

Young People Overview And Scrutiny Committee -
Friday 2nd September 2022

Young Carers Services in
North Yorkshire

carers
plus
YORKSHIRE

carers'
resource

What is a Young Carer?

A young carer is someone aged 18 and under who cares for a friend or family member who, due to illness, disability, a mental health problem or an addiction, cannot cope without their support.

Local Authority statutory duties

- The Care Act 2014 - As of April 2015 and the introduction of the Care Act, local authorities have a legal duty to provide all carers with an assessment of their needs and put in place services that will protect their health and wellbeing.
- The Children and Families Act 2014 (Child Welfare, part 5, section 96 details the rights for Young Carers) – local authorities must assess whether Young Carers in their area have support needs and if they do, what those needs are. Local authorities must take ‘reasonable steps’ to identify Young Carers in their area who have support needs. Local authorities have a role in preventing future need

Delivery of services to carers in North Yorkshire.

From 1 July 2022 to 30 June 2030, the Young Carers and Adult Carers support service will be delivered by a single provider in 4 localities (an 'all age' service).

The benefits are:

- Greater links with wellbeing and prevention services and sitting services, with strong collaboration with a range of North Yorkshire community based support organisations
- Transition from young to adult carers much easier to manage.
- A clear cohesive offer to carers in North Yorkshire
- Closer collaboration between service providers.

Who delivers services to Young Carers?

| Provider | Area | NYCC Funding £ | CCG Funding £ | CCG | Total funding £ |
|------------------------------|-------------------------------|----------------|---------------|-----------------------------|-----------------|
| Carers Resource | Selby | 31,396 | 5,604 | VoY CCG | 37,000 |
| Carers Resource | Harrogate & Craven | 28,410 | 10,678 | North Yorkshire CCG | 43,000 |
| | | | 3,414 | Bradford & Craven CCG | |
| | | | 498 | Cumbria CCG | |
| Carers Plus Yorkshire | Hambleton & Richmondshire | 52,372 | 9,340 | North Yorkshire CCG HRW CCG | 61,712 |
| Carers Plus Yorkshire | Scarborough, Whitby & Ryedale | 63,420 | 7,868 | North Yorkshire CCG S&R CCG | 71,288 |
| | Total | 175,598 | 37,402 | | 213,000 |

The Providers are expected to deliver a service that is:

- **ACCESSIBLE** – embedded in communities and neighbourhoods
- **EXPERIENCED** – staff and volunteers with **personal experience** of caring
- **CREATIVE** – new ideas and positive solutions
- **CONNECTED** – into multiple networks and partnerships
- **COLLABORATIVE** – trusted by carers and communities and others
- **PASSIONATE** – about carers and how to help them

What are the aims of the Young Carers service?

- To promote, support and improve the mental, physical, emotional and economic wellbeing of carers, so that they can continue in their caring role, look after their own mental health and wellbeing and have a life of their own in terms of opportunities for work, training, education, leisure and social interaction.
- Provide specialist information, advice and support to Young Carers, their families and practitioners and to raise awareness about the needs of the Young Carers.
- Ensure the Young Carer has a break from their caring role.

How many Young Carers are there in North Yorkshire (1)?

(2011 Census)

- 1,107 Young Carers aged 0 to 15 responded as being an unpaid carer.
- 70 (7.4%) provided 50 or more hours of care a week.
- 2,436 unpaid carers aged 16 to 24
- 203 (8.3%) provided 50 or more hours of care per week.

79,889 pupils in North Yorkshire schools (January 2018 school census)

There is no, one, agreed model with regards to the predicted prevalence of Young Carers in the population, a common ratio of 1:12 is often used as an indicator. Therefore, this could mean that potentially there may be as many as **6,657** Young Carers in North Yorkshire.

How many Young Carers are there in North Yorkshire (2)?

% of age range recorded as an unpaid carer by district (2011)

| | Age 0 to 15 | Age 16 to 24 |
|-------------------|-------------|--------------|
| Craven | 0.97% | 4.14% |
| Hambleton | 1.15% | 4.04% |
| Harrogate | 1.05% | 3.67% |
| Richmondshire | 1.03% | 2.73% |
| Ryedale | 1.04% | 4.91% |
| Scarborough | 1.14% | 4.93% |
| Selby | 1.03% | 4.16% |
| North Yorkshire | 1.07% | 4.06% |
| England and Wales | 1.12% | 4.87% |

The emotional and mental health of young carers in North Yorkshire (GUNY)

In 2020 there were 16,000 responders to GUNY:

- 425 recorded as being a young carer
- 206 boys
- 219 girls
- 184 from primary schools
- 241 from secondary schools.

| | Yr 6 | Yr8 | Yr10 |
|-------|------|-----|------|
| Boys | 92 | 65 | 49 |
| Girls | 92 | 50 | 77 |

What do Young Carers worry about (1) ?

Primary School (Key Stage 2) - % of young carers worried most days about the following issues – by gender (whole school population in brackets)

| Boys | | Girls | |
|-------------------------------|---------|---------------------------------------|---------|
| Moving on to secondary school | 54 (37) | Moving on to secondary school | 69 (45) |
| SATs/tests | 53 (36) | SATs/tests | 66 (44) |
| Family | 46 (33) | Family | 62 (38) |
| Feeling lonely | 40 (23) | The way they look | 57 (38) |
| School-work/homework | 38 (19) | Feeling lonely | 51 (29) |
| Falling out with friends | 31 (21) | Growing up | 47 (32) |
| The way they look | 31 (20) | Falling out with friends | 43 (34) |
| Growing up | 31 (17) | Their weight | 41 (26) |
| Their health | 30 (18) | Being bullied | 40 (23) |
| Being bullied | 30 (17) | Getting changed at school for PE etc. | 37 (25) |

What do Young Carers worry about (2)?

Secondary School (Key Stage 4) - % of young carers worried most days about the following issues – by gender (whole school population in brackets)

| Boys | | Girls | |
|-------------------------------------|---------|-------------------------------------|---------|
| Exams and tests | 38 (30) | Exams and tests | 64 (64) |
| Feeling lonely | 35 (16) | The way they look | 64 (65) |
| School-work problems | 26 (19) | School-work problems | 60 (54) |
| Problems with friends | 24 (13) | Feeling lonely | 59 (38) |
| Family problems | 24 (12) | Family problems | 49 (29) |
| Health | 21 (13) | Problems with friends | 40 (30) |
| The way they look | 21 (19) | Relationships | 37 (29) |
| Relationships | 18 (14) | Health | 36 (30) |
| Money problems | 18 (8) | Feeling pressure from social media | 33 (23) |
| Being separated from parents/carers | 15 (7) | Being separated from parents/carers | 30 (15) |

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Identification of Young Carers

Referrals from a wide variety of sources (not exhaustive):

School teachers, support assistants

Family members

Social Workers

Adult Carers

Young Carers

Children's Centres

Youth Support Service

GPs and Health workers

Health and Adult Services of the Council

Children and Young Peoples Service of the Council

Specialist nursing eg health visitors, school nurses, Children's
Community nurses

Voluntary Sector Organisations

Awareness raising of young carers.

- Awareness raising sessions delivered to health, education or social care professionals including schools, community groups and voluntary sector organisations.
- Communication with schools – assemblies, school hubs,
- Service inputs - CYPS Social Workers, Army Cadet groups, Independent Domestic Abuse Service.
- Information stalls - FE colleges, schools, Parent Carer Voice AGM, libraries, GP surgeries
- Carers Week
- Young Carers Action Day
- Website – NYCC and providers

DO I LOOK LIKE I CARE?



Young carers have lots of extra responsibilities because they look after a family member with an illness, disability or an addiction.

Does this describe you or a young person you know?

If so, please contact us.

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Young Carers

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Relieve the pressure



Breaks & clubs



Support at school



Careers advice



Family support



Rights & safeguarding

Carers' Resource helps young carers by providing them with:

- After school clubs and trips in the holidays
- One-to-one support at times of crisis
- Website and social media

Harrogate District:

Unit 3 Grove Park Court
Grove Park Terrace
Harrogate HG1 4DP

Tel: 01423 500555

Craven District:

Ronaldsway House
36 Brook Street
Skipton BD23 1PP

Tel: 01756 700888

Bradford District:

Unit 15 Park View Court
St Paul's Road
Shipley BD18 3DZ

Tel: 01274 449660

Selby District:

Community House
Portholme Road
Selby YO8 4QQ

Tel: 0808 50 15 939





Do a number of the following points apply to you?

- You look after, help, or support a family member or a friend who has a physical disability, a mental health issue (e.g. depression), a cognitive impairment (e.g. dementia), addiction (to alcohol and drugs) or any other health-related conditions.
- You are concerned about the well-being of your sick or substance-abused family member or friend.
- You have to do the shopping for your family.
- You help someone with bathing or dressing.
- You help someone to go to the toilet or get into bed.
- You take care of housework, for example, dusting and hoovering or washing and ironing.
- You organise the family budget and deal with bills, banking money.
- You do most of the cooking for your family.
- You help someone to take medication.
- You work part time to bring money in.
- You offer emotional support to your family member/friend through bad times.
- You keep the person you care for company e.g. sitting with them, reading to them, talking to them.
- You keep an eye on the person in need of care to make sure s/he is all right.
- You take brothers and sisters to school (or pick them up).
- Because of your caring responsibilities, you feel you don't have enough time for yourself, you have problems at school, you are not able to do the things you want to do in your free time.

Referral and assessment of Young Carers

- Referral received.
- Provider contacts the young carer's parent/guardian to book an initial triage call. This call will take place within 5 days of the referral.
- This triage marks the start of the assessment process.
- Worker is allocated.
- Home visit undertaken within 14 working days of the 5 day call being completed
- This is where an initial assessment will be completed prior to allocation. Upon allocation the 'My Star' assessment will be used for impact assessment and action planning.

Partnership working

- Young Carers Services provide a “whole family approach” - focus on both the Young Carer, and their family members:
- Support workers attend CIN meetings.
- Active joint working between Children and Young People’s Service, Health and Adults Services, Health
- NYCC Early Help, CAMHS and Multi Agency Screening Team (MAST)
- Schools, colleges, other education providers
- GP surgeries,
- Community and youth organisations – North Yorkshire Youth.
- Employers and the local community to acquire extra funding
Eg. ASDA, Arnold Clark, Maxwell Morrison

Young carer feedback ('they said, we did') (1).

Feedback obtained from Young Carers (informed the recent re-procurement):

- Need more support at school. Some do not feel understood or well supported at school, and others experience bullying linked to their caring role. Young Carers want someone at school who understands them; who understands how caring responsibilities can make school harder, and for bullying to be dealt with more effectively.

School hubs – young carers can drop in to see a young carer advisor at lunch time

Young Carers are producing a film to be shared in schools - 'a day in the life of a young carer'.

Young carer feedback ('they said, we did') (2).

Need regular young carer groups. Meeting other Young Carers like themselves helps them to feel less isolated and alone. Groups are an opportunity to socialise, have fun and enjoy rare time away from their caring responsibilities.

Youth clubs - 'huddles' and 'well-being corners' at youth clubs

'Chill' clubs provision

Group support including integration with other groups

Targeted group work

Young carer feedback ('they said, we did') (3).

Mental health issues, such as stress, anxiety and depression were the most commonly reported negative effect of caring responsibilities

Signposting to universal services

Individual support on a one to one basis

Communication with Young Carers via social media

Young Carer Ambassadors

Worked with young people to establish a 'Young Carer Knowledge Locker' – website

- Improvements to group provision eg. more frequent groups, groups in school holidays, more outdoor activities, and help with transport to attend.

Organise social/leisure events/activities for Young Carers throughout the year.

Arranging days trips in collaboration with Young Carers

Arranging residential events in collaboration with other Service Providers and Young Carers.

Clubs, activities - examples

Hambleton and Richmondshire

Colburn Chill Club
Romanby Chill Club
YAC Mindful Art Session
SFX Hub
Anxiety Workshop
Positive Minds Session
Richmond School Lunch Hub
Thirsk School Lunch Hub
Northallerton School Lunch Hub
Bowling
National Park Activities

Scarborough, Whitby, Ryedale

Youth Club Scarborough YCC
Mental Health First Aid
Substance Abuse Workshops
First Aid For Young Carers
Poetry
Surfing
Bowling
Young Carers Mental Health Group

Clubs, activities - examples

Harrogate, Craven, Selby

Budz:- group for under 11's (pre secondary school age)

Games and activities

Lots of different sections including a quiet space if the young person just wants some space to relax.

uTime:- group for 11-18 year olds

'Chill out' session,

Activities, music, video games.

Group discussion to see what activities they would like to see

Platforms for feedback

- Youth Council feedback
- NY Youth Voice sessions and North Yorkshire Youth AGM
- Feedback from young carers upon completion of workshop sessions.
- Feedback forms are used at stages within service: following assessment, at 12-week reviews and at point of transition or closure. The youth voice speak frequently about how collection of such information could be more dynamic. Work undertaken with the Youth Council to explore differentiated options to evaluate the service.
- Carer focus groups – Example: evaluation should be less ‘hard copy’ - distribute electronically by email, phone, ‘mailchimp’. YC’s tell us that by doing so they will be more likely to submit the evaluation if it is easily understood and less onerous.

Transition to Young Adult Carer provision

Many vulnerable 16 and 17 year olds need more support as they move into adulthood. Their age means that these young people can sometimes 'fall between the cracks' of children's and adults' services and may be left without support.

From 1 July 2022, the Young Carers and Adult Carers support service is delivered by a single provider in 4 localities (an 'all age' service).

Transition from young to adult carers will be much easier to manage.

Young Carer feedback

- Q4 – 100% of Young Carers who completed the Feedback form reported an overall satisfaction rate of ‘Satisfied’ or ‘Very Satisfied’.
- Aim is to gather feedback with a whole family approach:

Young person:

“My worker has taught me different methods to use when I am worried & hope to cope with feeling overwhelmed, this has helped me in all areas of my life”

“When I first joined the Young Carer's service, I was nervous at first as I hadn't received any help with caring for my mum before joining. But Young Carer's sessions turned out to be my get-away from all the stress at home. Everyone was so kind and welcoming, and they made me feel like I wasn't the only one having to cope with the difficult responsibilities of caring.”

Parent:

“L will be going to youth club next week. Thank you for all you've done for L, it's really given her confidence she is like a new person and it is down to the support at young carer youth club from staff and the other young carers”

“B has opened so many doors for us which we didn't know were there, she has referred us all to companies which are helping us as individuals and as a family, she has gone above and beyond to help us and my daughter, we have seen a big difference in her and her personality and it feels like we are starting to get our daughter back”

- No complaints received.

Service outcomes - summary

- Carers are better equipped to continue in their caring role.
- Carers have an increased understanding of the support available and how to access it (for both themselves & the person they care for).
- Carers are more informed, and better prepared, for what may lie ahead.
- Carers feel listened to and understood.
- Carers are less isolated.
- Carers are reassured, gain confidence and support from sharing with other carers.
- Carers understand the importance of being recognised as a carer



Thank you for listening.

Any questions?