

Young Carers' Strategy

2008-11



TOWER HAMLETS

Contents

Introduction

Context

Background

4

Every Child Matters Framework

Key Young Carer Priorities by Every Child Matters Theme

Young Carers' Strategy Action Plan

Review and Evaluation

Appendix A:

Existing projects to provide support and services
to Young Carers

Appendix B:

Legislative framework relevant to Young Carers

Appendix C:

Young Carers' Strategy Steering Group
membership details

Introduction

All children and young people in Tower Hamlets should get off to a flying start and should continue to learn in a safe, healthy and stimulating environment. These foundations will give them the grounding they need for a happy, prosperous life so that they can shape their own futures and become creative, responsible adults.

Tower Hamlets Council aims to ensure that our young carers access the same level of opportunities as their peers and this strategy sets out our plans to ensure that young carers have the same opportunities as other children in the borough. This Young Carers' Strategy complements the Carers' Strategy for adults but draws particular attention to the challenges faced by young people. Only 252 young people are currently registered as young carers but far more young people are contributing to support for others who require care – be it parents, grandparents or siblings and friends. Whilst this responsibility can allow young people to grow and develop personal skills we must also protect young carers' rights; ensuring they have full access to educational and leisure opportunities for personal development. This strategy aims to improve access to training and development opportunities and also aims to provide advice to support them with the additional responsibilities they have as carers.

To ensure young carers receive the support they need by 2011 we will:

- Encourage young carers to be identified by developing systems which encourage young carers to self identify, and raise awareness of the issues for young carers across all agencies.
- Reduce the number of young people engaged in an inappropriate caring role, by improving assessment and links with adult services.
- Improve life chances for young carers by increasing signposting and access to wider services, including respite opportunities.
- Develop communication, information and advice to support young carers.
- Deliver the Young Carers' Strategy 2008-11 in conjunction with Tower Hamlets Carers' Strategy 2008-11.
- Ensure our revised Children and Young People Plan framework helps us to deliver the Young Carers' Strategy.

Context

According to the 2001 Census, there are approximately 7,300 people who provide 20 or more hours of unpaid care to family members, friends, neighbours or others in Tower Hamlets. Of these:

- 200 (3%) are young carers (aged under 18); this is higher than the national figure (1.6%) but lower than our statistical neighbours.

There are an estimated further 1,000 young carers providing under 20 hours of care, making approximately 1,200 young carers in total.¹

There are 252 children and young people who currently use the Council's funded voluntary sector provision for young carers.²

Background

The Council has recently established a register of young carers which will enable us to more accurately identify, monitor and respond to young carers in the borough. In addition we have many existing support services for young carers (see **Appendix A**). This strategy will build on our successes so far, but recognises that there is a lot to do to ensure better services and support for young carers.

Every Child Matters Framework

Tower Hamlets' priorities for young carers will be developed within the framework of Every Child Matters:

1. Be Healthy – we want our children and young people to grow up healthy in body and mind.
2. Stay Safe – we want our children and young people to grow up free from harm, fear and prejudice.
3. Enjoy and Achieve – we want our children and young people to grow up enjoying life, feeling proud of where they live and what they have achieved.
4. Make a Positive Contribution – we want our children and young people to grow up confident and courageous about the future.
5. Achieving Economic Wellbeing – we want our children and young people to develop for themselves, their families and their communities the skill to achieve their ambitions.

(For a full list of legislation please see **Appendix B**)

¹ These figures were derived from Census data by AHWB using SASPAC software as this level of detail is not available in the published Census data. Figures are rounded to the nearest hundred and should be treated with caution given the small numbers involved.

² Draft Children in Need Commissioning Review (LBTH, Aug 2007).

Key Young Carer Priorities by Every Child Matters Theme

Starting from our objectives and the Every Child Matters themes, we have looked carefully at what young carers need, and the barriers they face, and compared it to the help and support that's available. We used a scoring system to pinpoint the areas where we most need to do something new, on top of what is already provided, and have set these priorities out below. (A comprehensive summary of all the actions for each theme can be found in the Action Plan, pages 9-12.)

Be Healthy

Our vision (as outlined in Tower Hamlets' Children and Young People's Plan 2009)

'We want our children and young people to be healthy in body and mind.'

This means investing in effective and culturally-appropriate health services for all children, young people and their families, especially those from more vulnerable groups. Early identification and intervention will also form an important part of our service delivery.

Barriers to Being Healthy for Young Carers

Research has consistently shown that young carers experience a range of physical and mental health problems and these may be linked to:

- Interrupted sleep due to night time caring.
- Stress and constant worry.
- Back injuries due to lifting.
- Poor health due to bereavement.
- Lack of opportunity to take part in sport or leisure activities.
- High levels of anxiety related to keeping family support a secret e.g. when the care is related to substance misuse or physical disabilities such as HIV.

We already: included young carers as a priority group for COO-L prepaid cards which will give them access to leisure services across the borough.

Key 'Be Healthy' Young Carer Priority: we need to ensure that young carers who are prioritised for free COO-L prepaid cards are taking up and benefiting from the offer. We want to consult with young carers to ensure that we have provision that matches their need. As part of this we will also aim to build up our understanding of the profile and demographics of young carers in Tower Hamlets.

Stay Safe

Our vision

'We want our children and young people to grow up free from harm, fear and prejudice.'

This means ensuring that children and young people are effectively safeguarded from the risk of harm and neglect, reducing the involvement of young people in crime, both as victim and perpetrator, and protecting young people from bullying and harassment.

Barriers to Staying Safe for Young Carers

- Young carers may not wish to be identified.
- Young carers may take on more care or support in families that reject statutory services.
- Young carers may be relied upon to perform 'adult' tasks such as cooking, childcare, giving medication from an early age.
- In some households where there is substance misuse, the young carer may be exposed to substance misuse from an early age and may additionally have a chaotic home life.

We already: have a Children and Adult Mental Health Project team who work with children whose parents have mental health issues; many of these children are young carers. The team ensure that children are kept safe and the appropriate referrals are made.

Key 'Stay Safe' Young Carer Priority: we will continue to distribute drugs awareness guidance in school to raise awareness of the impact for children. This guidance includes specific information on young carer advice routes.

Enjoy and Achieve

Our vision

'We want our children, young people and their families to grow up enjoying life, feeling proud of where they live and what they have achieved.'

This means raising aspirations as well as investing in high-quality provision for children, young people and their families so they are supported to excel, providing first class schools and settings for our children and young people and an excellent range of learning, leisure, play and cultural opportunities for families.

Barriers to Enjoying and Achieving for Young Carers

- Missing school, or regular lateness caused by caring responsibility.
- Falling behind with coursework or having no time to revise for exams.
- Parents have difficulty attending parents evening or participating in school activities.
- Young carers being unable to participate in the wider school agenda, social events, after school clubs etc.
- Young carers are not always encouraged to continue in education because of poor attendance, or caring responsibility.
- 13% of young carers from primary school and 27% from secondary school experience some problem at school (Dearden and Becker 2004).

We already: produced and presented PowerPoint presentations to the Designated Safeguarding person (in schools) to raise awareness of young carers of the use of the Common Assessment Framework (CAF).

Key 'Enjoy and Achieve' Young Carer Priority: we will continue to ensure that staff training and guidance encourages greater awareness of the demands of young carers.

Make a Positive Contribution

Our vision

'We want our children and young people to grow up understanding differences, confident and courageous about the future, able and willing to make a positive contribution to a strong and cohesive community.'

This means engaging young people in constructive and law-abiding activities, and actively involving children, young people and their families from all walks of life in decision making.

We work with the voluntary sector to engage young carers in decision making.

Barriers to Making a Positive Contribution for Young Carers

- Young carers' views are often overlooked.
- Young carers feel they are relied on to stay at home rather than take part in opportunities.
- Lack of awareness of services for young carers among young people.

We already: work with the voluntary sector to engage young carers in decision making. We have also set up a focus group of young carers to improve how we, as a Council, engage with them.

Key 'Make a Positive Contribution' Young Carer Priority: ensure that young carers are represented in all Children and Young People consultations.

Achieve Economic Wellbeing

Our vision

'We want our children and young people to have the skills and opportunities to embark on fulfilling careers and contribute to prosperous communities.'

This means creating more employment, education and training opportunities for our young people and ensuring they access and benefit from the global markets on our doorstep. This is more important than ever in the current economic climate. The Olympic and Paralympic Games, Thames Gateway and continued growth of the Canary Wharf Estate generate unprecedented opportunities for Tower Hamlets. As a borough we also host cutting-edge creative industries and are an established centre for culture and tourism.

Barriers to Economic Wellbeing for Young Carers

- Young carers' families often lack a working parent.
- Finances within the home may be affected by disability or illness.
- Young carers often leave school without reaching their full academic potential.
- Young carers may not be encouraged to continue in further education or training.
- Young carers may have restricted choices as an adult as their care and support responsibilities may continue into adulthood.
- Young people with caring responsibilities are expected to have poorer life outcomes if they also experience poor schooling, live in poverty, have parental unemployment (Aldridge and Becker 1993).

We already: prioritised young carers for access to home computers.

Key 'Economic Wellbeing' Young Carer Priority: ensure that transition planning ascertains the caring needs young people are facing and helps ameliorate any effects these may have on post-16 planning.

Young Carers' Strategy Action Plan

The Young Carers' Action Plan complements the Carers' Strategy Action Plan 2008-2011. Developing the strands which most closely relate to young carers and ensuring that as well as providing support their personal needs are addressed.

Outcome	Tasks and milestones	Indicator	Timescale	Lead Agency and Officers
Encourage young carers to be identified by developing systems which encourage young carers to self identify, and raise awareness of the issues for young carers across all agencies.	Young carers identified on Framework-I and Arete Council Databases	Identification established in existing systems	December 2009	Ahea Hannan
	Young Carers Register set up	Framework-I holds cross agency Young Carers Register	July 2009	Helen Jenner
	Ensure that schools and youth services are aware of pressures on young carers and that they do not miss out on residential trips etc. because of caring responsibilities, and encourage self-identification to improve access to opportunities	No young carer misses out on school residential opportunities	From September 2009	Parmjeet Sehmi/ Di Warne/ Dinar Hossain

Outcome	Tasks and milestones	Indicator	Timescale	Lead Agency and Officers
<p>Reduce the number of young people engaged in an inappropriate caring role, by improving assessment and links with adult services.</p>	<p>Carers' Emergency Card and</p>	<p>Young carers entitled to Carers' Emergency Card</p>	<p>From March 2010</p>	<p>Paul McGee</p>
	<p>Access to Emergency Respite Service is investigated</p>	<p>Establish how/ whether young carers could refer to Adult Emergency Respite Services</p>	<p>March 2010</p>	<p>Paul McGee</p>
	<p>Young carers considered for carers' assessments; if appropriate, fully address carers' need for respite and care plans provide respite services in most appropriate form</p>	<p>All identified young carers to have been reviewed to ensure whether assessments are needed/ completed</p>	<p>December 2009</p>	<p>Paul McGee</p>
	<p>Ensure the impact of provision for young carers is addressed in multi-agency protocols (including adults and children's services)</p>	<ul style="list-style-type: none"> • Protocol on working with parents with mental health issues 	<p>February 2009</p>	<p>Ann Roach/ Rosie Loshak</p>
		<ul style="list-style-type: none"> • Protocol on working with parents with learning difficulties 	<p>February 2009</p>	<p>Ann Roach/ Jane Cooke</p>
		<ul style="list-style-type: none"> • Protocol on working with parents engaged in drug misuse 	<p>February 2009</p>	<p>Ann Roach/ Jane Cooke</p>

Outcome	Tasks and milestones	Indicator	Timescale	Lead Agency and Officers
<p>Improve life chances for young carers by increasing signposting and access to wider services, including respite opportunities.</p>	<p>Negotiate with Leisure Services re possible concessions for carers</p>	<p>COO-L Prepaid Card include young carers as a priority group</p>	<p>April 2009</p>	<p>Pierre DuToit</p>
	<p>Explore how to promote Leisure Services/Lifelong Learning services to carers</p>	<p>Consider as part of Communication Strategy</p>	<p>July 2009</p>	<p>Sukhjinder Nunwa</p>
	<p>Explore prioritising of young carers for access to home computers</p>	<p>Investigate whether available grants could prioritise this group</p>	<p>December 2008</p>	<p>Terry Patterson</p>
	<p>Improve signposting, advice and supported offered to carers through the Family Information Service, Children's Centres and Extended Schools</p>	<p>Agree protocols and information exchange strategies</p>	<p>December 2009</p>	<p>Claire Hatton/ Lorraine Hachou/ Mohammed Jolil/ Jo Freeman/ Zefrin Rahman</p>
	<p>Review specialist provision needs of young carers</p>	<p>Review current commissioning arrangements to ensure young carers' needs are appropriately supported. Consider new CS Young Carer post</p>	<p>January 2009</p>	<p>Hania Franek</p>
	<p>Review Young Carers' Scorecard to help identify service gaps</p>	<p>Draft scorecard to Young Carers' Steering Group</p>	<p>July 2009</p>	<p>Michael O'Meara</p>

Outcome	Tasks and milestones	Indicator	Timescale	Lead Agency and Officers
<p>Develop communication, information and advice to support young carers.</p>	<p>Produce guidance for schools on supporting young carers</p>	<p>Key information for schools and other agencies on use of CAF to support young carers</p>	<p>December 2008</p>	<p>Helen Jenner</p>
	<p>Develop good practice video with young carers for awareness raising training with schools and youth provisions</p>	<p>Work with young people to create video</p>	<p>December 2008</p>	<p>Michael O'Meara</p>
	<p>Ensure young carers contribute to children and young people participation strategy</p>	<p>Establish links with young carers who contribute to youth participation. Set up focus group for young carers to develop engagement strategy</p>	<p>December 2008</p>	<p>Antonia Dixey/ Blossom Young</p>
	<p>Ensure extended schools and youth services aware of and addressing young carers' needs</p>	<p>Publish guidance particularly around school journeys, trips etc, including raising awareness of carers card</p>	<p>March 2009</p>	<p>Claire Hatton/ Lorraine Hachou/Nigel Richardson</p>
	<p>Develop Communication Strategy for young carers</p>	<p>Draft Strategy presented to Young Carers' Strategy Group</p>	<p>March 2009</p>	<p>Sukhjinder Nunwa</p>
	<p>Participate in multi-agency Carers' Information Strategy sub-group.</p>	<p>Establish links and role for FIS in Carers' Information Strategy</p>	<p>March 2009</p>	<p>Zefrin Rahman</p>

Review and Evaluation

Review of Strategy Progress

The action plan outlined above will be monitored quarterly by the Tower Hamlets Young Carers' Strategy and Steering Group (please see **Appendix C** for membership). The progress of the action plan will also be reported to the Enjoy and Achieve Subgroup of the Children and Families' Trust.

Evaluation of carers' services: Young Carers' Scorecard

Tower Hamlets is evaluating its young carers provision against the Young Carers' Services Scorecard; this is based on the Carers' Services Scorecard, originally set up for adult carers in 2007. There is no national Young Carers' Scorecard so Tower Hamlets decided to develop one locally. The "scorecard" started in 2008 and evaluates young carers' services against the Every Child Matters outcomes. The scorecard is then monitored regularly, given a RAG rating and discussed at the Young Carers' Steering Group. This ensures that young carers services are robustly and consistently monitored.

Appendix A: Existing projects to provide support and services to Young Carers

Name of project	What the project delivers/offers	Contact details
Children's Services		
Youth and Community Learning	Offers a range of universal activities to all young people, including young carers, running youth groups, clubs and activities for young people, through their "Things To Do" brochure, reaching 33% of all youth. Also hosts a website with information for young people. Runs the COO-L (Choice and Opportunities on-line) scheme, which is aimed at providing freedom of choice to young people by providing a £40/month bursary which registered young people can use only on the following website www.coo-l.co.uk . Has so far attracted 1400 young people out of a possible 6000.	Tel: 020 7364 0798
Children's Social Care	Within Children's Social Care, practice has been that young carers are more likely to become referred when the level of caring responsibilities upon the child results in parents not meeting children's needs. When these responsibilities are such, the child (ren) should be identified as "Children in Need." There is, however, no systematic framework in place within Children's Social Care for identifying all young carers and, as Children's Social Care services are focused on high-end needs requiring specialist service, many children with some caring responsibilities would not meet the threshold for social care support. The CHAMP pilot, a child and adult mental health project to address the needs of children living with adults with mental illness has indicated that there may be considerable unmet need.	Tel: 020 7364 2213
Extended Services	<p>Extended Services plan and coordinate the extended schools programme in the authority. The team includes the Junior Youth Service, Health Through Education, OoSHL (Study Support) Service and Extended Schools. Extended Services support schools with the delivery of the core offer of extended services to pupils, their families and the wider community, including childcare and a varied menu of activities. By their very nature these activities take place outside the normal school day and include breakfast clubs, after-school clubs, homework and ICT clubs, sports and arts projects and other enrichment activities.</p> <p>In the summer term 2008, the Extended Schools Cluster in Lap 5 & 6 piloted a pamphlet, listing services available to all groups. Similar information will be available through all clusters during the course of the current school year.</p>	Tel: 020 7364 6388

Name of project	What the project delivers/offers	Contact details
Adult Services		
Leisure: Young Carers' Access to Sport	<p>Young Carers' Access to Sport</p> <p>The Carers' Centre Tower Hamlets is funded to employ a Young Carers' support worker, part of whose role is to enable young carers to participate in activities which they have limited access to due to lack of practical resources at home. The carers centre has been active in seeking out young carers through schools in the borough and providing them with emotional practical support as well. This project would enable the Carers' Centre to much better structure and resource physical activities for this vulnerable group of children and young people.</p> <p>The project offers a weekly physical activity group for two alternating groups of 8-12 year olds and 13-18 year olds who spend a significant amount of time giving support and care to a disabled family member. The group would alternate weekly between Monday and Tuesday evenings and would offer a sport option on 28 weeks of the year. Activities would revolve between a selection of those chosen by the group members to encourage maximum participation, and would include netball, basketball, football, cricket, swimming, water sports, ice skating, rounders and rock climbing.</p> <p>The sessions need to be flexible as there is a wide but inconsistent membership of the groups because of the varying demands of the caring role and other demands such as school work and exams, and because there is a wide of range of interests among the members so varying activities encourages different people to participate.</p> <p>The project team is:</p> <ul style="list-style-type: none"> • Tower Hamlets Carers' Centre CEO and Carers' Support Worker • Carers' Commissioning Officer, Adults Health and Wellbeing • Children's Services Commissioning Section • Tower Hamlets Leisure Services provider GLL • Bishop Challoner School extended hours programme; Bishop Challoner Village Club 	Tel: 020 7364 0526
Adult Health and Wellbeing	<p>AHWB commission services that occasionally support young carers such as the Princess Royal Trust Carers' Centre and Carers' Connect (Family Action, formerly Family Welfare Association). Adult Health and Wellbeing is also part of the Sports Project, "Young Carers' Access to Sport".</p>	Tel: 020 7364 2163

Name of project	What the project delivers/offers	Contact details
Adult Services <i>continued</i>		
<p>Cross Service projects: CHAMP</p>	<p>CHAMP is the pilot of a child and adult mental health project to address the needs of children living with adults with mental illness. A specialist children's worker has been appointed to work in Community Health Teams. Set up to address the communication difficulties that can arise between services. Leaflets have been specially designed for young carers of parents with mental health problems. Referrals to Princess Royal Trust and Family Action Building Bridges (formerly Family Welfare Association).</p> <p>The pilot has identified 230 young people who may be young carers by compiling and maintaining a record of those children in families where one or more adult relatives are under the long-term care of the Community Mental Health Team, using a case list of all mental health service users known to their team (and Framework-I has filled in gaps re dates of birth, social services input etc.). The pilot raises awareness of young carers through established links with local schools and children's centres and relevant staff such as the extended schools social worker and health visitors. Mental health awareness workshops have been planned for school staff in conjunction with the extended schools' social worker and will go ahead throughout the next academic year. Families are also supported by Children's Social Care Family Support and Protection teams, Children's Centre Family Support Services, FWA Building Bridges and Docklands Outreach Community Families project.</p>	<p>Tel: 020 7364 2054 Email: champ@towerhamlets.gov.uk</p>
<p>NHS Tower Hamlets (NHSTH) Occupational Therapy and Community Equipment Service</p>	<p>NHSTH commissions healthcare for the people of Tower Hamlets and directly provides a range of community health services. It provides young carers with necessary equipment to assist in their caring role and to reduce health problems e.g. bad backs. Refers young carers onto support services like the Princess Royal Trust for Carers, if needed. The service may also identify young carers during a home visit. When identified, carers are offered a Carers' Assessment. The practitioner would complete a CAF and signpost them to other services including leisure services.</p> <p>If a carer is having difficulty managing a disabled person then the disabled person is referred to the OT service for assessment, not the carer. However, in providing expert advice to maximise the disabled person's functional abilities and level of independence and providing robust management provision for the disabled person that the young carer cares for, the OT service is:</p> <ul style="list-style-type: none"> • reducing the risk to young carers of injury and stress; 	<p>Tel: 020 7377 7000</p>

Name of project	What the project delivers/offers	Contact details
Adult Services <i>continued</i>		
	<ul style="list-style-type: none"> • minimising the time and effort the young carer has to dedicate to the care of the disabled person freeing them up to complete schoolwork and enjoy leisure activities they want to get involved in; and • giving them confidence to carry out their caring role and be proud of the contribution they make to the service users life. 	
Third Sector Provision		
Princess Royal Trust for Carers, Tower Hamlets.	<p>Princess Royal Trust for Carers provides stress reduction for carers using 1-1 emotional support, social events and a range of team, individual and confidence building sports and leisure activities designed to take them away from the caring role for a short time.</p> <p>The Trust runs three weekly sessions for young carers, one for 12 and under, and two groups for 13-17 year olds. It offers life skills training including changing relationships, and what to do in an emergency. The Trust also provides some holidays and access to respite breaks provided by external organisations for young carers and has access to a specialist financial advisor offering advice and training in financial capability and money management. The Trust offers emotional support and advocacy for young carers in schools and colleges, grant applications and donations for holidays.</p> <p>The Trust currently has funding from Sport England for a project called "Access to Sport" enabling young carers to take up activities like bowling, sailing, canoeing, skating, swimming, fencing and tennis on a weekly basis. The project is planning a week of sports and leisure events for the summer and has offered schools INSET sessions to raise awareness and identify young carers.</p>	Tel: 020 7790 1765
Family Action <i>(Formerly Family Welfare Association)</i>	<p>Family Action works with families that face issues such as domestic abuse, mental health problems, learning disabilities and severe financial hardship. They run the Carers' Connect Project, which has three young carers groups for ages 3-8, 9-12 and 13-17. They run activities and trips in the holidays and during Carers' Week in June. They also refer young people with behavioural problems to CAMHS, and signpost young carers to support systems including the Princess Royal Trust.</p>	Tel: 020 7254 6851

Name of project	What the project delivers/offers	Contact details
Third Sector Provision <i>continued</i>		
<p>Siblings of Disabled Children Group (Urban Centre Group, formally Barnardo's Spark group)</p>	<p>At present 12 young people regularly attend every Monday 6.30pm – 8.30pm at the Urban Adventure Base in Mile End Park. The ages in the group vary from 8 through to 16 with a good mix of these ages. The group currently is predominantly female, with just three boys who regularly attend. (3 Bengali, 1 Indian/Pakistani, 8 White British)</p> <p>An Adventure Projects Development Worker offers an informal support network for the young people by offering them a safe environment in which to meet where they can take part in a wide range of activities from archery, biking, and climbing through to arts and drama.</p>	<p>Tel: 020 8981 4924</p>
<p>London Buddhist Centre</p>	<p>The London Buddhist Centres provides stress reduction and relaxation drop-in classes and retreats, free for carers of any age. It offers two retreats a year offering the carer a complete break from their caring responsibilities, as well as learning basic relaxation techniques that can reduce stress in daily life, free massages and reflexology. The weekly drop in classes are a good way to meet carers in a similar situation and share experience. There is a direct open access for any carer and prioritisation based on need and length of time without break.</p>	<p>Tel: 020 8981 1225</p>
<p>Docklands Outreach</p>	<p>Docklands Outreach is an east London based charity designed to meet the needs of young people in the London Borough of Tower Hamlets. It offers professional advice, ongoing support, training, help and more. One of the projects works with young people between the ages of 5 and 15 with behavioural difficulties. Occasionally supports young carers.</p>	<p>Tel: 020 7538 1601</p>
<p>St Hilda's East Community Centre</p>	<p>St Hilda's is a multi-purpose community centre catering for all sections of the local community.</p> <p>St. Hilda's Short Term and Flexible Breaks Project helps Asian, mainly Bangladeshi, unpaid carers of adults aged 18 plus experiencing a range of disabilities and needs from any care group. This scheme provides a range of services like information, support, benefits help, respite, advocacy and signposting to appropriate agencies to meet carers' needs. The project worker also carries out needs assessments to provide culturally and linguistically sensitive short-term respite up to six weeks and/or flexible respite as well. This may include home help/sitting service at home through Shebadan Domiciliary Care Project or daycare placement at Sonali Gardens Day Centre alongside any regular care</p>	<p>Tel: 020 7739 8066</p>

Name of project	What the project delivers/offers	Contact details
Third Sector Provision <i>continued</i>		
	provisions. St. Hilda's also runs monthly Fursoth Group i.e. Bengali-speaking Carers' Support Group to give a platform to share and receive information, building self esteem and confidence, peer support and socialisation and to have training for carers.	
NSPCC: The Tower Hamlets Young People's Centre	NSPCC provides a range of support services for young people living in the borough. Services include therapeutic support to children and young people who have suffered trauma or difficulties, and this is offered on an individual and group basis. The staff also work with young people who have been excluded from school. Referrals from parents/carers and children/young people accepted.	Tel: 020 7825 2775
SOMALI Project Black Women's Health and Family Support	BWHAFS has established a number of projects geared specifically towards working with Somali young people. The aim of these has been to facilitate the integration of Somali young people into mainstream society thus reducing their marginalisation and isolation. The work of BWHAFS is guided by various national and international acts and conventions that seek to protect the universal rights of women and children in particular e.g. The Children Act, The Mental Health Act, the U.N. Convention on the Rights of the Child, and The Prohibition of Female Circumcision Act, which renders the practice illegal. BWHAFS run a Carers' Outreach Project which are currently all adults, although they have had young carers in the past. They are proactively going into centres and Tower Hamlets College to talk about and look for young carers.	Tel: 020 8980 3503
Tower Project	The Tower Project works with children, young people and adults with disabilities. Through its outreach work, comes into contact with young carers and directs them to support services including the Princess Royal Trust.	Tel: 020 7790 9085
Family Action	Family Action signposts young carers to support systems including the Princess Royal Trust.	Tel: 020 7729 7985 or 020 7729 0134
The Bethany Project (The National Autistic Society)	The Bethany Project is a therapeutic service which aims to enhance the psychological health and well-being of children and families in Tower Hamlets. The MindBuilders Project takes a family-centred approach with a focus on empowering the parents of young children with pre-autistic, autistic or other challenging behaviours through family-mentoring at home or early intervention groups with the aim of promoting overall family mental health.	Tel: 020 7790 6464

Name of project	What the project delivers/offers	Contact details
Third Sector Provision <i>continued</i>		
Mind	At Mind, carers come in to refer themselves. They will then signpost carers to other services.	Tel: 020 7537 7944
Toyhouse Libraries Association of Tower Hamlets	<p>Toyhouse is a nearly 30 year old grass-roots voluntary sector provider of a range of services to local families. This is through a network of 65 locally based toy libraries, but also via soft play sessions and mobile (domiciliary) services. They also undertake some outreach and home visiting work where the play and support is taken into the home.</p> <p>Whilst the majority of Toyhouse services are open access and universal, Toyhouse has some services that are particularly focussed on meeting the needs of children with special needs/disabilities and their families so access to these are by referral, including self referral. In addition to this they have been receiving increasing numbers of requests to help and support families where the adult has the special need/disability. Unfortunately, most current funding does not permit this support work.</p> <p>Many Toyhouse services are for families and their young children up to the age of 5 years but they have specific projects that address the needs of primary aged children with special needs/disabilities and their families.</p> <p>The referral-only services focus on the needs of all family members, whether it is the child or parent with the special need/disability, and includes all the siblings, whether acting actively as a carer or who are more passively affected.</p>	Tel: 020 7981 7399

Appendix B: Legislative framework relevant to Young Carers

Children Act 1989

- Under Section 17 (1) of the Children Act 1989 an LA has duty to 'safeguard and promote the welfare of children who are "in need" and
- To promote the upbringing of such children by their families'.

Given the nature of pressures upon Young Carers they are more likely to be children "in need".

A child should be considered "in need" if:

1. Unlikely to achieve or maintain or to have the opportunity of achieving or maintaining, a reasonable standard of health or development without the provision of services by a local authority.
2. Health or development is likely to be significantly impaired, or further impaired, without the provision services.

The UN Convention on the Rights of the Child 1989

- Under Article 2: Young carers have a right to be treated in a non-discriminatory manner. Research shows that young carers do suffer discrimination in terms of access to information, services and education.
- Article 3 adopts the welfare principle, which determines that the best interests of the child are paramount.
- Article 12 allows for the wishes of the children to be taken into account, depending on age and maturity.
- Article 17 requires that a child has access to information, especially information that will promote their well-being and physical and mental health.
- Article 28 promotes children's right to education and article 29 states that aim of education should be for children to achieve their full potential.
- Article 31 recognises children's right to rest, leisure, engage in play and recreation.

The Carers (Recognition and Services) Act 1995

- Under this Act carers of any age who provide, or are intending to provide, a substantial amount of care on a regular basis, are entitled to request an assessment of their ability to provide and continue to provide care for the relevant person (as part of both Community Care and Children Act Assessment) at the time the person for whom they care is being assessed or reassessed for community care services.
- The results of that assessment must be taken into account when decisions are made about the type and level of services to be provided to the person receiving care.

The Carers and Disabled Children Act 2000

- Provides rights for carers aged 16 or over when they are caring for an adult.
- Councils have duty to undertake assessment of carers aged 16 or over if requested to do so by the carer, independent of the person they are caring for if they are providing a substantial amount of care on a regular basis for an adult.
- Councils have power to provide 'carers' services' directly to carers aged 16 or above, which either supports their caring role or helps them to maintain their own health and well-being.
- Carers aged 16 or over have a right to receive direct payments and Carer Break Vouchers for short breaks.

Children Act 2004 – Section 53

- Within assessment of Children in Need (under section 17 Children Act 1989) a duty to consider the wishes and feelings of the child regarding the provision of services.

The Carers (Equal Opportunities) Act 2004

This Act made three main changes to the existing law around carers' services:

- Act places a duty on Council to be proactive in informing carers of all ages of their right of assessment.
- When undertaking an assessment, Council must take into account whether the carer works, or wishes to work, undertakes or wishes to undertake education, training or leisure activities.
- Facilitate cooperation between local authorities and other bodies in relation to the planning and provision of services that are relevant to carers.

Appendix C: Young Carers' Strategy Steering Group membership details

Chair

Liz Vickerie, Head of Support for Learning Service

Carer representatives

Young carers to be asked how they would like to contribute/shape services

Third Sector representatives

Lyn Middleton, Carers' Centre Tower Hamlets CEO

Raffaella Katsanis, Family Action

Pip Pinhorn, Toyhouse Libraries

Children's Services representatives

Karen Quinn, Service Manager, Eva Armsby Centre

Karen Badgery, Commissioning Manager Children's Services

Dinar Hossain, Youth Services

Young People and Learning Rep

Adults' Services representatives

Penny Collier, Commissioning Officer for Carer Services

PCT representatives

Sheila Eden, Head of Children's Occupational Therapy, PCT

Mental Health Trust representatives

Ian Williamson, Mental Health Adult Services Liaison

Oliver Kianchehr, Children's Specialist in Adult Mental Health

Lead Officer Young Carers

Michael O'Meara

020 7364 6405

Strategy Partnership and Performance

Ahea Hannan



2009-2010
Positive engagement of older people
2009-2010
Preventing and tackling child poverty
2003-2009
*Winner of 7 previous
Beacon Awards*



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