



**CORNWALL  
COUNCIL**  
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Together   
for Families

# Cornwall's multi agency review strategy for young carers and young adult carers

2019 - 2021



[www.cornwall.gov.uk/togetherforfamilies](http://www.cornwall.gov.uk/togetherforfamilies)

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.

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# Implementation

The One Vision Executive Board will be responsible for overseeing the implementation of this review strategy.

Cornwall's One Vision Executive Board is the key to ensuring children and young people are safe and have good opportunities to achieve and improve themselves and we will close the gap between those who are doing well and those who are doing less well.

A Young Carer's reference group is responsible for reviewing the delivery of the strategy by Action for Children and Cornwall Council. The group consists of 10 Young Carers and an Action for Children worker to help facilitate. The group members change over a period of time which enables new voices the opportunity to be heard and develops skills for the individuals. The group meets monthly and will monitor the implementation of the action plan from Action for Children and the ongoing improvements in service through Cornwall Council.

The Carers Partnership will be provided with quarterly updates from the Service and has the ability to ask questions and request information raised by the membership.

A group of staff from the Council and Kernow Young Carers raise money for Young Carers to support their educational attainment. The Young Carers use the reference group to administer the money raised.

## Voice of Young Carers in Cornwall:

"Young Carers are unique in every way. (Being on this young carer residential) I have made friends who have encouraged me to try new experiences".

"There are a lot of people that don't understand what it's like being a young carer, the support means that I have someone to talk too that understands. It has helped my anxiety. I feel much brighter now".

## Voice of a Young Carer Parent in Cornwall:

"Thank you all for the amazing work you do, for the transport so our kids aren't let down on our bad days, for the fun activities which give our kids a much needed break and excitement and enjoyment and a chance to have time being a child, for the sessions of counselling and anger management to help our children become a stronger calmer person and for the amazing opportunities offered through your funding".

# Introduction

This is a review of the previous 2016-2018 Young Carers strategy.

The review reflects the outcomes expected within that strategy by Young Carers and the progression of the Young Carers Service during the current five-year contract period to achieve those outcomes. It details the work completed but also the challenges still prevalent to meet all the previous actions; as well as providing initial plans for the future.

A new strategy for Young Carers in Cornwall will be launched in April 2021 in conjunction with the planned procurement for the Service in the same year. The engagement for the new strategy will begin in 2020 with Young Carers, Young Adult Carers, their families and all other relevant stakeholders. The current contract arrangements are that of a combined All Age Service with Action for Children as the Lead provider working in joint collaboration with Cornwall Rural Community Charity (CRCC) in the provision of the Adult Carer element.

The progress that has been made since the last strategy in identifying and providing meaningful support for Young Carers and Young Adult Carers is staggering. At the start of the contract in 2016 Action for Children were working with 722 Young Carers and Young Adult Carers. In 2020 that figure is 2061 and is still growing.

The rising level of growth is expected to continue based on the number of sibling carers and that of parent/grandparent/family Young Carers. There is an established direct link between reduced parental physical and mental health and that of the number of Young Carers.

In Cornwall there are high levels of poverty and debt. Worrying levels of domestic abuse, drug and alcohol abuse and mental health illnesses continue to rise.

Over 30,000 children and young people live in poverty and this number is set to increase. Cornwall and the Isles of Scilly have a higher rate of child poverty than the national average. More than 1 in 3 children live in poverty in some of our most deprived areas, many due to low-paid, seasonal employment.

Cornwall therefore will need to continue to strengthen the Young Carer, Young Adult Carer service to meet the escalating need. This will require additional funding to ensure the physical, emotional and mental wellbeing of Cornwall's young people is enhanced through the caring role rather than diminished.



# Background

Young Carers can be found in all communities and often find themselves excluded from personal and social opportunities, including their education. This can inhibit their development, ambitions and potential to achieve.

Children and young people who are carers have the same rights and access to the same opportunities as all children and young people. They should be able to learn, achieve, develop friendships and enjoy positive, healthy childhoods just like other children.

Young Carers tell us that they value their caring roles and are proud of the contribution they are able to make in their families. All too often, however, children and young people become carers because someone in their family has significant unmet care needs arising from ill health, disability, mental health needs or substance misuse. In some cases, Young Carers have assumed a level of responsibility that no child should be expected to take on. This can have consequential knock-on effects on schooling and other key areas of their lives. Caring should not have an adverse effect on children's well-being and outcomes.

This review strategy has been informed by a range of good practice examples in Cornwall and other local authorities. It is also underpinned by Cornwall's One Vision Strategy, Early Help and Raising Aspirations and Achievements Strategies.

The priorities for change have been informed by listening to Young Carers and their parents and the learning from Cornwall 2014 – 2016 Strategy. The reviewed strategy sets out what actions need to be taken to continue to achieve our priorities and identifies the additional resources needed to meet increasing demand through effective identification of Young Carers.

We are confident that this review strategy will continue to build on planned joint working initiatives and ensures that every child and young person with caring responsibilities has the future they deserve. We will continue to increase our knowledge and understanding of Young Carers, so we can better support their needs.

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**“** Cornwall Council commissions Action for Children to provide the Kernow Young Carers project and we are committed to working with children and young people to make the caring role a more positive experience by offering support, information and guidance, activities and trips, short breaks, school groups, training and educational sessions and local Young Carers forums. **”**

[www.kernowyoungcarers.org](http://www.kernowyoungcarers.org)

# National Context

The Government published in 2018 the Carers Action Plan for 2018-2020: Supporting Carers Today. Detailing the need for Carers to be recognised for their immense contribution to the lives of the cared for and society; with 1-10 people in the UK having carer responsibility the need to support this unpaid work force is clear and ensure their voices are heard.

The Government action plan outlines the cross-government programme of work to support carers in England over two years and builds on the National Carers Strategy. It retains the strategic vision for recognising, valuing and supporting carers from 2008, which has been the vision of successive governments. It sets out this Government's commitment to supporting carers through 64 actions across five priorities emerging from the carers' Call for Evidence. The actions focus on delivery and tangible progress that can be made in the near future and give visibility to the wide range

of work that is planned or already underway across government to support carers, their families and those they care for.

The National Strategy for Carers is underpinned by a range of national policy and guidance identifying Young Carers as a group of young people needing support and highlighting the important role of adult social care in ensuring that parents and families are supported, and young people are not required to take on inappropriate caring roles.

## Care Act 2014

2.16 Carers play a significant role in preventing the needs for care and support for the people they care for, which is why it is important that local authorities consider preventing carers from developing needs for care and support themselves.

Targeted interventions should also include approaches to identifying carers, including those who are taking on new caring responsibilities. Carers can also benefit from support to help them develop the knowledge and skills to care effectively and look after their own health and wellbeing.

2.50 Children should not undertake inappropriate or excessive caring roles that may have an impact on their development. A young carer becomes vulnerable when their caring role risks impacting upon their emotional or physical wellbeing and their prospects in education and life. A local authority may become aware that

a child is carrying out a caring role through an assessment or informed through family members or a school. ....Where a young carer is identified, the local authority must undertake a Young Carer's assessment under part 3 of the Children Act 1989.

16.23 Local authorities must also assess the needs of Young Carers as they approach adulthood. For instance, many Young Carers feel that they cannot go to university or enter employment because of their caring responsibilities. Transition assessments and planning must consider how to support Young Carers to prepare for adulthood and how to raise and fulfil their aspirations.

Young Carers' assessments should include an indication of how any care and support plan for the person(s) they care for would change as a result of the Young Carer's change in circumstances.

Local authorities have a role in minimising caring roles for young people through provision of adequate support for adults. In addition to the Care Act 2014 provision of adult care assessment and support, Councils should be prepared to address their duty under the Children and Family Act 2014 and the Children Act 1989 to safeguard and promote the welfare of children in their area. It is essential that Councils take account of the cumulative effects of responsibilities of family members within the household and where necessary, adult and children's services should work together to protect children from having to undertake unreasonable levels of care. This is supported in Working Together to Safeguard Children 2018.

The Children and Families Act 2014 clarifies the law relating to Young Carers' assessments including:

- Ensuring the right to an assessment of needs for support will be extended to all Young Carers under the age of 18 regardless of whom they are, what type of care they provide or how often they provide it.
  - Clarity for school staff.
  - Placing a clearer duty on local authorities to undertake an assessment of a Young Carer's needs for support on request or on the appearance of need.
  - Making links between children's and adults' legislation to enable local authorities to align the assessment of Young Carers with an assessment of an adult they care for.
1. Assess the needs of the adult or child who needs care and support and then see what remaining needs for support a young carer in the family has.
  2. The presence of a young carer in the family should always constitute an appearance of need and should trigger either an assessment or the offer of an assessment to the person needing care.
  3. A whole family approach is key when assessing an adult needing care where there are children in the family providing care to the adult or undertaking wider caring responsibilities. The adult's assessment and eligibility for support should take into account their parenting responsibilities and the functioning of the family.
  4. Assessments should ascertain why a child is caring and what needs to change in order to prevent them from undertaking excessive or inappropriate caring responsibilities which could impact adversely on their welfare, education, or social development. The views of both adults

and children within the family should be sought separately where appropriate.

5. Consideration must be given to whether a young carer is a "child in need" under the Children Act 1989, and whether their welfare or development may suffer if support is not provided to them and/or their family."

Young Carers and Young Adult Carers can experience a negative influence on their lives from their caring role.

Carers Trust's research has shown that being a young carer can affect a child's school attendance, educational achievement, mental and physical health and future life chances.

A survey undertaken by Carers Trust by 350 Young Carers found 48% said being a Young Carer made them feel stressed and 44% said it made them feel tired.

On average Young Carers miss or cut short 48 school days a year.

A quarter of Young Carers said they were bullied at school because of their caring role.

Carer's Trust's survey with Action for Children (August 2018) revealed that nearly three quarters of Young Carers feel lonely and isolated during the school holidays because of their caring role.

Carer's Trust website: **Young Carers**

In Cornwall emerging data through the HeadStart programme in schools is reaffirming the national picture. 16% of young people in Year 7 and 9 self-identified as a Young Carer. In nearly every sub score of the Mental Health and Wellbeing school measures undertaken Young Carers had a worse score than others without a caring role.

- Young Carers were found to have higher emotional and mental health needs than their peers.
- A higher proportion of Young Carers lived in deprived neighbourhoods and were eligible for free school meals and had an Education Health Care Plan (EHCP) /Special Education Needs (SEN).
- Young Carers experienced increased emotional difficulties.

[The full report is due out in Spring 2020. Sharpe, R. A. Andrews, R., Russell, N., Curry, W & Williams, A.J. 2019. Public Health measures to improve the emotional and mental wellbeing of Young Carers. BJPsych Bulletin \(under review\)](#)

# Cornwall's definition of a Young Carer

Cornwall has agreed the definition of a Young Carer as set out previously by the Association of Directors of Adult Social Care Services (ADASS), The Association of Directors of Children's Services Ltd (ADCS) and The Children's Society (2012), *Working together to support Young Carers and their families*<sup>1</sup> :

“ The term young carer should be taken to include children and young people under 18 who provide regular or ongoing care and emotional support to a family member who is physically or mentally ill, disabled or misuses substances ... 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>.

In addition Cornwall has defined two areas of service to meet the needs of young people Pre16 service and Young Adult Carer service 16-24.

Young Carers is now a standard agenda item on the Cornwall Carers Partnership which is facilitated by Healthwatch Cornwall. This is recognition of the importance of Young Carers and that of Young Adult Carers as well of that of older adult Carers.

To enable Young Carers to feel able to positively contribute to the meeting the Young Carers reference group provides their views to the Carers Partnership as well as the use of other media to help with discussion. The last film shown at the Carers Partnership was used to raise awareness of the Service amongst older Carers and increasingly level of need.

<https://vimeo.com/312084956>



<sup>1</sup>The Children's Society (2012), *Working together to support Young Carers and their families*

<sup>2</sup>Further information on the definition of Young Carer available within Section 96 of the Children and Family Act 2014. In addition ADASS and ADCS have produced a draft template for a 'memorandum of understanding' (MoU) between children's and adult services regarding responsibility for assessment and support of young carers and young adult carers. "No Wrong Doors". March 2015

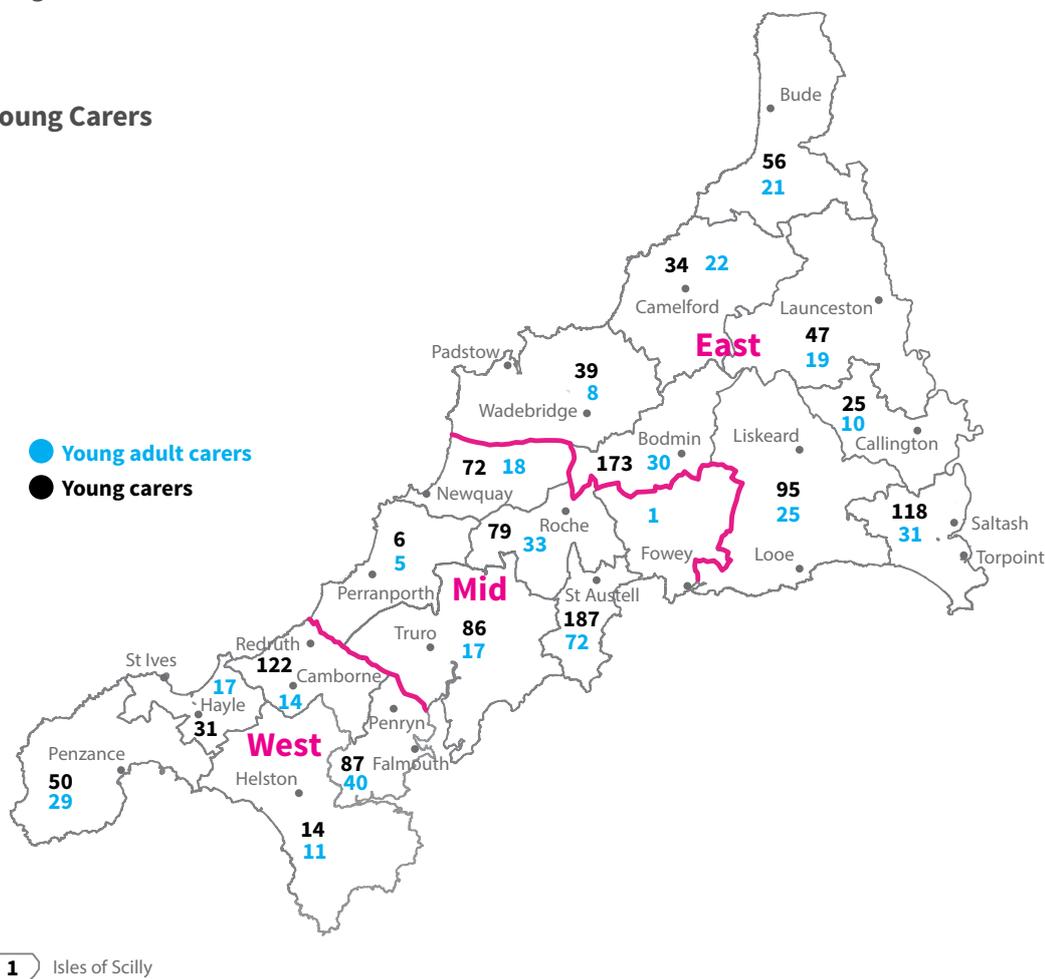
# Profile of Young Carers

Young Carers are largely hidden, and it is, therefore, difficult to know how many children and young people with caring responsibilities there are – both nationally and within Cornwall.

The Census 2011 showed that there was a total of 1,217 young people aged 0 to 15 providing unpaid care in Cornwall and a further 2,682 aged 16 to 24. This information is out of date but reflects the ongoing need to find new ways to identify particularly Young Adult Carers.

Map of location of Young Carers showing the spread across the County and the natural links to areas of deprivation. 2019

## Location of Young Carers



## Our Vision for Young Carers

The key outcome of this review strategy is to ensure that Young Carers are recognised and valued, receive support for their caring role, and are safeguarded against taking on responsibilities which prevent them from achieving their full potential.

Our vision is that children and young people will be supported in situations where they take on caring roles to enjoy positive childhoods where they are able to learn, achieve, develop friendships and enjoy positive, healthy childhoods just like other children so they can aspire to achieve their full potential.

Professionals and services need to be working in partnership with children and families and will need to apply the following principles:

- Young Carers will be supported to make a positive contribution to their family and society. Positive caring in the family will be acknowledged and celebrated.
- Being healthy, having fun and enjoying life should be promoted as being just as important as achieving academically and economically.
- Young Carers will be identified early on in life and at the beginning of caring responsibilities.
- Young Carers will be considered in the context of their whole family, not in isolation.
- Listening to Young Carers and their families and recognising that they are the “experts” on their situation.
- Providing adequate support to those that are cared for is critical to preventing detrimental caring.
- Support will be given to parents and carers to ensure they can fulfil their parenting role.

- Young Carers and their families will be empowered to access support and services.
- Services will be flexible and personalised to suit individual family circumstances and changes over time.
- Professionals are given the capacity to work beyond service boundaries to deliver creative solutions to individual family’s needs.

Feedback from Young Carers and Young Adult Carers is we are doing that:

“ I now have someone I can call and turn to who will give me the sort of advice I need ”.

Young Adult Carer

“ I like the freedom and the trust to be able to attend activities with the Young Carers Service ”.

Young Carer

## Young Carers as part of their family

Some of the Young Carers consulted during the Family Fund Day 2018 told us they value the contribution that they are able to make within their families; however, some resented their responsibilities too. It is also important to note that the Young Carers we met did not necessarily dwell on the negative impacts of caring.

They told us:

- They want professionals to meet them where they are.
- To feel that their abilities as carers are acknowledged and valued through use of positive language.
- They want to ensure that they do not feel patronised or ignored in the decision-making process.

For professionals, it is important that recognition of any positive impacts of caring does not lead to inaction or encourage the continuation of detrimental caring. A Young Carer’s ability to cope and achieve must not mask their need for support.

However, the heart of a Young Carer’s life is their family, not a professional or a service. The direct, and extended, family’s role is enhancing a Young Carer’s life chances and is paramount to support by an external body or service. Families must be given support to use the strength within, on all occasions, to promote outcomes for Young Carers. This means good assessment is paramount.

In 2009 The Children’s Society published the Good Childhood Inquiry, a report into childhood in the 21<sup>st</sup> Century and since then has been helping communities to respond to the needs and concerns of children and young people. The Good Childhood Report 2019 details again the prevalence of multiple disadvantages and that of poor wellbeing. 9% of Young Carers surveyed

detailed living in disadvantage. Family finances and children's wellbeing are intrinsically linked. A significant finding within the report is the need for comprehensive national wellbeing measurement for all children and young people. As this national

debate continues, Cornwall Council are proactively working with all partners to devise a local outcome measure tool to enable services to compare and provide meaningful data of the experience of Cornwall's children and young people.

## Strategic Priorities 2016-2021

The following strategic priorities were generated through consultation in the previous strategy and provide the benchmarking for this review document as to areas for continuous improvement.

1. Prevent and protect children and Young Carers from falling into detrimental caring by improving the identification of Young Carers and the assessment of their own and their family's needs.
2. Provide support to children and Young Carers to ensure they enjoy life and achieve their potential.
3. Utilise the strength of families, with support services, to reduce the number of children and young people that have to take on substantial caring roles.
4. Raise awareness and understanding of the challenges and issues facing Young Carers among professionals and partner organisations.
5. Raise awareness of the role of Young Carers and the practical and emotional support available to them among young people and families.

The safeguarding needs of Young Carers are equally important and the priority areas for action take this into account by ensuring that all needs are identified and supported. Services working with Young Carers are required to be alert to safeguarding issues and to work within the South West Safeguarding and Child Protection Procedures. Safeguarding issues will be monitored through the Kernow Young Carers service.

For each of the priorities, we have set out what Young Carers have said and how we will continue to meet those needs. For each of the five priorities a detailed action plan will be developed and reviewed quarterly at contract management meetings.

**Priority One:** Prevent and protect young people from falling into detrimental caring by improving:

- a) The identification of Young Carers; and
- b) The assessment of their own and their family's needs.

'Fix the support services you already have available and make sure they are accessible and effective.'

'We think you are all amazing. And these events are very emotional for us, because it shows how much you all care and understand.'

**The Young Carer's Needs assessment shows us that the number of Young Carers in Cornwall known to us is significantly lower than the volumes of Young Carers identified by the Census.**

Since the previous strategy the identification of Young Carers has dramatically increased but there is still work to do which will require additional funding attached; as Young Carers are remaining in the service and the levels of complexity in families' lives is growing.

The number of assessments is growing in-line with the identification; with all Young Carers being offered an assessment using the Saul Becker tool and young adults being offered a carers assessment. In 2014/15 there were 109 assessments completed. In 2017/18 that figure rose to 257. The number of Young Adult carers agreeing to a full carers assessment as detailed within the Care Act 2014 remains low; however Young Adult Carers feel; their needs are being met by the service.

The use of an All Age service in Cornwall ensures the seamless transition at 24 years into the adult Carers' services provided by CRCC; where services will be continued to be offered as required by the person.

#### Ongoing actions from the Strategy:

- Review recording of Young Carers on key systems such as Mosaic (Cornwall Council Children's services database),
- Increase the identification of Young Carers in families where there is parental substance misuse, parental mental illness and domestic abuse within the household.
- Update the joint young carer protocols between Adult and Children's Social Care including Mental Health Services.
- Identify what training and development is needed for professionals.

#### Completed Actions:

- Develop joint Young Carer's Assessment tools for use by Children's Services and Adult Social Care based on co-design work.
- Link children's and adult's legislation to align the assessment of Young Carers with an assessment of an adult they care for.
- The development of services to address the new Care Act 2014 requirements to support Young Carer's transition to adulthood.
- Each young carer should receive regular assessment of their needs and those of the family. Information about assessments should be easily available so that young adult carers know what to ask for; who to ask and what they should receive.
- Develop defined assessment pathways for Young Carers.

## Priority Two: Provide support to children and young people with caring roles to ensure they enjoy life and achieve their potential.

'If there is any support that is needed at home, there is always someone at school that I can go to for support.'

'Children in school to be taught about Young Carers to make them more aware and understanding about what they do on a day-to-day basis.'

'More activities for 16 years+'

### Research shows us there is a significant gap in the education outcomes of Young Carers in Cornwall compared with that of their peers.

Since the previous strategy an immense amount of work has been undertaken with secondary schools to improve outcomes for Young Carers by recognising their strengths and providing practical support within school as well information and advice to promote healthy emotional wellbeing.

#### Ongoing actions from the Strategy:

- Support Young Carers to have positive relationships with their family, friends and peers.
- Support Young Carers and their families to reduce poverty with the household.
- To support Young Carers' attendance at school, reduce exclusions and improve educational outcome.
- Support schools in their key role of identifying children with additional support needs and early intervention support of Young Carers.
- Support schools to record "absence due to caring role" as a specific category so that data can be collected, and statistics can be analysed.
- Support Young Carers at key transition points.
- Tailored support available through universal and targeted services, such as in schools, targeted youth support, play services, and more specialist services such as mental health services.
- Greater links with other VCSE providers.

#### Completed Actions:

- Develop with schools a support pack for schools to enable them to better support Young Carers at school.
- Support schools to establish a clear framework of support for Young Carers; embedded into the school's policies and communicated to parents.
- Work with schools to appoint a named young carer lead.
- Support schools to ensure school policies such as those for enrolment, attendance, bullying, behaviour and keeping safe afford recognition to Young Carers.
- To look to accredit caring for your carers. Volunteering award used to accredit.

- Review and improve referral pathway between Kernow Young Carers Project and adults Carers Service to support transition of Young Carers into adults' services.
- Focus identification and support for Young Carers in known and indicative geographical areas.

## **Priority Three:** Utilise the strength of families to reduce the number of young people that have to take on substantial caring roles.

'Our children feel valued as Young Carers and proud of the work they do because of you.'

'The fact the three of us as a family had a day out together has been amazing. Young Carers is fantastic, I am so grateful for what they have done.'

**Department for Education The Lives of Young Carers, Research Report 2017. 3,400 adults were surveyed as to the caring responsibilities of their children. Although the majority of parents of young carers (53%) reported that their child was providing up to an hour or so of care a day during the school or college week, around one in seven (14%) reported four or more hours caring each day rising to over one in four (26%) at the weekends.**

Since the previous strategy connections with other services have improved such as school nursing, teachers, Early Help workers and Adult Social care through an All Age Service. However, in all these areas there is more that can be done in earlier identification, early assessment and the right support for the cared for.

### **Ongoing actions from the Strategy:**

- Support GP's and other health professionals to establish a system to identify and assess the healthcare needs of children and young people in families where parents or family members are experiencing ill health or disability.
- **Consider how Young Carers' issues and whole family perspectives are reflected in work around health and social care integration ensuring synergy between health and social care assessments of the needs of Young Carers and their families.**
- Encourage services to think creatively in designing support that offers families choice, and which is personalised to their unique needs. The strength within the extended family will be used to develop packages of support.

- Young Carers to have the emotional and practical support they need to thrive and realise their potential.
- Enable improved means of data sharing to better facilitate joint working across services whilst recognising the implications of General Data Protection Regulations (GDPR).

### **Completed Actions:**

- Ensure the right to an assessment of needs for support for all Young Carers under the age of 18 regardless of whom they are, what type of care they provide or how often they provide it. The Saul Becker assessment is used for Young Carers under 18 years.
- Promote family activities so that Young Carers and their families can enjoy being a family away from caring responsibilities.

## **Priority Four:** Raise awareness and understanding of the challenges and issues facing Young Carers among professionals and partner organisations.

'I believe there should be a system for communication between workers and families, something similar to what schools have; an app called Dojo. Or, something like that.'

**The survey of Young Carers in Cornwall shows us that Young Carers undertake practical tasks such as cooking, household chores, shopping and gardening; they also provide emotional support; and, make sure the person they care for is safe and comfortable.**

Since the previous strategy, work has continued in raising the profile of Young Carers through both information sharing with partners and fundraising activities within the Council.

### **Ongoing actions from the Strategy:**

- Support those working with Young Carers to be aware of any statutory requirements and guidance to carry out assessments and provide services and signpost as necessary.
- Support those who may work with Young Carers and their families to have the knowledge and training to identify, support and signpost Young Carers to appropriate services.
- Representation and views presented at the Carers Partnership Board.

### Completed Actions:

- Professionals and frontline services who are in most regular contact with young people, have the knowledge, training and resources they need to identify problems early and encourage Young Carers to come forward for the help they may need.
- Support those working with or who will work with Young Carers to ensure Caldicott principles on confidentiality and information sharing are understood and followed.
- Use the Cornwall Young Carers Needs Assessment to support the development of the strategy for 2014 and beyond and investigate further the gaps highlighted in our evidence.

## Priority Five: Raise awareness of the role of Young Carers and the practical and emotional support available to them.

‘Really good for my son. I would like to see more support for my daughter aged nine though to help her attend activities put on...she is shy and wouldn’t go to the recent Pamper Day alone without knowing any other children. Maybe older Young Carers could befriend new members for a few activities. As she attended one with me (her mum), but now only goes to an activity if her brother goes on that activity too. Which doesn’t always work if it’s a Pamper Day, which she wouldn’t go to, but would’ve loved to! She will not attend anymore activities unless some help is organised, so she can in some way attend, and feels happy that she will make friends in time. She needs encouragement to talk to others...she keeps herself alone otherwise.’

Young Carer workers will always work with Young Carers to build trust and rapport and provide practical support to enable Young Carers to feel able to attend activities independently of others.

**A report by the Mental Health Foundation estimates there are between 50,000 – 200,000 young people in the UK caring for a parental with mental health problems. It suggests that inappropriate levels of care put Young Carers’ own physical and mental health at risk.**

### Ongoing actions from the Strategy:

- Improving the identification of and sign posting of carers on a “whole system basis”.
- Review carers’ advice services to ensure that advice adequately addresses and takes account of caring responsibilities. This is being reviewed again with the Family Information Service.
- Examine the accessibility and usefulness of online support materials for Young Carers and update and improve these as appropriate in order to make them relevant to Young Carers in Cornwall.
- Empower Children and young people and families to seek support and advice through clear and effective information and signposting services.
- Information material should be understandable and made available in appropriate languages.
- Review services in regard to Gender Fluidity, LGBT (Lesbian, Gay, Bisexual and Transgender) and BAME (Black, Asian and minority ethnic).

### Completed Actions:

- Make available for Young Carers information, in a variety of formats that will support them in their caring role, for example, medical conditions.
- Develop child/young person friendly materials, in a variety of formats that explain Young Carers’ rights and where to get help.
- Provide clear information about the financial support that exists for young adult carers going to college and university. This information should be provided at an early stage so that the young people are able to plan their futures.
- Services and support for young adult carers are clearly visible and seen to be effective.

# Review of previous Service Analysis:

A range of activities were undertaken to identify what provision is available for Young Carers and their families to access, including take up of these services. Findings included:

2014/16 strategy consultation results	Update on service delivery in 2019
More 1:1 support in schools	26 Secondary schools are actively engaged with the service through drop in provision. However all secondary schools are enabling 1-1 support. What needs to happen now is work both within primary settings and local communities.
Young Carers drop-in once a month in schools	This is in place with all Secondary schools willing to be engaged through a drop-in once a month and Young Carers named worker.
Schools having more understanding regarding caring role from teachers and other professionals	Training has provided in all secondary schools and through access to an allocated worker schools are able to seek advice as needed to appropriate support
Some young people did not want their peers to know they were Young Carers. It was felt that there was bullying issues in schools. We discussed what bullying was and what it looked like (Young Carer's perception) and what Young Carers should do to keep themselves safe including making an adult aware of the situation.	Parents and young people value Kernow Young Carers working within schools, but feel more education is needed for schools regarding the role of Young Carers, and the way this impacts upon the young person and their presence at school. Particularly for secondary schools.
There was also a discussion about stigma around parent's ill health especially mental ill health or if a parent was in a wheel chair, this seemed to cause bullying from others in some situations.	This is no longer an issue with the support being provided and the raise of awareness of Young Carers issues with peers.
The 16+ group looked at what service would like when they turn 18, this was uncertain as young people felt support was still needed, there was a question around making support available.	The support provided is very similar as Young Carers are saying they missed out on their childhoods. However, they have their own Facebook page/meet up regularly as a separate group. What needs to happen now is a planned transition from the service into independence earlier and into not needing Action for Children at activities so that they galvanise as a group.
The 16+ group agreed they would benefit from different advice maybe around education and careers.	Career SW provide this information; better links have been put into place and information sharing protocols are being developed.

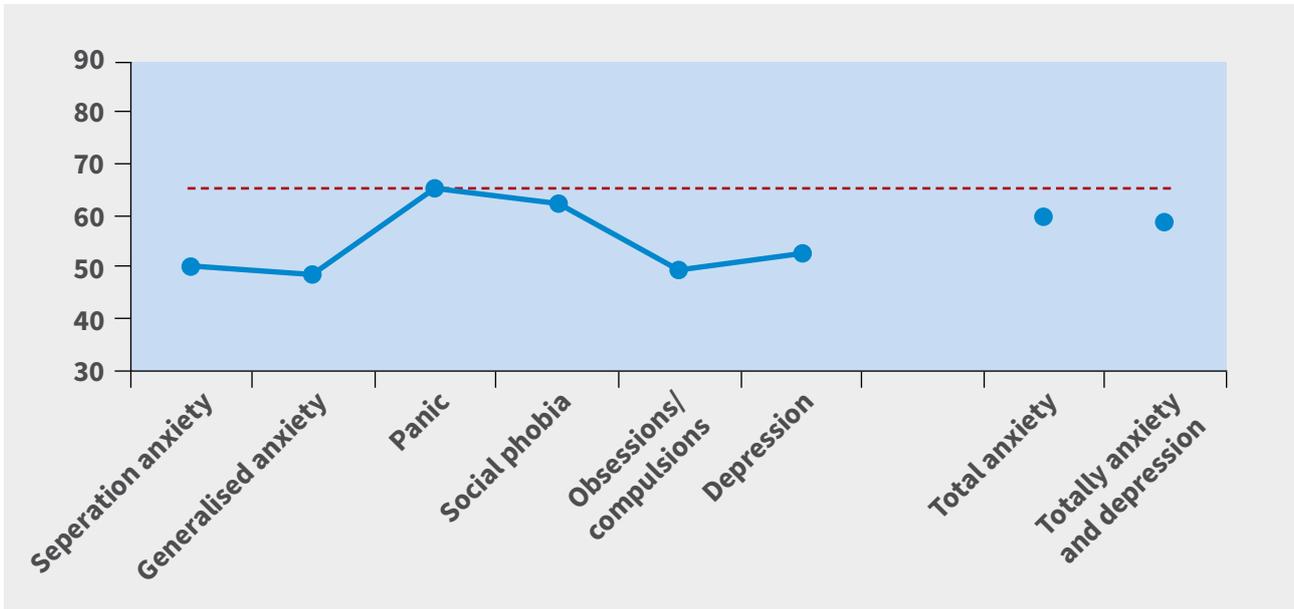
In addition to requirements detailed within the 2016 Strategy. In 2019 Action for Children accessed IAPT programme (Improving access to Psychological Therapies) training provided by the University of Exeter for two members of staff to become qualified Wellbeing Practitioners. Well Being Practitioners assess and support young people

who are experiencing common mental health difficulties such as mild to moderate symptoms of depression, anxiety and low mood. Offering a range of low-intensity, cognitive behavioural therapy (CBT)-based interventions to help the young person overcome the issues.

## Short Case Study detailing the work for the Wellbeing Practitioners (WBP)

Young carer referred by school-low attendance related to anxiety and worry.

**Initial scores: Total Anxiety=45  
Total Anxiety and Depression= 54**

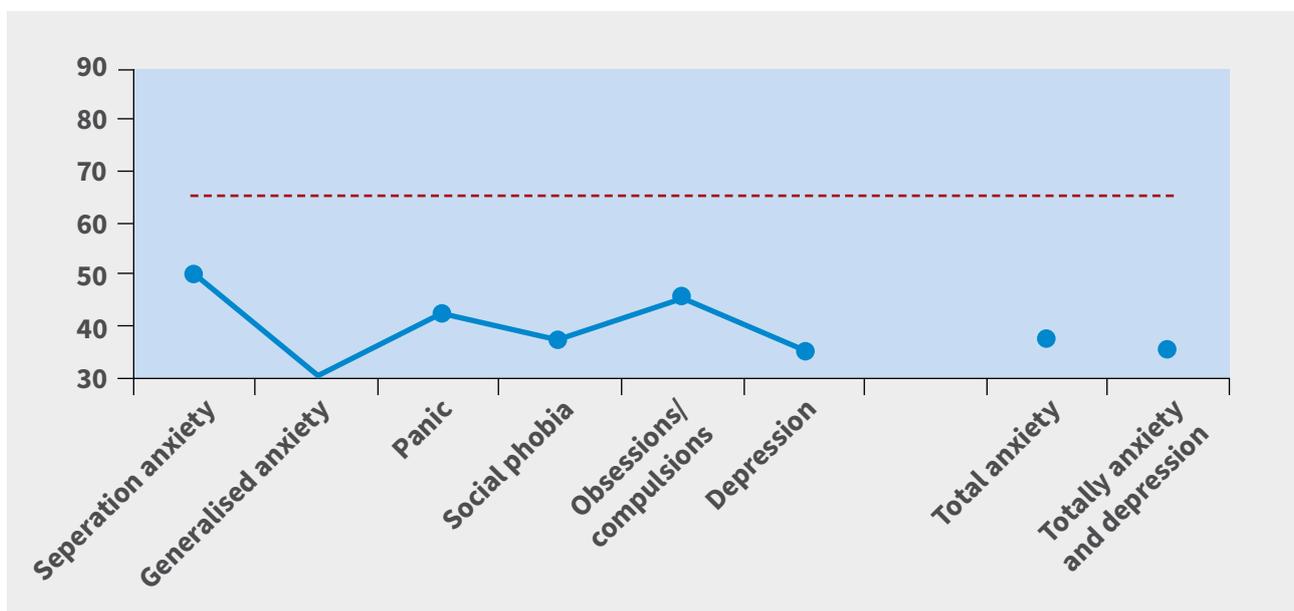


Assessment graph at start (red line shows level which WBP work at)

10 sessions of low intensity CBT using the Worry Management Intervention. The young person is involved in determining the areas that they want to work on and are given a range of intervention they can choose to work with eg this young person chose to use artwork as part of a Worry Journal. The worker and the young person meet weekly with a break in the summer. Worker meets young person in school.

The young person learnt skills around how to manage her anxiety and depression using low level CBT approach. During the intervention the young person also attended activities with the young carers service and received funding for cinema tickets to go out with family and friends.

**The assessment at the end of the intervention scores. Total anxiety=16  
Total anxiety and depression=18**



Assessment graph at end (red line shows level which WBP work at)

The young person is now attending the young carers school group and also the young carers reference group where she has now signed up to do the ASDAN qualification in Volunteering. She is attending activities and interested in attending a residential with the service.

Young Person:

“ I needed someone to talk to around my worries, this has really helped me ”

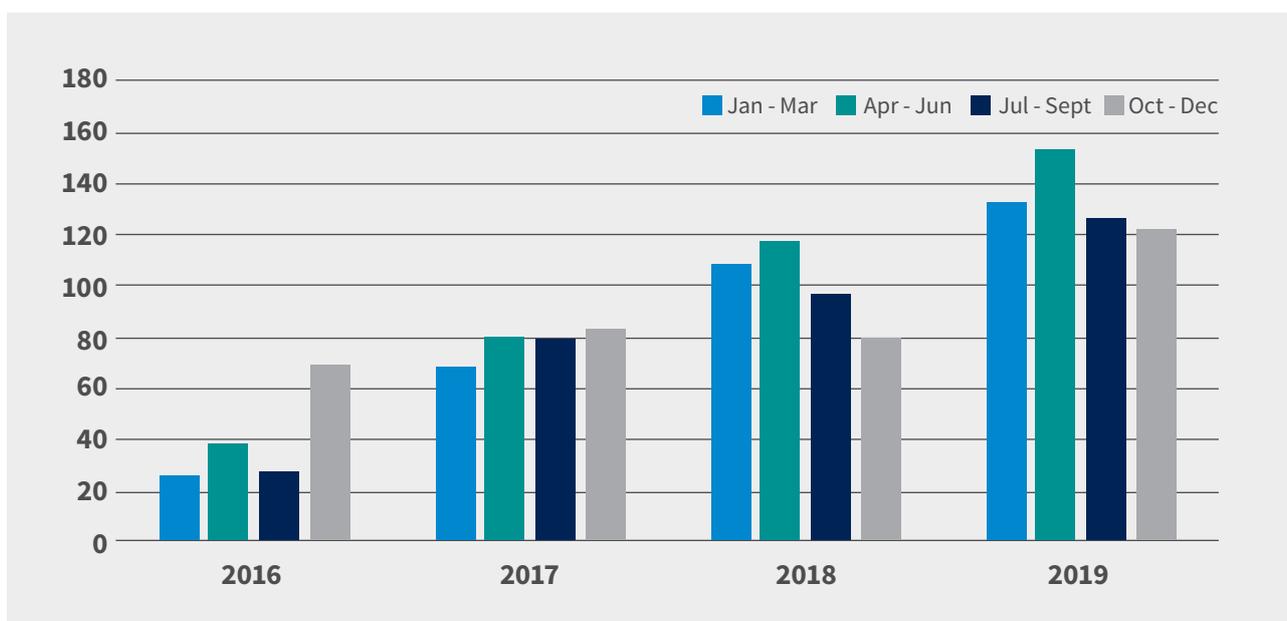
“ I am now attending the young carers group in school and making new friends ”

In 2020 Cornwall Council agreed to provide an additional fifty thousand pounds to fund these two posts for another year whilst a full review is carried out with colleagues in the Clinical Commissioning Group as to wellbeing practitioners across Cornwall services.

### Cornwall Young Carer and Young Adult Carer Service data

In 2016 Jan-March the Service received 26 referrals, in 2019 Jan to March the Service received 133, four times the number of referrals of three years earlier.

Total referrals in 2016 was 162. The total number of referrals for 2019 was 499.

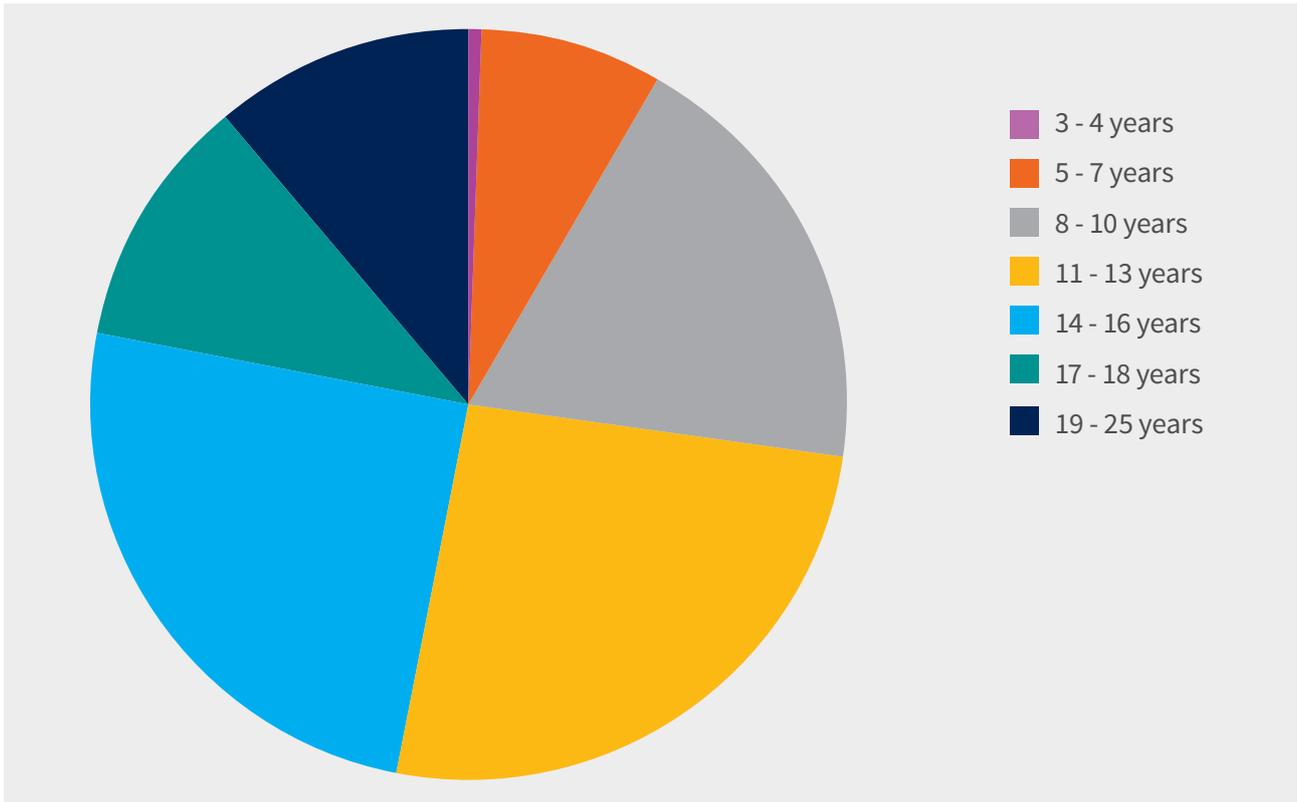


#### Referrals per quarter

This level of increase has been achieved through a variety of approaches; but a significant contributing factor is the publication of the Young Carers School Information Pack. This led to closer working within Education and the development of a Young Carers drop in service. This monthly service provision is successfully embedded in all secondary schools and there is ongoing work within primary education and home education. The provision of a named worker and regular contact within schools has meant a significant increase in referrals from teachers, support staff and school nurses.

Action for Children through the schools' groups have provided cookery workshops, hygiene workshops, CV writing and health and wellbeing focusing on positive mental health amongst Young Carers.

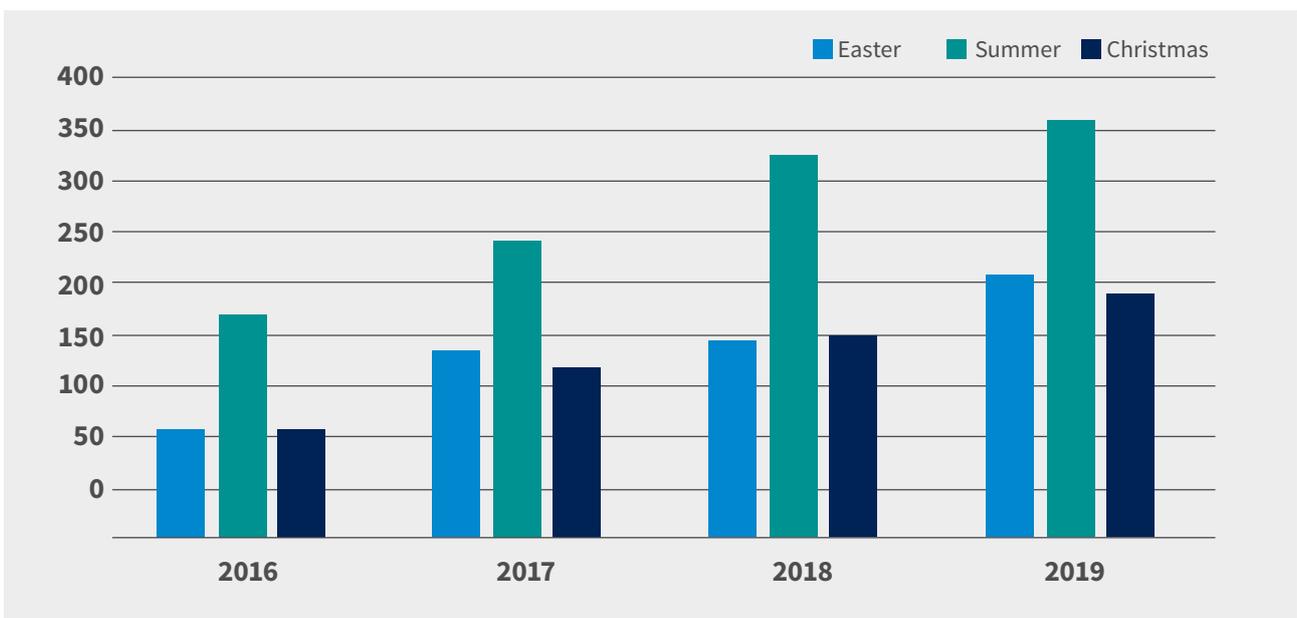
There is a broad range of ages from 3 years to that of 25 years. From the graph below the potential by schools in early identification, referral and providing a safe space in a known environment for drop in and 1-1 support is essential.



**% of age of young carers and adult young carers within the service**

The increase in referrals across the service from partner agencies and family referrals has led to a huge increase in the number of young people accessing school groups, activities and the number seeking direct support from the service e.g. 1-1 support/group work/activities.

In 2016 193 young people accessed at least one summer activity, most had two or three activities. In 2019 we had 362 Young Carers accessing an activity, (due to high numbers most now have one or two) below shows increase in individual Young Carers who have attended an activity over the last three years.



**Activity attendance Easter/Summer /Christmas**

Plans are underway for Easter 2020 and the summer activities.

Action for Children provide a mix of service provision to meet the need of the Young Carers and Young Adult Carers.

- 1-1 low level
- 1-1 medium level trained Wellbeing Practitioners with joint working with CAMHS
- Group work
- Drop in sessions at schools
- Activities and short-breaks
- Information and advice

“ It is very helpful, and if I am feeling anxious or stressed I know I can talk to someone. ”

#### **Young carer family Fun day 2018**

Kernow Young Carers visit every family referred, complete an assessment of their caring role and build positive relationships with Young Carers, and their families to provide the right support for them.

“ They give me advice and help me cope with stress. ”

#### **Young carer family Fun day 2018**

The programme of activities and short breaks runs throughout the year. Forthcoming activities include First Aid sessions for Young Carers; arts and crafts, drama, dance, archery, segways and zorbing (Zorbing is the recreation or sport of rolling downhill inside an orb, generally made of transparent plastic).

The service also offers a number of residential trips, to give young people a break from their caring role. Planned this year includes The Young Carers Festival and a trip to The Calvert Trust.

#### **Parent of a Young Carer response to the 2018 survey:**

“ Fantastic. My illness means I'm vulnerable, so have often found that I have had to let my children down, or have been too ill to take my children out in the holidays. They spend it instead helping me at home. Young Carers providers a monthly group one evening, and opportunities for my children to have days out with transport provided. This means they have plans that my health can't change. Am very grateful for having this stability and a break for my children. Thank you. ”

# Resources

The Carers' Grant in Cornwall is with Adult Social Care.

The current service is commissioned by Together for Families. The current provider is Action for Children up to June 2021.

Social Value and additional income coming into services include:

- Young people oversee our Chairman's Charity funding and volunteer and meet most months for 2 hours to allocate funding (6-10 young people) 167 Young Carers have benefitted from the Chairman's Funding -Total raised through additional fundraising activities by Cornwall Council employees = 16,000 + £3,900 from other AFC donations including Moorlanders/AFC fundraising.
- Additional funding sourced from rotary clubs has paid for extra activities for young carers eg Falmouth and Truro.
- Kernow Young Carers team have accessed additional funding streams eg Turner and Townsend, Duchy Benevolent Fund to support young carers and their families with decorating their bedroom, carpet, driving lessons, rent arrears. Also funded additional resources for school groups, activities for school groups.
- Use of volunteers to support activities. Eg August 2019 volunteers supported 63 hours of activities.
- Supported parents with food boxes signposted to CAPP/ SPACE/Parent carer council/ Pentreath/ foodbanks community morning / adult carers service and training.
- Continued support from the Mayor of Truro being the charity for 2020 including charity dinner proceeds.
- Falmouth University charity for 2020.
- Cornwall Methodists charity for 2020-2021

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14	Map containing data from Action for Children 2019
15	Children's Society Good childhood Inquiry 2009 <a href="https://www.childrensociety.org.uk/what-we-do/research/well-being/good-childhood-inquiry">https://www.childrensociety.org.uk/what-we-do/research/well-being/good-childhood-inquiry</a>
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