

Appendix 2
Bradford Young Carers Service update report - July 2016

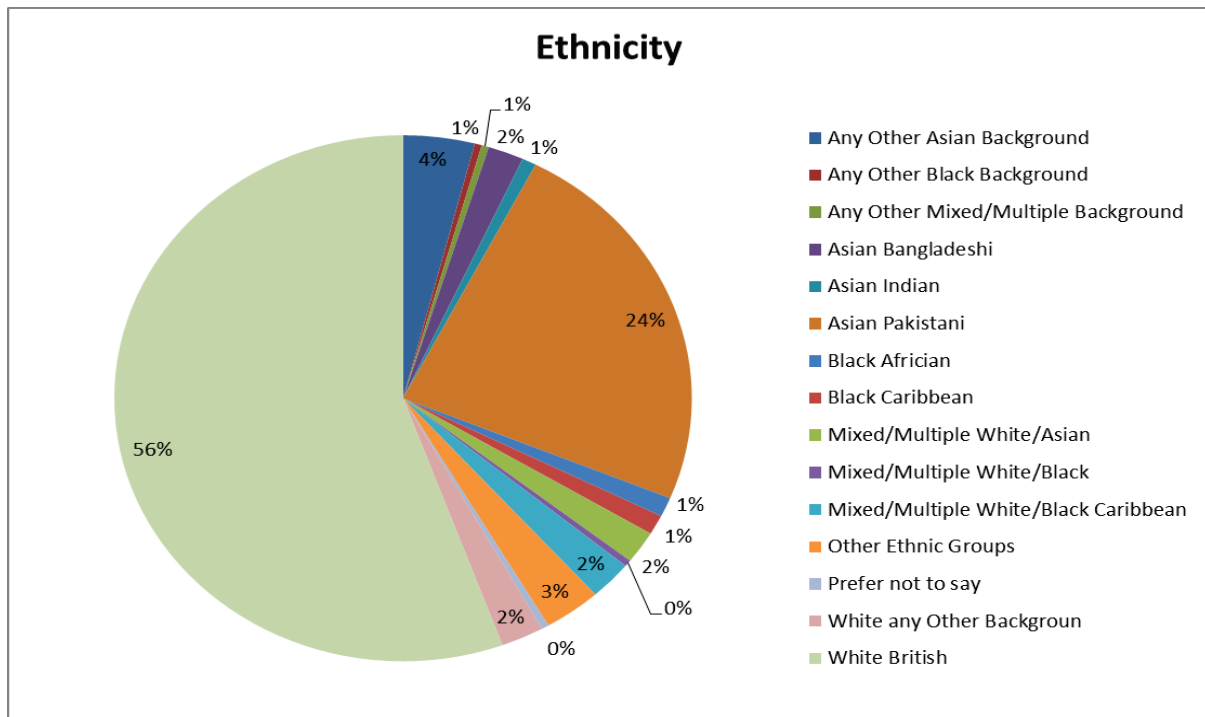
The service has supported a total of 256 children and young people in 2015/16 with 16 children and young people on the waiting list at the end of Quarter 4. This compares with 257 in 2014/15

There were 147 referrals in 2015/16 as opposed to 170 in 2014/15

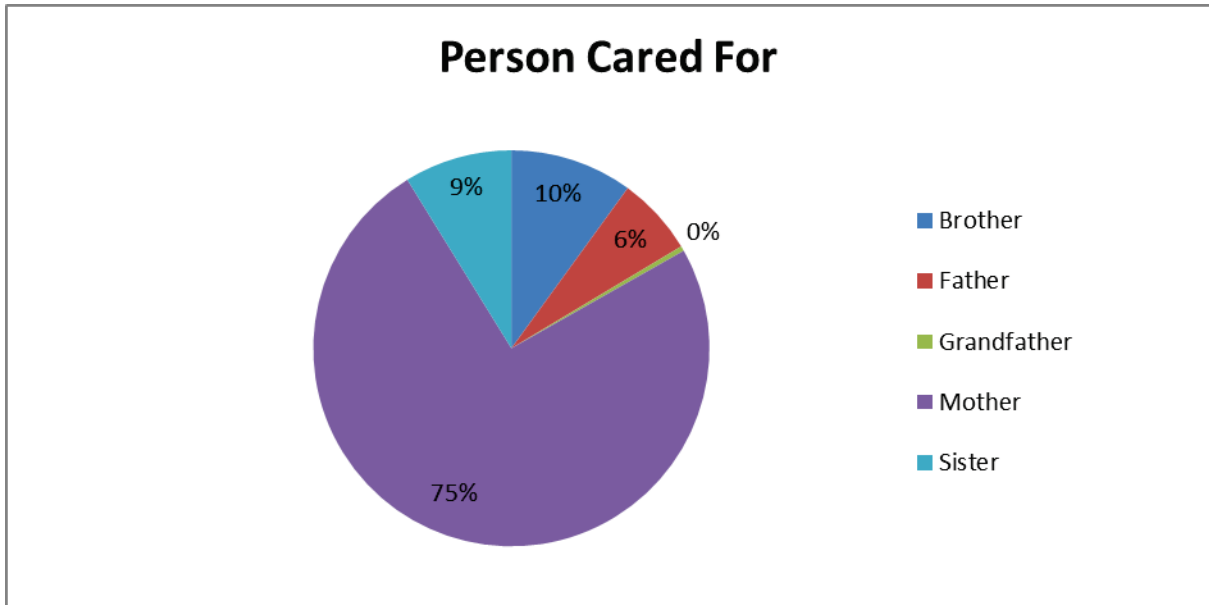
Some of this may be accounted for by the reduction of inappropriate referrals though better processes. However although the Care Act and Children and Families Act have come into force the impact on referrals to the service has been limited with there being no significant variation in the number of C&YP worked with between 2014/15 (257) and 2015/16 (256). Although this therefore doesn't impact on the capacity of the service especially with the staffing issues it has faced there probably needs to be some investigation and discussion as to why there appear to be no increase at all.

The service has also worked with 57 parents

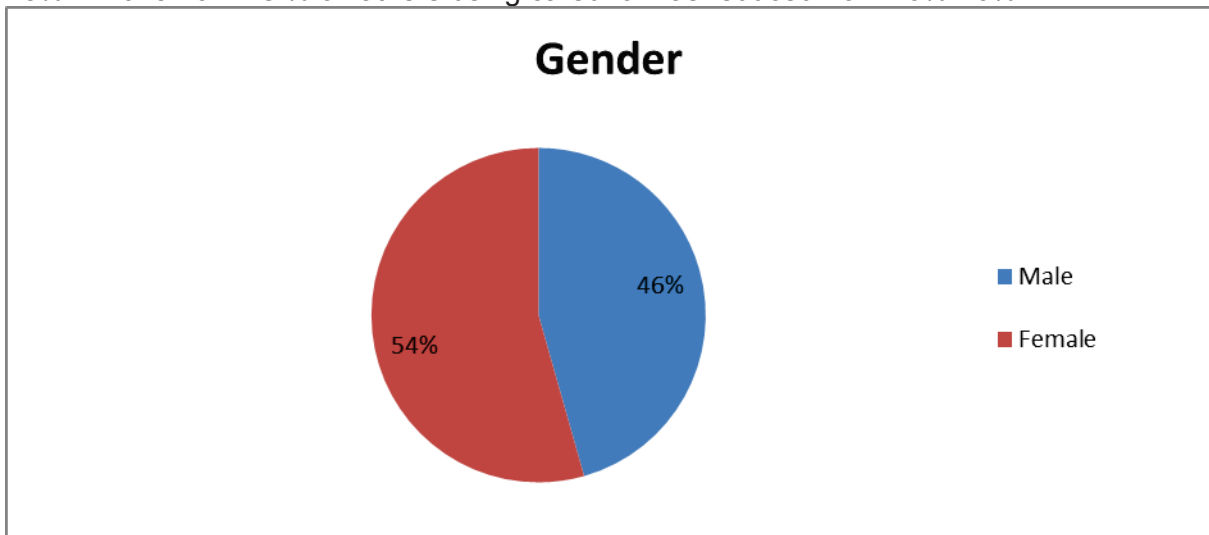
Service User Profiles and Referring Agencies



There are no significant differences in the ethnicity of young carers referred to the service in 2014/15 and 2015/16

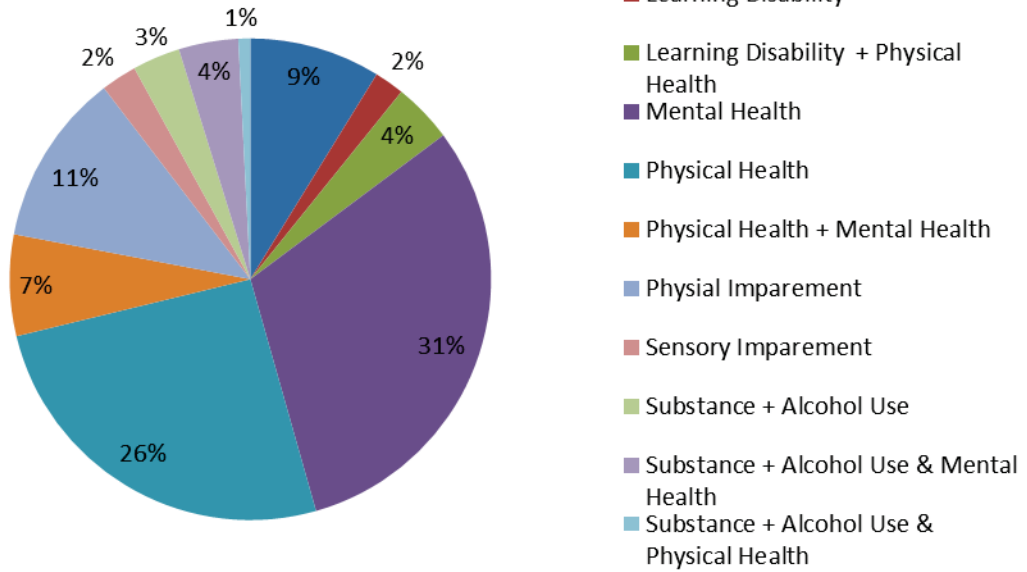


There has been an % increase of the mother being cared for rising from 60% in 2014/15 to 75% in 2015/16. The % of fathers being cared for has reduced from 16% - 6%

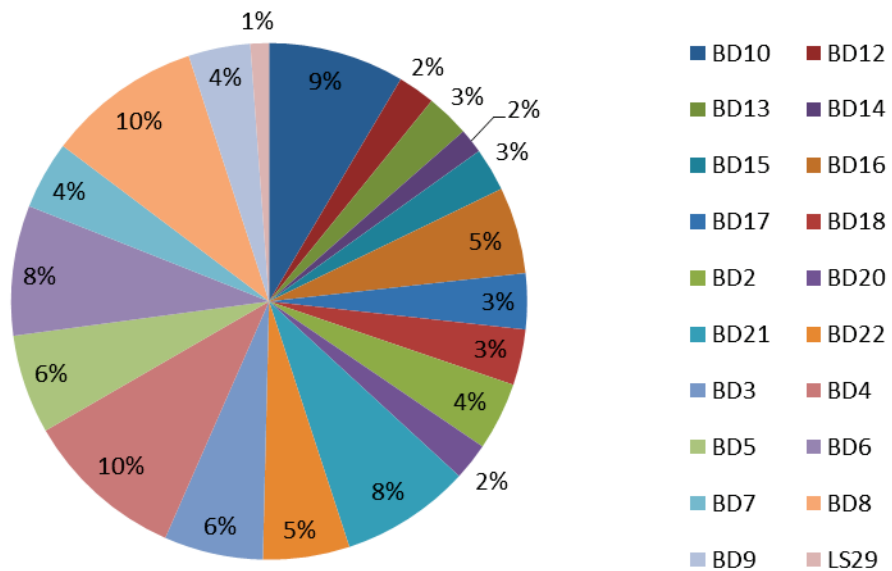


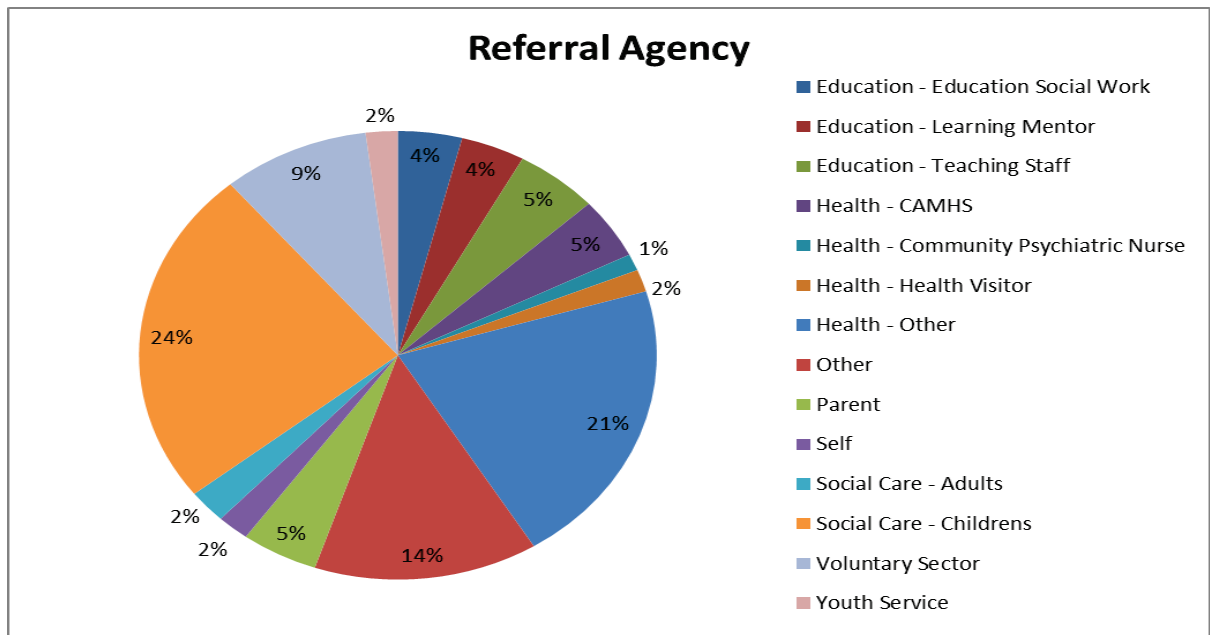
There is no significant variation in the gender of young carers between 2014/15 and 2015/16

Illness/Disability



Postcodes





Key points in comparison with 2014/15 referrals are:

- A decrease in referrals from Children's Social Care from 29% to 24%
- Health other (School Nurses) referrals have increased from 18% - 21%
- Education referrals have reduced to 13% from 17% but this may be accounted for by increase in referrals from school nurses
- Adults social care referrals have remained low at 2%. This is significant as the Memorandum of Understanding outline services that are assessing the person cared for are key in identifying any Young Carers in the household

Outcome 1: reduced impact of caring

71.5% of all case closures identifying this outcome report reduced impact of caring

The service undertook a range of work to enable the child or young person to understand the condition of the person being cared for, exploring the impact, develop strategies for coping and possible resolutions to reduce impact of caring.

1. Individual work/one to one

Examples of this include working with the child to understand emotional wellbeing as result of being carer, the medication the person cared for is taking, that it's not just their responsibility to care for sibling, conditions such as autism or parent's drug or alcohol misuse and even supporting through bereavement.

2. Family Support

Supporting families to move and ensuring all adaptations/support in place, supporting a young person to move, improving family communication by enabling the children and young people to share their thoughts and feelings with family

3. Delivery of Groups to enable the sharing of experience and improving understanding of conditions plus social and peer support includes delivery of specific groups:

- Young carers caring for a sibling due to them having an illness/disability
- Fibromyalgia Group
- Mental Health group
- Hidden Harm Group
- Girls/Boys Groups

3. Bringing in specialist staff to enable children and young people to understand person being cared for condition such as a Specialist Epilepsy Nurse

4. Support to family to get the needs met of the person being cared for

- Securing adaptations and equipment so for example getting alarm fitted so young person can communicate with the appropriate people when parent has a seizure.
- Helping to secure additional carer to come in to meet parent's personal care needs.
- Supporting through CIN plans to get more services in place for cared for person

5. Various Social Activities and residential provide a break from caring responsibilities and an opportunity to relax away from caring role with peers helping to reduce stress and worry

Outcome 2: improved social life/friendships

77% of all case closures identifying this outcome report improved social life/friendships

- All groups' and one to one activities contributed to this outcome. Supporting children and young people to access groups and activities both internally to the project and externally in the community has enabled the development of friendships, built confidence and self-esteem, allowed young people to gain peer support and increased social interaction. This has included volunteer befriender scheme that provides support to young people to get out into the community and engage in activities of their choice
- A varied range of activities were delivered such as Easter Party (organised by Committee), Halloween and Pantomime activities, 'Fun Days' during the school holidays, EID Celebration activity, residential, Carers Week activities and trips

- The service has enabled children and young people to take part in activities they wouldn't normally have access to such as applying for a grant enabled one young person to access a local climbing wall

Outcome 3: improved family relationship

72% of all case closures identifying this outcome report improved family relationships

The list below highlights a range of work that is undertaken to improve this outcome

- Initiating and supporting CAF process
- Provided advocacy and mediation sessions between parents, siblings and young carer
- Provided a range of support to parents
- Created chores chart
- Groups – Siblings Group, Fibromyalgia group, Hidden Harm group etc
- Looking at strategies for how siblings can improve their relationship
- One to one sessions on a range of issues such as changes in family dynamics in relation to puberty and growing up, parental drug use, parents permanently leaving the family home, strained relationship with parents
- Work with family to support to improve diet and fitness and build a stronger healthier bond
- Supported a parent to access support from a solicitor to discuss private proceedings and contact arrangements for child, plus legal position regarding historic domestic abuse.
- Assessments carried out with child and parent allowed worker to feedback to both providing insight for each other into the issues which were breaking down the family dynamics.
- Referring parents for services such as counselling
- Supported young person to move back into parents' home.

Outcome 4: improvements at school/college

74% of all case closures identifying this outcome report improvements at school/college

The service works closely with schools to ensure that young carers maintain and improve attendance, facilitates re engagement and supports them to stay in education by working with the school to resolve barriers and issues. The service links in with other support agencies to enable this. The kinds of issues that are addressed include:

- Bullying issues at school
- Helping school/other support services to understand impact caring role has on education of young carers
- Supporting managed moves and transitions for young carers
- Supporting with UCAS application/clearing process so enabling access to further, higher education
- Advocating and mediating with school around young carers attendance
- Multi agency meetings, improving communication between school, parents other agencies
- Emotional wellbeing work – stress, bullying exam stress, eating concerns
- Liaising with new school to ensure they are aware of issues and circumstances for young carer.

Also:

- Supported young person to access Princes Trust Programme
- Trained Schools on Young Carers and role of named member of staff.
- Trained Connexions, Governors and EWS Staff

- Bradford Grammar School Mentoring Project
- Attended BACs meetings

Outcome 5: feel able to contribute to planning and decision making and have influence on what happens to them

69% of all closures identifying this outcome report feeling able to contribute to planning and decision making and have an influence on what happens to them

Examples include:

- Young People involved in launch of Carers Hub with BDCFT
- Committee members involved in recruitment
- Committee planned and delivered Easter activity and summer holiday activity
- Committee involved in Youth Service Budget consultation
- Views and opinions taken by staff to multi agency meetings
- Involved 3 young carers in schools training
- All groups/activity reviewed with young people for their feedback.
- Young people asked what they would like to do in sessions etc.
- Committee members in attendance at Carers In Action meetings
- Committee members involved in Overview and Scrutiny meeting
- All service users involved in evaluation at end of groups or service

The service also encourages many young carers to share their feelings/wishes at multi-agency meetings either in actual attendance or on their behalf. Part of their role is also to ensure young carers and parents are fully informed on processes such as CAF and Child Protection. This helps families understand what is going to happen and empowers them

Outcome 6: increased confidence and resilience

81% of all case closures identifying this outcome report increased confidence and resilience

Examples include:

- Social/holiday/summer activities - provide respite, opportunity to mix with peers, create friendships.
- Groups and group work = peer support and sharing experiences
- One to one work
- WRAP Group – helped young people better understand their own emotional wellbeing and how it impacts on them.
- Supported siblings to identify support networks.
- Bradford Grammar School Mentoring Project
- Supporting young people to access activities e.g. supporting young person to attend local football club as lacked confidence to go and supported a young person to attend groups as they were very unsure and worried about it. This has resulted in young people being fully engaged in activities
- Residential – activities designed to increase confidence, team building skills and resilience.

Outcome 7: overall satisfaction with the service

91% of all case closures report satisfaction with the service

All outcomes show an increase in percentage rates on 2014/15 reporting therefore showing improvement in outcomes over the year.