plan and feed into the updates.	Review meeting with young carers held	Voice of the Child coordinator



## Aim 4 Ensure young carers are supported to achieve in education, and transition from education

### CYPP: Narrowing the gap for children at risk of not achieving their potential

4.1. Support schools to identify young carers and signpost them to appropriate support	Schools are informed about the resource Supporting Young Carers: A resource for schools ( <a href="http://www.carers.org/professionals">www.carers.org/professionals</a> )	Increase in referrals to targeted youth support, and young carers' support services	Information is circulated in the Schools Circular	Gail Jackson Projects and Strategy and Projects Officer
	The commissioning strategy considers how to support schools to be aware of, and respond to the needs of young carers	Schools signpost to young carers specific services, and contribute to an increase in CAF with young carers as risk factor	Commissioning strategy embeds this	Commissioning group/EIP
Provide support and guidance on education, employment and training to all young carers	Targeted Youth Work team to include young carers as a priority group for one to one support on education, employment and training.	An increase in the number of young carers receiving targeted support	Youth Support Team report data to YC Implementation Group	Targeted Youth Support
Support adult young carers on transition issues, moving through education, training and employment	Co-ordinate support for adult young carers aged 18-24 years on education, training, employment and welfare benefits, whilst recognising needs around continuing to care.	One lead person or organisation is identified to support adult young carers	March 2013	Young Carers Implementation Group

## Aim 5: Support targeted services for young carers

5.1. Specific targeted services for young carers are supported	Commissioning strategy considers ways to support specific targeted services for young carers in Barnet		March 2013	Commissioning group/EIP
5.2. Young Carers are provided with respite leisure activities (Positive activities and after-school activities)	Commission targeted activities for young carers, and monitor take-up	Increase in number of young carers attending after school provision, and holiday provision	Numbers of young people attending is monitored	Flo Armstrong Youth Support Service

## Aim 6: Improve support to families to reduce inappropriate levels of care by young people

6.1. Ensure that families with young carers are supported with a whole family approach	Commissioning strategies consider the need to provide families with advice and guidance and to provide whole family programmes	Families are supported to reduce inappropriate caring of young people.		Commissioning group/EIP; Flo Armstrong, Youth Support Service
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## Aim 7: Ensure that the needs of young carers from across Barnet's diverse religious and cultural communities are appropriately supported

7.1. Ensure that refugee communities are aware of support for young carers	Ensure that the needs of young carers from refugee communities are considered in commissioning services.	Young carers who are refugees are signposted to young carers' support services	Increase in the number of young carers who are refugees attending support services	Commissioning group/EIP
7.2. Voluntary sector organisations should be supported to understand issues of young carers and improve signposting	Young Carers issues are promoted at Youth Practitioner events	Increase in referrals to young carers support services	End of Plan comparison	Flo Armstrong, Youth Support Service
	Commissioning strategy considers the need for targeted support services to link closely to CommUnity Barnet to ensure a diverse range of community groups are aware of services.	A diverse range of young people access targeted services	Commissioning monitoring	Commissioning group/EIP

END

<sup>i</sup> Profession Saul Becker heads up a research team looking at young carers' issues, at Nottingham University