

Young Carers' Action Plan 2013 - 16

Foreword

Welcome to Darlington's fourth Young Carers' Action Plan.

This should be read in conjunction with 'One Darlington: Perfectly Placed. A Vision for Darlington: 2008- 2021', the Carers' Strategy and Implementation Plan 2013-16 and the Children and Young People's Plan 2011-14.

I am pleased to report that Darlington Borough Council and its partners have now signed up to 'Working Together to Support Young Carers - A Model Local Memorandum of Understanding between Statutory Directors for Children's Services and Adult Social Services (December 2009). This gives us the springboard to strengthen further the process for identifying young carers and their families and the support we provide for them.

The major challenge is of course to ensure that Young Carers can be supported to achieve their full potential, both as children and young people and in their adult lives.

It is vital that all agencies with whom young carers and their families come into contact remain alert to their needs and offer appropriate support to meet them.

I look forward to continuing to work with partners to achieve further progress in this area.

Councillor Cyndi Hughes

Young Carers' Champion

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1. Introduction

Darlington's fourth Young Carers' Action Plan includes general information about the needs of young carers, background information about the context in which support is provided and more detailed information about the demographics of Darlington's young carer population.

It should be read in the context of 'One Darlington: Perfectly Placed. A Vision for Darlington: 2008- 2021', the Children and Young People's Plan 2011-14 and the Carers' Strategy and Implementation Plan 2013-16, each of which sets out important priorities and outcomes for Darlington's residents. It should also be read in the light of the research, good practice guides and specific requirements outlined in Section 8.

'One Darlington: Perfectly Placed' identifies seven outcomes for Darlington:

- People in Darlington are healthy and supported
- People in Darlington are educated and skilled
- People in Darlington are financially secure
- Individuals are not disadvantaged by their family circumstances at birth, nor where they reside. People live in cohesive and resilient communities
- People in Darlington live in sustainable neighbourhoods
- Our communities are safe and free of crime
- Darlington is an ambitious, entrepreneurial place in which businesses thrive and create wealth

As residents of Darlington, young carers should be able to benefit from all of these outcomes and should not be disadvantaged by their caring role.

The Children and Young People's Plan 2011-14 sets out how all partners will work together to improve the life chances of our children, young people and families; to ensure that services are of the highest quality and based on evidence of need and to focus on improving family life and ensuring children are safe from harm.

The priorities are to support all children and young people, so that they can:

- Be healthy – through promoting positive health and emotional wellbeing
- Stay safe – ensure the safety of children and young people
- Enjoy and achieve – enable children and young people to aspire, have fun and maximise their full potential through learning
- Make a positive contribution – enable children and young people to contribute to their community and environment
- Achieve economic wellbeing – ensure children and young people are prepared for and prosper in adult life

These five priorities, which are based on the Every Child Matters outcomes, complement each other, as children and young people thrive and learn best when they are healthy, safe and engaged.

There are also cross-cutting priorities across all of the Every Child Matters Outcomes:

- Ensure that early intervention and prevention work is embedded across all partner services
- Improve outcomes and provide best value for money and provide opportunities for efficiencies across the partnership
- Provision of high quality, accessible information advice and guidance
- Designing schemes that specifically improve outcomes for vulnerable groups
- Supporting and strengthening parenting to improve outcomes for children.
- Improve provision for disabled children and children with complex and acute needs, their families and carers

Young carers may be at greater risk of not achieving these outcomes due to their caring responsibilities. It is therefore important that young carers and their needs are considered in each of these areas, so that action can be taken to ameliorate any effects of caring. The Princess Royal Trust has developed a document [Delivering Every Child Matters for Young Carers](#) (Princess Royal Trust 2006) which outlines what each theme means for young carers, potential barriers to achieving each outcome for young carers and their families and the challenges that services face. It also looks at the key judgements and

evidence requirements most relevant to young carers for each outcome identified.

The Carers' Strategy and Implementation Plan 2013-16 identifies 4 key outcomes for carers in Darlington (based on the priority areas identified in the refreshed national carers strategy. These are that:

- All carers in Darlington are assisted to identify themselves as carers at an early stage
- Carers have opportunities to be fully involved in designing and influencing local and national care provision and involvement in planning individual care packages
- Carers will be enabled to fulfil their educational/training/employment potential
- Carers will receive personalised support, both for themselves and the person they care for, enabling them to have a family and community life
- Carers will be supported to remain mentally and physically well

The Young Carers' Action Plan 2013-16 has also been drawn up using an outcomes - based approach and the outcomes identified link to those identified in the generic Carers' Strategy and Implementation Plan.

The development of the Action Plan has been affected by transitions in the Primary Care Trust (PCT) and service review within the Local Authority. As a consequence of this, an Interim Action Plan was developed and implemented for 2011-13.

2. Darlington's Vision for Young Carers in 2013-16

Darlington's vision for young carers is encapsulated in the national Carers Strategy commitment that:

'Children and young people will be protected from inappropriate caring and have the support they need to learn, develop and thrive, to enjoy positive childhoods and to achieve against all the 'Every Child Matters' outcomes'.

In addition, 'Working Together to Support Young Carers - A Model Local Memorandum of Understanding between Statutory Directors for Children's Services and Adult Social Services' (December 2009) states:

'Our main aim is to promote and improve the health and well-being of young carers and their families by preventing and protecting children and young people from undertaking excessive and inappropriate caring roles and responsibilities, and preventing the continuation of inappropriate caring. '

Some of the key aims and outcomes are as follows:

- 'There are no 'wrong doors'...'
- 'Risks to independence, safety and welfare are responded to in line with 'Think Family' concepts and guidance in 'Working Together to Safeguard Children''
- 'Earlier, better integrated and effective responses to young carers and their families ... using 'whole family pathway approaches' and during transition to adulthood'
- 'No care or support package for a parent or sibling relies on excessive or inappropriate caring being undertaken by a young care to make it sustainable'
- 'Young carers are helped to achieve their potential; and to have the same access to education, career opportunities and broader opportunities as their peers'
- 'There is better recognition and greater participation of young carers and their families in shaping what we do....' (p5)

3. Background/Context

Development of the Young Carers' Action Plan is led by members of the Young Carers' Development and Implementation Group, which includes representatives from the following organisations:

- Darlington Borough Council Services for People (which includes Adult Social Care & Housing and Children, Families & Learning)
- NHS County Durham and Darlington
- County Durham and Darlington Foundation Trust
- Tees Esk and Wear Valley Foundation Trust (TEWV)
- Voluntary sector

Details of current Group membership are attached as Appendix 1.

Young Carers' feedback is a standing item on the agenda of the Development and Implementation Group and the views of Young Carers are shared at this meeting.

Progress against the actions in the Action Plan will be monitored at regular meetings of the Young Carers' Development and Implementation Group

4. Key Achievements in 2009-11

These include the following:

- Raised awareness of young carers and their needs in a range of settings
- Young carers and their needs considered regularly at Carers' Strategy Steering Group meetings
- Young Carers are able to access the Carers' Emergency Support Service
- Pilot Service for Young Adult Carers set up
- Foundations laid to enable sign up to the Young Carers Memo of Understanding in 2012

A complete summary is attached as Appendix 2.

5. Who is a Young Carer and how many Young Carers are there in Darlington?

a) Who is a Young Carer?

'Working Together to Support Young Carers - A Model Local Memorandum of Understanding between Statutory Directors for Children's Services and Adult Social Services' (December 2009) states that:

"The term 'young carer' should be taken to include children and young people under the age of 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. The key features ... are that the caring responsibilities persist over time and are important in maintaining the health, safety or day to day well-being of the person cared for and/or the wider family." (pp 5-6)

The person receiving care is often a parent but can also be a brother or sister, grandparent or other relative who needs support because of a health problem or disability.

b) How many young carers are there in Darlington?

A question in the 2001 census asked,

"Do you look after, or give any help or support to family members, friends, neighbours or others because of either:

- Long term physical or mental ill health/disability?
- Problems related to old age?

Do not count anything you do as part of your paid employment."

Possible responses were, 1-19 hours per week, 20 – 49 hours per week, or 50 or more hours per week.

The responses given identified 178 young carers aged 15 and under in Darlington. 6 of these were from BME groups. No breakdown is available for those aged 16 and 17, and young carers within this age group will be included in the numbers of adult carers.

However, research published by the BBC in November 2010 estimates more than four times as many young people act as carers compared with the previous official estimate of 175,000 in the 2001 census. A survey of more than 4,000 secondary school pupils found that eight per cent had moderate or high levels of care responsibilities. This includes such intimate care as helping somebody dress, undress and wash. The National Young Carers' Coalition, which represents such organisations as The Children's Society, Barnardo's and the Disabled Parents Network, stated that the figure of 700,000 was probably an underestimate of actual numbers of young carers.

If applied to the 2001 Darlington census figures, this would suggest that there are likely to be at least 712 young carers aged 15 and under.

Data from the 2011 census is not yet available.

During the year from April 2011 – March 2012, 92 young carers and their families were supported by the YMCA Time Out Young Carers Project.

Of these young carers:

- 23 (25%) care for a parent with mental ill health
- 3 (3.3%) care for a parent with substance misuse issues
- 23 (25%) care for a parent with physical illness/impairment
- 18 (19.6%) care for a disabled sibling
- 11 (11.9%) care for more than 1 person
- 34 (37%) of the young carers were male and 58 (63%) female.

6. What are the effects of caring on young people?

National research indicates that caring can have detrimental effects on children both during their childhood and in later life.

These include the following:

- problems at school, completing homework and getting qualifications
- isolation from other children and other family members
- lack of time for play, sport or leisure activities
- conflict between the needs of the person they are looking after and their own needs
- feeling that there is no one there for them and that professionals do not listen to them
- lack of recognition for their contribution
- feeling that they are different from other children
- feeling that no one understands their experience
- problems moving into adulthood

[‘Young Carers: Something to think about’ (1997)]

‘Young carers transitions into adulthood’ (June 2000) highlights a variety of longer-term consequences including decreased educational, social and employment opportunities.

More recent research undertaken by the Princess Royal Trust (‘Young Adult Carers in the UK’, Princess Royal Trust, 2009) indicates a lack of support for young carers moving into adulthood. This research found strong evidence of financial hardship, little time for relaxation and an impact on access to further education, training or employment. It also identified a need to develop a transition planning process to enable the shift to adult status without putting the cared for person at risk and a marketing or communications issue for adult care services, which were often felt to be inappropriate and unwelcoming for young people.

In order to reduce the possible effects of caring and to maximise their life chances, young carers need:

- recognition of their role

- support with caring tasks
- information about support available to them
- emotional support, and especially someone they can talk to about their feelings

7. Issues arising from parental mental ill health and/or substance misuse

There has been a growing awareness that young carers tend to be particularly hidden in families where there is parental mental health and/ or substance misuse issues (alcohol and drug misuse). For children in these families they may be caring for one or both parents and/or their siblings, but there are wider concerns about their emotional and physical welfare and safety and the impact that their family life may have on their long-term outcomes.

The Hidden Harm report from the Advisory Council on the Misuse of Drugs (2003) estimated that there were between 250,000 and 350,000 children of problem drug users in the UK. The Government and the National Treatment Agency working together believe that where a household with a substance - misusing parent has a child of 12 years or over, that child is highly likely to be a young carer. Similarly it is estimated that between 780,000 and 1.3 million children are living with adults with an alcohol problem (Alcohol Harm Reduction Strategy for England, 2004)

However a recent research paper from BioMed Public Health (a science, technology and medicine publisher who provides open access to research) published in October 2009 uses analysis of 5 UK national household surveys. They found evidence from the surveys to show that current Government estimates of the number of children living with substance misusing parents (alcohol and drugs) are significantly underestimating the problem. They do note:

‘Whilst harm from parental substance use is not inevitable, the number of children living with substance misusing parents exceeds earlier estimates. Widespread patterns of binge drinking and recreational drug use may expose children to sub-optimal care and substance-using role models.’

This research means that, although not all of these children will be young carers, a number of them are likely to be. Therefore the estimates of young carers in the UK are certain to be higher than previously thought. Agencies already struggle to clearly identify young carers in their local area, and numbers of young carers with substance misusing parents are even more difficult to identify

because of the hidden nature of this particular group of children and young people.

This is not reflected in the make up those attending the Project.

In acknowledgement of this, PCT carer break funding has been utilised for a short term capacity builder post (until 31st March 2013) to focus on developing ways of identifying and supporting young carers whose parents have mental health issues or who misuse substances.

8. The Way Forward

Knowledge about young carers and their needs has become increasingly widespread, due to a number of research projects (some of which have been referred to previously), good practice guides, and the inclusion of specific requirements in respect of young carers in government strategies and policy guidance.

These include the following:

- ‘Delivering Every Child Matters for Young Carers’ (Princess Royal Trust, 2006)
- The ‘Whole Family Pathway – A resource for practitioners’ (Children’s Society, 2008)
- ‘National Carers Strategy - Carers at the heart of 21st-century families and communities. “A caring system at your side. A life of your own” ‘(2008)
- OFSTED inspection report – ‘Supporting young carers – Identifying, assessing and meeting the needs of young carers and their families’ (June 2009)
- ‘Young Adult Carers in the UK’ (Princess Royal Trust, 2009)
- ‘Working Together to Support Young Carers - A Model Local Memorandum of Understanding between Statutory Directors for Children’s Services and Adult Social Services’ (December 2009)
- ‘Recognised, valued and supported; Next steps for the Carers Strategy’ (update of the 2008 Carers Strategy, November 2010)

They all emphasise the importance of joined up thinking and working between Adult and Children’s Services and also by the providers of universal services, such as education and health provision. However, despite tangible progress, both nationally and locally, much still remains to be done to deliver fully on the aspirations contained in these and other documents.

Details of some of the key initiatives are outlined below and have been taken into account when developing Darlington’s Young Carers’ Action Plan.

a) **National Carers Strategy - Carers at the heart of 21st-century families and communities. “A caring system at your side. A life of your own” (2008)**

This states:

‘Our vision is that by 2018, carers will be universally recognised and valued as being fundamental to strong families and stable communities. Support will be tailored to meet individuals’ needs, enabling carers to maintain a balance between their caring responsibilities and a life outside caring, whilst enabling the person they support to be a full and equal citizen.’

By 2018:

- 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, to enjoy positive childhoods and to achieve against all the ‘Every Child Matters’ outcomes

It is also acknowledged that universal services – schools, GPs, hospitals – have a vital role to play in young carers’ lives and that the support, understanding and practical guidance that young carers receive through these settings can make a significant difference in their lives.

The vision for 2018 ‘is one in which professionals in our front-line services ... have the knowledge they need to identify problems early and encourage young carers to come forward for the help they may need.’

b) **OFSTED inspection report**

This makes recommendations in the 2 areas identified below:

Department for Children Schools and Families (DCFS) should:

- Ensure that young carers are given sufficient priority by councils and partners
- Work with councils to find an effective way to obtain realistic estimates of young carers nationally and in each council
- Work with councils to identify and share good practice about the identification of young carers

Councils and partners should:

- Consider ways to ensure that Children's Services, Adults Services and partners work together to deliver holistic assessments and services that meet the need of the whole family
- Ensure that professionals in universal services are aware of the needs of young carers
- Ensure that young carers are aware of their right to request a carers assessment when an assessment or re-assessment of their parent takes place
- Ensure that children and young people's views contribute to assessments of disabled parents and family needs
- Ensure that children's caring roles are always taken into account when services are delivered to disabled parents, to ensure that children and young people are not overly burdened
- Explore whether any groups of children and young people are over under represented within known young carer groups and the reasons for this
- Resource young carers support projects more effectively

c) **Working Together to Support Young Carers - A Model Local**

Memorandum of Understanding between Statutory Directors for Children's Services and Adult Social Services (December 2009)

'Our main aim is to promote and improve the health and well-being of young carers and their families by preventing and protecting children and young people from undertaking excessive and inappropriate caring roles and responsibilities, and preventing the continuation of inappropriate caring. '

Some of the key aims and outcomes are as follows:

- 'There are no 'wrong doors' ...'
- 'Risks to independence, safety and welfare are responded to in line with 'Think Family' concepts and guidance in 'Working Together to Safeguard Children''
- 'Earlier, better integrated and effective responses to young carers and their families ... using 'whole family pathway approaches' and during transition to adulthood'
- 'No care or support package for a parent or sibling relies on excessive or inappropriate caring being undertaken by a young care to make it sustainable'
- 'Young carers are helped to achieve their potential; and to have the same access to education, career opportunities and broader opportunities as their peers'
- 'There is better recognition and greater participation of young carers and their families in shaping what we do....' (p5)

d) 'Recognised, valued and supported; Next steps for the Carers Strategy' (update of the 2008 Carers Strategy, November 2010)

Following a period of review by the coalition government, a refreshed national carers strategy was published in November 2010.

This identifies a number of issues in relation to young carers as follows:

- 'Inappropriate caring roles or long hours of caring are likely to have a detrimental impact on young carers' lives, including their

health and educational achievement. Young carers should be supported to achieve their potential and to have the same opportunities that other young people enjoy.' (p13)

- 'Awareness about the needs of young carers has increased in the last few years and is welcome... However it is still the case that some health and adult social care services and schools are failing to recognise the impact on the child of parental disability, mental ill health or substance misuse. This can lead to services making assumptions about families' ability to cope and to young people taking on inappropriate caring roles.' (p13)
- 'Young carers want their schools and teachers and other school staff to be more supportive of their caring role, recognising that they are balancing a demanding home life with education. Young carers can be bullied and/or socially isolated and this can have an adverse impact on their education and social development.' (p13)
- Young carers are often strongly attached to their caring role and in some case it is only with assertive support from teachers, personal tutors, young carers' services or family members that they can be encouraged to accept help to reduce the impact of their caring role.' (p14)
- 'To address these issues ... the Association of Directors of Adult Social Services and the Association of Directors of Children's Services published 'Working Together to Support Young Carers' ...(which) sets out a practical framework for effective partnership working between health and social services and the voluntary sector and is unequivocal in stating that no care package should rely on a young person taking on an inappropriate caring role that may damage their health or put their education at risk.'(p14)

Schools to be encouraged to complete the schools self assessment document/sign up to the young carers policy template	Number of schools who have signed up to it/have a young carers policy	Young Carers Service	Information to be provided quarterly
Provision of drop ins in schools	Number to be determined based on identified need and viability	Young Carers Service	Information to be provided quarterly
Awareness raising in GP surgeries	Work alongside the Carers Support Service to raise awareness of young carers and their needs in GP surgeries	Young Carers Service	June 2013
	Information about Young Carers included on information boards in GP surgeries and in training provided to GP surgery staff	Young Carers Service	June 2013

<p>Improved multi-agency training provision as outlined in the Young Carers Memo of Understanding Action Plan</p>	<p>Training programme to include both accredited and non accredited young carers training</p>	<p>Young Carers Service</p>	<p>Ongoing</p>
<p>Review the work of the temporary Capacity Builder post in respect of developing referral pathways for Adult Mental Health and Substance Misuse teams</p>	<p>Decision made re how to progress work in this area</p>	<p>DBC Carers Lead Children's Commissioning Manager, NHS County Durham and Darlington</p>	<p>April 2013</p>

Outcome 2 – Early intervention and ongoing support will be provided to families where there is, or is likely to be, a young carer			
How this will be achieved	Evidence	Accountable Officer	Timescale
To ensure that young carers are identified through the CAF process/SSAQ process in Adult Social Care and that appropriate support is provided	<ul style="list-style-type: none"> • Total number of Young Carers identified through the CAF process • Number of CAFs instigated by staff from Adult Social Care, Treatment and Mental Health Services • Number of CAFs involving staff from Adult Social Care, Treatment and Mental Health Services • Number of CAFs completed by the Young Carers Service and their outcomes 	<p>Young Carers Service</p> <p>Yvonne Coates</p> <p>Yvonne Coates</p> <p>Young Carers Service</p>	<p>Information to be provided annually:</p> <p>March 2014</p> <p>March 2015</p> <p>March 2016</p>

	<ul style="list-style-type: none"> • Total number of Young Carers identified through the SSAQ process 	Lisa Holdsworth	Information to be provided annually: March 2014 March 2015 March 2016
Performance to be reviewed and decisions made regarding how to address any barriers identified	Data from the above	Lisa Holdsworth Ben Smith	June 2014 ongoing
Schools are actively engaged in identifying and supporting young carers	<ul style="list-style-type: none"> • Involvement of schools in the CAF process • Number of referrals made by schools to the Young Carers Service • Number of schools who display information for young carers • Transfer of information about who is a young carer from year 6 to secondary school 	Yvonne Coates Young Carers Service Young Carers Service Young Carers Service	Ongoing

Provision of a Young Carers Service	As required by the service specification	DBC Carers Lead Children's Commissioning Manager, NHS County Durham and Darlington	New service to commence from 1.9.13 following a tender process
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Outcome 3 – Children and young people with caring responsibilities are able to access opportunities that are open to their peers			
How this will be achieved	Evidence	Accountable Officer	Timescale
Provision of a Young Carers Service	Direct provision of activities by the Service (level of activities provided will be subject to availability of funding)	Young Carers Service	April 2013 – March 2015
	Signposting to mainstream services/supporting young carers to access these	Young Carers Service	April 2013 – March 2015
	Identification of any barriers to young carers participating in after school/other mainstream activities	Young Carers Service	April 2013 – March 2015

Outcome 4 – Effective consultation and participation with young carers and their families to identify their needs			
How this will be achieved	Evidence	Accountable Officer	Timescale
The Young Carers Service will continue to be young carer led	The Young Carers Service will sign up to the Young People’s Charter and will work through the levels of accreditation	Young Carers Service	Ongoing
	The Young Carers Service will sign up to Investing in Children	Young Carers Service	Ongoing
	Young carers will regularly be asked their views on the Service and the activities it offers	Young Carers Service	Ongoing
	Continued mechanism to enable young carers to meet and to feedback their views to the Young Carers’ Development and Implementation Group	Young Carers Service	Ongoing

Individual support packages will reflect needs identified by families	Data from chosen outcomes measurement tool completed with individual young carers eg MACA/PANOC	Young Carers Service	Information to be provided annually: March 2014 March 2015 March 2016
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Outcome 5 – Young Carers will be safe and will have improved physical, mental and emotional health and wellbeing			
How this will be achieved	Evidence	Accountable Officer	Timescale
Reduced incidence of inappropriate caring responsibilities amongst young carers	Monitoring information from the Young Carers Service, including the following: <ul style="list-style-type: none"> • number of referrals (including OT referrals) to Adult Social Care for support for the person cared for and outcomes from these • number of safeguarding referrals and outcomes from these 	Young Carers Service	Information to be provided annually: March 2014 March 2015 March 2016
Continuation of strong partnership working with the Child and Adolescent Mental Health Service (CAMHS)	Number of referrals to and from the Young Carers Service and outcomes from these	Young Carers Service	Information to be provided annually: March 2014 March 2015 March 2016

Continuation of strong partnership working between the Young Carers Service and St Teresa's Hospice	Advice, information and support around life limiting conditions and bereavement is available	Young Carers Service and St Teresa's Hospice	Ongoing
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Outcome 6 – Improved transitions from young carers service to adult carers service			
How this will be achieved	Evidence	Accountable Officer	Timescale
Continued provision of support to Young Adult Carers as part of the provision of the Young Carers Service	As required by the service specification	DBC Carers Lead NHS County Durham and Darlington Carers Lead Children's Commissioning Manager, NHS County Durham and Darlington	April 2013 onwards
Raised awareness of 12 - 19 services for young people about young adult carers and their needs	Delivery of awareness raising sessions in colleges, universities and through work based learning	Carers Support Service/Young Carers Service	April 2013 onwards

APPENDICES

Appendix 1

Membership of the Young Carers' Development and Implementation Group (as at March 2013)

**Chair – Lisa Holdsworth
Carers Lead
Darlington Borough Council Services for People**

Yvonne Coates	Head of Family Support, Darlington Borough Council Services for People
Jacqui Dyson	Darlington Locality Manager, TEWV
Pippa Gard	School Nursing
Sarah Hackett	YMCA
Anita Hamer	Development and Commissioning Manager 12-19, Darlington Borough Council Services for People
Donna Jones	Workforce Development Manager, Darlington Borough Council Services for People
Tony Pendlebury	Recovery and Reintegration Manager, Darlington DAAT
Deborah Robinson	Family Support and Bereavement Manager, St Teresa's Hospice
Ben Smith	Children's Commissioning Manager, NHS County Durham & Darlington
Nicky Tucker	YMCA
Jan Turner	LSCB – Development and Designated Officer
Jeanette Waite	Family Intervention Worker, NECA
Rachel Wallace	Care Coordinator – Adult Mental

	Health
Jackie Watson	School Nursing
Martin Webster	Workforce Development Coordinator, Darlington Borough Council Services for People
Andy Whittam	Young People's Participation Officer, Darlington Borough Council Services for People

Appendix 2.

Progress Report on Action Plan 2009 - 11

1. Engagement

Objective -

to ensure that young carers have the opportunity to contribute to and influence service development in respect of specific services for young carers, services for the people they care for and general services for children and young people

Agreed actions for 2009-11	Outcome Measures	Progress
Ensure that young carers' needs are taken into account in work undertaken as part of the generic Carers' Strategy and Implementation Plan	Continued inclusion of 'Young Carers feedback' as a standing item on the agenda of Carers' Development and Implementation Group meetings	Achieved
	Extension of work in GP surgeries to include young carers	Achieved
	Work undertaken with County Durham and Darlington Foundation Trust & Tees Esk and Wear Valleys	Achieved

	NHS Foundation Trust to include young carers 'Help in an emergency' scheme to include young carers	Achieved
Draw up a statement outlining how the Project and the Young Carers' Development and Implementation Group will engage with young carers	Statement developed and publicised widely	Achieved
	Young carers engaged with the Project in the ways identified	Achieved
Ensure that young carers' needs are acknowledged and included in the Children's Trust Consultation and Engagement work	Young carers' views taken into account alongside the views of other groups of young people	Achieved
Maintain and strengthen links with the Children's Trust	Young carers and their needs are considered fully by the Children's Trust	Achieved
Ensure that young carers and their needs continue to be considered fully in the Children and Young People's Plan	Young carers and their needs continue to be included in the Children and Young People's Plan	Achieved
Identify a young carers champion for Children's Services	Young carers champion identified	Not achieved

2. Information Provision, Service Planning and Delivery

Objectives –

- i to ensure that young carers and professionals working with them have accurate information about the support available
- ii to ensure that service planning and delivery in all statutory and voluntary sector settings is responsive to the needs of young carers and that those planning, commissioning and providing services collect and have information available to them about young carers and their needs

Agreed actions for 2007-09	Outcome Measures	Progress
Review working arrangements between Adults and Children's Services in relation to families where a parent is disabled/ children have caring responsibilities	<p>A more joined up approach across Children's and Adult Services to identifying and working with these families and to providing appropriate support to all family members.</p> <p><u>To include:</u></p> <ul style="list-style-type: none"> • delivery of actions from the Supporting Disabled Parents Group • consideration given as to how the Princess Royal Trust Protocol could be applied in Darlington • awareness raising in respect of 	<p>Not achieved</p> <p>Partially achieved</p> <p>Achieved</p>

<p>Build on work within statutory agencies, including Adult Social Services, Children's Services, post 16 education and Health settings (including Adult Mental Health and Child and Adolescent Mental Health Services) to raise awareness of young carers, the issues they face and the support available to them and those they care for</p> <p>Discussion with staff in Adult Substance Misuse teams (both drugs and alcohol) regarding the needs of young carers</p> <p>Continue to monitor uptake of the Young Carers Project and referral sources</p>	<p>CAF with staff in Adult Services and Adult Mental Health teams</p> <p>Increased awareness of the needs and vulnerabilities of young carers amongst all professionals working in these settings</p> <p>Increased awareness of the services available to young carers and increased uptake of these</p> <p>Staff in Adult treatment services are more aware of children and young people in the family and the roles that they play</p> <p>Increased number of referrals and provision of support through attendance at groups/1:1 work</p>	<p>Achieved</p> <p>Partially achieved</p> <p>Not achieved</p> <p>Achieved</p>
<p>Identify funding streams both to maintain existing services and to develop new ones if required</p>	<p>Funding streams identified to enable continuation of YMCA Timeout Young Carers Project</p>	<p>Partially achieved</p>

	Growth funding identified	Partially achieved
Build on work in schools and colleges throughout the Borough to raise awareness of young carers, the issues they face and the support available to them and those they care for	Continue to take part in the Healthy Schools Steering Group	Achieved
	Ensure that the needs of young carers are identified in the Healthy Schools Business Plan	Achieved
	Continuation of School Liaison post at YMCA Timeout Young Carers Project to raise awareness of young carers' issues within schools in order to identify young carers and develop support networks	Achieved
Further develop links with locality based services in order to publicise the support available for young carers and to develop additional services/support mechanisms	Young carers issues included in the locality action planning	Partially achieved
	Localities to provide an opportunity for the inclusion of young carers in universal services, including identifying any barriers to achieving this (eg availability of transport, provision of substitute care to the person they care for) – to be included in locality action plans for after school services	Not achieved

<p>Develop the Timeout Young Carers Project to include putting mechanisms in place to ensure that young carers are also able to access mainstream services with any additional support necessary</p>	<p>Opportunities are provided for inclusion in mainstream services</p>	<p>Not achieved</p>
<p>Improve engagement with 15 – 19 year old young carers to consider how to manage the transition process between being a young carer and becoming an adult carer.</p>	<p>All young carers aged 16+ given the opportunity to go on the Carers Register run by DAD Carers' Support Service</p> <p>Clear picture obtained regarding outcomes for 15-19 year old young carers</p>	<p>Achieved</p> <p>Achieved</p>
<p>Gather and analyse information about outcomes for 15-19 year old young carers, including those who are not in education, employment or training (NEET)</p>	<p>Information gathered and analysed</p> <p>Barriers to young carers being in education, employment or training identified</p> <p>Actions to be taken to reduce/eliminate these barriers identified</p>	<p>Achieved for those young carers identified</p> <p>Not achieved</p> <p>Not achieved</p>

	Actions implemented	Not achieved
Consider the need for specific services for Young Adult Carers aged 16 - 24	Decision made regarding how best to provide these	Achieved
	Suitable service(s) put in place	Achieved

Appendix 3 – Young Carers’ Views

As part of developing the Young Carers’ Action Plan, 13 young carers were asked the following 4 questions below:

Do their caring responsibilities stop them from accessing other services or activities that their friends or other young people go to?

8 of the 13 young carers said that their caring responsibilities did not affect them accessing other services etc; 5 said sometimes, but not something they feel they are missing out on.

How have they benefited from attending the young carer project?

“Meeting other carers and making new friends”

“Meeting Friends”

“Just getting out of the house”

“See friends and have fun”

“Somewhere different to go”

“Having someone to talk to, who isn’t going to tell me what to do and just listen”

“Having a break from brothers and sisters”

“Doing fun activities”

“Just having a break from Caring”

Does their school do or provide activities for young carers?

9 young carers have a Young Carer Project run drop in. The rest have no activities for young carers in their school, that they know about.

Is there anything they would change or want from young carers that currently is not provided or offered?

“Have group more often”

“I know support is there if I want it”

“More activities!! “

“If we pay towards trips can we go more often?”

“Groups more than once a month”

“Can we raise money for young carers so we can go on big trips?”

“Wouldn’t change anything, its ok as its”

“Don’t know as I have only just joined”

“Don’t know really, its ok”

Note:- 10 young carers have been involved with the project for over 2 years or more. 3 have recently joined and did not or could not answer all questions. When asked how they would like to provide feedback in the future 10 would like to provide verbal feedback, 3 wanted a written questionnaire.

References

Carers' Strategy and Implementation Plan 2013-16
(Darlington Borough Council, 2013)

Children and Young People's Plan 2011-14 (Darlington Borough Council)

Delivering Every Child Matters for Young Carers (Princess Royal Trust, 2006)

Everybody's Business – Everybody's Contribution. NEET Reduction in Darlington (Darlington Borough Council, 2008)

Every Child Matters; Change for Children (DfES)

Exemplar Protocol for Local Authority Adults' and Children's Services
(Princess Royal Trust, 2005)

National Carers Strategy - Carers at the heart of 21st-century families and communities. "A caring system at your side. A life of your own"
(HMSO, 2008)

Recognised, valued and supported; Next steps for the Carers Strategy (update of the 2008 Carers Strategy, DH website, November 2010)

Supporting young carers – Identifying, assessing and meeting the needs of young carers and their families (OFSTED inspection report, June 2009)

Sustainable Community Strategy 'One Darlington: Perfectly Placed. A Vision for Darlington: 2008- 2021 ((Darlington Borough Council on behalf of Darlington Partnership, 2008)

The Whole Family Pathway – A resource for practitioners (Children's Society, 2008)

Working Together to Support Young Carers - A Model Local Memorandum of Understanding between Statutory Directors for Children's Services and Adult Social Services (December 2009)

Young Adult Carers in the UK (Princess Royal Trust, 2009)

'Young Carers: Something to Think About: Report of Four SSI Workshops, May -July 1995' (Department of Health, 1996)

'Young carers' transitions into adulthood' (Joseph Rowntree Foundation *findings* report, June 2000)