

## APPENDIX 1

# YOUNG CARERS' ACTION PLAN 2013-16 UPDATE REPORT (30.11.15)

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Progress in respect of the Young Carers' Action Plan and Memo Of Understanding Action Plan continues to be monitored through bi-monthly meetings of the Young Carers' Strategic Partnership (YCSP).

This Update is for the period 9.1.15 – 30.11.15.

### **Outcome 1 – Raised awareness around young carers, their needs and the support available to them – for young carers, their families, professionals and the wider public.**

Further development of the Young Carers Memo of Understanding Action Plan to include the following:

- Continued awareness raising in schools
- Awareness raising in GP surgeries
- Improved multi-agency training provision
- Review the work of the temporary Capacity Builder post in respect of developing referral pathways for Adult Mental Health and Substance Misuse Teams

#### Awareness raising in schools

- DISC has had regular meetings with Nicholas Lindsay, who is the designated teacher who has been identified as the lead contact for young carers in schools in Darlington.
- A 'Schools Network Meeting' will be taking place at Hummersknott school on 12<sup>th</sup> January and it is hoped that representatives from schools working towards the Young Carers Charter will attend. It is a requirement that each school attends at least one meeting during the process.
- Linda O'Neill (DISC) attended the Behaviour and Attendance Partnership meeting at the Town Hall on Tuesday 24<sup>th</sup> November 2015, and gave an update on the progress of the Young Carers Charter in Darlington.
- As a way of further increasing awareness about young carers and their needs, a paper was presented at the School Governors meeting in September 2015, which was attended by Linda O'Neill. Following this meeting, a number of schools showed an interest in working towards the Young Carers Charter.
- 8 schools in Darlington have now signed up to the Young Carers Charter and have been awarded with the Charter status.
- A further 16 schools are working towards gaining the Charter and it is hoped that a number of these will receive Charter status in January/February 2016.

- A small number of schools have chosen not to pursue the Charter but e-mails and letters have recently been sent to the Headteachers of these schools, informing them of the importance of seeking Charter status.
- In January, a student nurse is spending a day with the young carers team, to enhance her knowledge base and it is hoped that this will help to develop and enhance DISC's work with school nurses in Darlington.
- DISC's continued partnership working with schools means that the early identification of young carers continues to increase and improve. Young Carers drop-ins have taken place at Darlington College and QE Sixth Form. The number of young carers attending continues to be low and DISC is currently exploring ways in which these groups can be more effective, in terms of attendance and resources.

#### Awareness raising in GP surgeries

- In January 2016, a student doctor will be attending DISC Young Carers one afternoon per week, for two 10 week placements – over the course of the year. The student doctor attends Durham University and is hoping to gain valuable experience of working with a Young Carers Service and will help the service to carry out more in-depth work with GP surgeries and school nurses in Darlington.

#### Improved multi-agency training provision/general awareness raising

- Linda O'Neill (DISC) recently met Chris Ashworth (Safeguarding Boards Multi-agency trainer) and discussed how young carers information can be implemented into the local authority safeguarding training. This involved looking through the presentation that DISC Young Carers use for awareness raising and training and finding relevant areas which need to be included in the safeguarding training to highlight possible safeguarding issues which can arise with young carers and their families.
- Linda O'Neill (DISC) also met Martin Webster (DBC Workforce Development) to discuss how young carers training can be implemented into the training plan in early 2016. DISC will take part in the light bites training, which will be taking place in 2016 and will also be involved in training sessions for the workforce in Darlington.
- Emma Crawford-Moore (DISC) attended the 'Developing Darlington' group in November to discuss training provision around young carers and their needs.
- DISC has provided accredited training sessions on young carers but this has now been replaced by awareness raising sessions. This training will not be officially accredited but attendees will receive a certificate of attendance.
- DBC Workforce Development is currently coordinating the development of a 'whole family' training course, using the expertise of a number of adults and childrens services staff. DISC will be taking part in the delivery of this.

- DISC attends with stalls at as many local events as possible. For example, DISC attended a recent Mental Health and Learning Disability Information event in Spennymoor, which covered County Durham and Darlington localities. DISC also attended a parents coffee morning, at Abbey Federation School.
- DISC promotional materials are available within schools, colleges, CAMHS (Child and Adolescent Mental Health Service), NECA substance misuse service, West Park Hospital and Darlington Association on Disability (DAD) and they are currently being distributed in GP surgeries.
- Awareness raising work is ongoing and DISC has completed this with CAMHS, Westpark Hospital, Queen Elizabeth Sixth Form, Healthwatch Health Connectors, Darlington Mind, the FIT team and Jobcentre Plus,
- Fresher's fayres at Darlington College and Queen Elizabeth sixth form were also attended in 2015.
- Following awareness raising sessions, services/agencies are left with a supply of leaflets and posters.
- DISC's first newsletter has been produced and a new one will be available in early 2016.
- The project also runs, as part of the Children's Society Young Carers in Focus campaign, a page on the Makewaves social networking site. As well as young people being able to sign up and interact, it also allows DISC's work to be promoted nationally within the Young Carers in focus network.
- DISC has also brought agencies to their service and has had talks in their team meetings from the National Citizenship Service and DISC's Gypsy, Roma, Travellers project. A number of agencies have been invited to attend DISC team meetings in early 2016, including NECA, Relate (who offer free support groups in Darlington) and DAD (who are going to give an update on their services).
- DISC worked in partnership with CAMHS and in the February half-term, an emotional well-being workshop took place for young carers. This gave them the opportunity to discuss their worries and concerns about their caring role and the young people were also given the opportunity to discuss what they would like an 'Ideal CAMHS Service' to look like.
- DISC have established strong links with Healthwatch and also with the new 'Health Connectors' who are working in Darlington and are helping to develop links with Black and Minority Ethnic communities. DISC gave an awareness raising session to the new Health Connectors, to inform their knowledge base of young carers and the issues they can face.
- Providing activities and respite opportunities has been an integral element of DISC's work in Darlington. Activities are held regularly throughout the year and cater for all of the different age ranges within the young carers service. The summer activities invites were sent out to all service users, within age groups, asking for a response. Once received, a confirmation of place on activity was then sent out. Attendance has increased with a 95% take up of confirmed places. (76 out of 80 places).
- DISC also provides monthly support groups for the young carers. These are divided into two groups, to ensure that the younger group has their own support

group and the older group also has the opportunity to meet with peers of a similar age.

### Review the work of the temporary Capacity Builder post in respect of developing referral pathways for Adult Mental Health and Substance Misuse Teams

- The YMCA temporary capacity builder post ended on 31<sup>st</sup> March 2014 and work in these areas has now been mainstreamed into the Service.
- This has included liaising with the recently appointed family/carer worker at NECA substance misuse services, who will be setting up family/carer groups in the near future. A member of staff from DISC will attend one of these groups, to raise awareness of young carers and the issues that can occur, when substance misuse/alcohol misuse takes place within a family. DISC also attended the launch of NECA's 'Recovery and Wellbeing service' in November 2016, which gave them the opportunity to meet workers, from the different projects within NECA. DISC are also due to attend a team meeting at NECA.
- DISC have met up with professionals from West Park and ensured that information leaflets and posters are now present in reception and in each of the wards. Awareness raising has been carried out with staff and links have been made with the Dual Diagnosis Team. DISC has attended a dual diagnosis team meeting, to raise awareness of young carers and is due to attend another meeting in February 2016.
- DISC have attended the 'Triangle of Care' meetings at West Park, which is a way of DISC sharing information about young carers and the impact that mental health problems can have on a family.

### **Outcome 2 – Early intervention and ongoing support will be provided to families where there is, or is likely to be a young carer**

- To ensure that young carers are identified through the Common Assessment Framework (CAF) process/ Supported Self Assessment Questionnaire (SSAQ) process in Adult Social Care and that appropriate support is provided
  - Performance to be reviewed and decisions made regarding how to address any barriers identified
  - Schools are actively engaged in identifying and supporting young carers
  - Provision of a Young Carers Service
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- The Care Act 2014 introduces a requirement to take a 'whole family' approach when assessing an adult's care and support needs. This includes looking at the person's needs as a whole, including how their needs for care and support impact on family members and others in their support network. Staff completing assessments also need to identify if there are any children who are providing care and whether or not this care is 'appropriate'. In addition, the Children and Families Act 2014, strengthens young carers' rights to an assessment.

- The CAF database is able to record whether a child or young person is a young carer.
- From 1<sup>st</sup> April 2014 – 31<sup>st</sup> March 2015, 11 children on the CAF database were identified as young carers, and from 1<sup>st</sup> April – 27<sup>th</sup> November 2015, 14 children on the CAF database were identified as young carers.
- In addition, a number of children in receipt of a service from DISC were recorded on the CAF database but were not identified as young carers.
- There do not appear to be any CAFs instigated by staff from Adult Social Care, Treatment and Mental Health Services.
- It is not clear from the CAF database whether staff from Adult Social Care, Treatment and Mental Health Services have been involved in any of the CAFs undertaken.
- The adult care and support needs assessment (which replaced the SSAQ following implementation of the Care Act) includes the question 'Are there any children or young people (0-18) living in your home at least 1 night per week. If so, please provide details.' 25 completed care and support needs assessments have recorded a 'yes', though none of these recorded the child/young person as a young carer.
- 34 young carers aged 4 – 25 are recorded on CareFirst (the Adult Social Care recording system). 7 of these are under 16
- In the quarter from January – March 2015, a total of 25 referrals were made to DISC, 7 from schools, 2 from the College, 1 from a School Nurse and 7 from a Specialist Health Visitor.
- In the quarter from April – June 2015, a total of 17 referrals were made to DISC. 2 of these were from schools (27%), 2 from School Health Workers, 1 from a School Nurse and 1 from the Home and Hospital Service.
- In the quarter from July – Sept 2015, a total of 19 referrals were made to DISC. 5 of these were from schools and 1 from a School Nurse.
- The schools actively involved in the Young Carers Charter display information about young carers on their noticeboards, This will be improved as more schools in Darlington sign up to the Young Carers Charter, which highlights the importance of having relevant information about young carers on school noticeboards.
- Transfer of information about who is a young carer from year 6 to secondary school has been discussed within the Schools Network meeting and will be discussed further at future meetings.
- The first +1 extension clause for the DISC Young Carers Service was utilised from 1<sup>st</sup> April 2015, with the service to run until 31.3.16. There is a further +1 extension clause on the contract, which is also likely to be utilised until 31.3.17.

**Outcome 3 – Children and young people with caring responsibilities are able to access opportunities that are open to their peers**

- Provision of a Young Carers Service, including the provision of activities directly by the service and by signposting to mainstream services/supporting young carers to access these.

- Young Carers and Young Adult Carers will be supported to attend school/college and to follow training and employment opportunities and not to become NEET (not in employment, education or training)

- Carers Breaks funding has given DISC the opportunity to provide some vital respite and activities on both an individual and group basis. Group activities have included visits to Crook Hall, Eden Camp, Planet Leisure, Flamingoland, a cinema trip, Beamish, support groups, Blue Reef Aquarium and Marrick Priory. Carers breaks have also been used to purchase a laptop, a weekend stay in London, a dry suit, horse riding lessons, family theatre trip, summer club and a cinema voucher.
- Part of DISC's work is to create opportunities for young carers to access local youth groups by helping them research their interests, becoming involved in after school clubs and also using Carers Breaks to help them take up a hobby or improve their health and well-being. DISC feels that this is important so that the young people are not restricted to and reliant upon Young Carers only for social networks and peer support. This reduces the effects of 'labelling' and the stigma that is attached to this as young carers become more included.
- One of the main barriers to young carers accessing outside activities can be transport, particularly for the younger age group who are less independent and unable to use public transport alone if parents do not have access to a car.
- 121 young carers were supported in the quarter July – September 2015. 2 were below education age, 116 in education, employment or training, 1 NEET and 2 in receipt of Carers Allowance but not in education, employment or training.
- At present DISC has 91 active cases with 3 others going through the assessment process. There have been 12 recent sign offs, due to young people's caring roles reducing and due to successful completion of care plans.

#### **Outcome 4 – Effective consultation and participation with young carers and their families to identify their needs**

- The Young Carers Service will continue to be young carer led
- DISC has a robust service user involvement policy and has policies consistent with Investing in Children status. Discussions are still taking place, as regards gaining 'Investing in Children' status.
- DISC holds a Young Carers forum on a quarterly basis. Membership varies from session to session, as the young people have previously had a more regular and structured group, which is not something they wish to pursue.
- Young carers have taken part in consultations, inclusive of activities, regarding what they would like to see on the DISC website, designing promotional materials and the forum has previously hosted a visit from commissioner. This is an ongoing process

and will continue in 2016. They have also taken part in consultation on the whole family training course being developed by DBC Workforce Development; work around what an ideal CAMHS Service would look like; consultation about which businesses/facilities that they would like to accept the carers' discount/concession card and a session with a worker from Darlington Healthwatch.

- Young carers have the option to attend YCSP meetings but do not wish to attend at present. However any relevant information which is raised at the forum can be fed back to the YCSP.

#### **Outcome 5 – Young Carers will be safe and will have improved physical, mental and emotional health and wellbeing**

- Reduced incidence of inappropriate caring responsibilities amongst young carers
- Continuation of strong partnership working with CAMHS and with St Teresa's Hospice

- To date those referred have already been in receipt of relevant support from Social Care, either for their parent or the sibling they are caring for.
- Since July 2015, no safeguarding referrals have been made. There are currently four active cases where safeguarding procedures (child protection) are in place but these were already so, prior to referral or made by another agency.
- DISC has recently carried out awareness raising with the CAMHS team, to help practitioners to identify young people who may have a caring role within the families they work with. Four referrals have been received from CAMHS since July 2015.
- Partnership working with St Teresa's Hospice is ongoing and will continue in 2016.

#### **Outcome 6 – Improved transition from young carers service to adult carers service**

- Continued provision of support to Young Adult Carers as part of the provision of the Young Carers Service.
- Raised awareness of 12 -19 services for young people about young adult carers and their needs.
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- 27 young carers aged 18-25 were supported from April 2014 – March 2015, and 15 from April – September 2015.
- DISC has recently been successful in a funding bid to the Big Lottery, for Horizon Young Adult Carers Service. This will enable Darlington Young Adult Carers to benefit from a service which was previously only provided in County Durham. This Service will commence from 1<sup>st</sup> February 2016 for 3 years.

- DISC has attended Fresher's Fayres at Queen Elizabeth sixth form and Darlington College. They have also worked with 11-19 partnership Scheme (post 16 learning) to identify any Year 11's who are currently being supported.

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Linda O'Neill (Project Leader, DISC Young Carers Service)