

YOUNG CARERS

SUMMARY REPORT

Purpose of the Report

1. To inform Members of the history and future of services for young carers. The agreed definition (Darlington Young Carers Action Plan 2088-2011) of a young carer is, a child or young person under the age of 18 who provide care to a parent, grandparent, brother or sister or other relative who needs support because of a health problem or disability.

Summary

2. The Young Carers service is currently commissioned by the Children's Trust with resources from Darlington Borough Council and the Child & Adolescent Mental Health Service (CAMHS) to deliver a service to currently 98 Young Carers, provided by the Tees Valley YMCA.

Recommendations

3. It is recommended that Members note the contents of this report and direct any queries to the author.

Murray Rose
Director of People

Background Papers

There are no background papers to support this report.

Simon Bishop : Extension 2846

S17 Crime and Disorder	There are no issues for crime and disorder arising from this report
Health and Well Being	The Health and Well Being of Young Carers is directly affected by this report, and also, in some to most cases those being cared for are adults not currently services by Adult Social Services
Carbon Impact	There are no issues for carbon impact arising from this report
Diversity	The re-commissioned service will reflect diversity and will be scrutinised by Children's Trust partners
Wards Affected	All wards in the Borough as Young Carers are not geographically concentrated in any singular ward
Groups Affected	Young Carers, Adults being cared for, Schools through improved attendance, 14-19 NEETs
Budget and Policy Framework	This report does not affect budget and policy framework.
Key Decision	This report does not require a Cabinet decision.
Urgent Decision	This report does not require a Cabinet decision.
One Darlington: Perfectly Placed	This report is consistent with the Aspiring Darlington theme
Efficiency	This report details the efficiency savings made of over 50% by mainstreaming elements of the current provision into existing DBC services

MAIN REPORT

Information and Analysis

4. Darlington has taken a proactive approach to supporting young carers since February 2000 when a Carers Development Officer was employed by the then Social Services Department to progress the carers' agenda in Darlington.
5. This was in response to the need to implement the 1999 National Carers' Strategy, which included increasing the provision of breaks to carers (including young carers) via Carers Grant funding.
6. Our approach was twofold:
 - (a) to develop and deliver a specialist young carers service;
 - (b) to ensure that mainstream services were better able to identify young carers and to meet their needs, whether within their own service or through referral to the specialist project.
7. The current services provided to Darlington Young Carers by the YMCA are to relieve stress in young carers and their families by providing breaks for young carers, working to prevent breakdown of caring arrangements and promoting social inclusion for young carers.
8. These are achieved by:
 - (a) Providing young carers with positive activities and opportunities to meet other young carers;
 - (b) One to one practical and emotional support and advocacy on behalf of individual young carers;
 - (c) Additional one to one support for young carers with the heaviest caring responsibilities;
 - (d) Raising awareness of young carers, their needs and the support available to them in schools and the wider community.
9. The YMCA Time Out Project delivers under two strands:
 - (a) ***A school liaison worker to support Young Carers within their schools.*** Research by Saul & Becker (Loughborough University) on a longitudinal basis indicates that caring can have detrimental effects on children and young people both during childhood and in later life. These detrimental effects include problems at school; isolation experienced from other children and family members; lack of time for play, sport or leisure activities and conflicts between the person they are caring for and their own needs.
 - (b) ***A support worker/activities coordinator,*** whose role is to plan and deliver activities with young carers and to deliver group activities and one-to-one support 3 evenings per week.

Statutory Requirements

10. The statutory requirement relating to young carers is only for the assessment of a young carer. Currently there are no internally identified processes for the referral of a young carer, other than the assessment through CAF and the action plan with the Team Around the child.

Current Funding

11. The current specialist service for young carers is delivered by the YMCA Timeout Young Carers Project. The latest report from the project can be found in **Appendix 1**.
12. Background information about the Project is provided below:
 - (a) The Project was established in May 2001 as a joint initiative between Crossroads Caring for Carers and Darlington YMCA.
 - (b) Since April 2004, the Project has been delivered and managed by Darlington YMCA overseen by the multi-agency Steering Group referred to above.
 - (c) The Project was initially funded through the Carers Grant and subsequently through a combination of the Carers Grant, Children's Fund and Northern Rock Foundation.
 - (d) Current funding is from the Area Based Grant which was managed on Darlington Borough Council's behalf by the Children's Trust.

Year	2009/10	2010/2011
Funding	£61,000 DBC £10,841 CAMHS (Recurrent)	£68,292 DBC £10,841 CAMHS (Recurrent)
Total Funding	£71,841	£79,133

The Future of Young Carers

Year	Per Annum	Total 2011-2015
Funding	£30,000 DBC £10,841 CAMHS (Recurrent)	£120,000 DBC £43,364 CAMHS
Total Funding	£40,841	£163,364

13. The Children's Trust's Joint Commissioning Unit reviewed the current Young Carer's service including a full service review with a needs analysis, and decided to adopt the following strategy to re-commission this service for the next four years of the Comprehensive Spending Review:
 - (a) Create a specification specifically targeted at the 1:1 and group work elements of the current provision, ensuring CAMHS are satisfied that the new specification supports mental health issues;
 - (b) Incorporate financial savings;
 - (c) Identify areas of mainstreaming of activities elements of the current specification;
 - (d) Seek approval from the Children's Trust's Joint Commissioning Unit on the revised specification;
 - (e) Tender the revised service to the market through the Procurement Team.
14. The YMCA have also secured other funding sources for transitional work for 16-25 year old young carers from the Adults element of the PCT, but this funding is for one year only. Details of which can be found in **Appendix 1**.
15. The YMCA has also made a bid to the Big Lottery Fund for peer mentoring for Young Carers. This bid is in conjunction with other voluntary sector providers in Stockton.

Outcome of Consultation

16. The Young Carers commissioning arrangements will be revised and re-commissioned in April 2011. There will be some mainstreaming elements around activities for Young Carers

into future targeted children's services within the Early Intervention & Prevention Team. The aim of the mainstreaming is to increase participation in activities with non-carers and to ensure the time apart from caring is still maintained.

Breakdown of funding received April 2010 – March 2011 for Young Carers, Time Out project

Where from	£	Project
Area Based Grant	£68,292.00	Young Carers Time Out project
CAMHS	£10,841.00	Young Carers Time Out project
In Kind contribution from Tees Valley YMCA	£5,000.00	Young Carers Time Out project
TOTAL	£84,133.00	Young Carers Time Out project

The Time Out Young Carers project currently supports **98 children and young people** between the ages of 6 and 18.

The project offers Time Out activities as well as one to one support. Young carers are split as per their age range to activity groups:

- 8 – 11 year olds Thursday nights.
- 11 – 13 year olds Tuesday nights.
- 14 – 18 year olds Wednesday nights.
- Number of young carers regularly attending group activities: 82
- Number of young carers receiving 1:1's: 10

Group activities vary from professionals delivering sessions on Anti Bullying to Sex and Relationship education (Healthy Schools team, delivered appropriate to age range) to arts and crafts, health, sports and wellbeing awareness.

Breakdown of Caring situations

Caring Situation	Number of young carers
Caring for an adult with a physical disability	22
Caring for an adult with a physical illness	15
Caring for an adult with mental health/substance misuse problems	26
Caring for a sibling with learning/physical disabilities	35
TOTAL	98

Area Health Directory: We have secured an advertisement in the Darlington, directory for Young Carers

Funding received for a 12 month project for 16 – 25 year old young carers, Transitions project. Delivered in partnership with DAD

Where from	£	Project
County Durham & Darlington PCT	£44,393.00	Young Adult Carers Transitions project

The project aims to provide support to young adult carers (aged 16 – 25). The project team will provide young adult carers with information, advice and guidance regarding their changing caring role as they move into adulthood. Support will be tailored to individuals' needs and requirements particularly focused on education, employment and training. There will also be an opportunity for young adult carers to meet together, receive peer support and take part in activities that they lead on.

This project has not started yet. Both DAD and Tees Valley YMCA are recruiting for the posts, deadline for applications; Friday 19th November, with interviews taking place on Thursday 2nd December. The project will start, along with expenditure from the budget from the date that staff commence their employment.

Future Developments

Youth in Focus, Big Lottery bid: an application is being prepared to be submitted for young carers. The focus of the application will be on providing support to young carers through a large scale peer mentoring programme. Support will be provided to 10 – 25 year olds. In addition to this a comprehensive training package/materials will be made widely available to professionals with the aim of identifying hidden carers. The aim of the project will be to provide young carers with a voice thus empowering them and integrating them into mainstream services.

Timescales:

- Deadline for applications: 2pm 30th November 2010
- Decision announced: May 2011
- Projects start: between June 2011 and November 2011.
- *Only 30 projects nationwide will be awarded the grant*

Department of Health, Carers Innovation Fund: this funding is to enable carers to maintain a life of their own alongside their caring responsibilities. The Government is keen to improve early identification of carers so that they can be supported in considering their various options and make informed choices. There is no minimum amount of funding available but the upper ceiling amount is £25,000. Any funding received must be spent by 31st March 2011. We are compiling an application on researching hidden care among children and young people.

Timescales:

- Deadline for applications: 5pm 17th November 2010
- Decisions announced: 13th December 2010
- Award payments: 13th – 23rd December 2010