

| Issues that affect young carers | Some of the actions and solutions (statutory and voluntary sector) |
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| Education | |
| <ul style="list-style-type: none"> • Absences • Lateness • Lack of concentration • Tiredness • Poor or incomplete homework • Difficulty joining in extra-curricular activities • Bullying • Restricted peer networks • Poor attainment • Anxiety • Behavioural problems • Lack of aspiration | <ul style="list-style-type: none"> – Sheffield Young Carers Project (SYC) working with schools, colleges , apprenticeship and training providers to promote awareness of young carers and their needs – Statutory agencies working to identify young carers and offer a young carers assessment, including MAST working with schools to promote awareness of YC and their needs – SYC coordinates schools network for primary and secondary schools (SCC/MAST YC Champions attend), promoting good practice and uptake of young carers assessments – VOYCE project works on supporting young carers in transitions (primary to secondary and secondary into HE or training/apprenticeships) Main partners = Chilypep, SYC, Interchange. This includes pilot work in three families of schools, and in supporting involvement of young carers in the education sub-group of Young Carers Strategic Board – SYC has supported the development of Progression Information Form (from school to further education, piloted with Sheffield College and now being extended to more schools) – Emotional well-being support for young carers in school through pilot project as part of SCC contract with Interchange and Family Action – being piloted in 3 families of schools |
| Physical health | |
| <ul style="list-style-type: none"> • Tiredness • Unhealthy diet • Lack of exercise • Lack of access to primary healthcare • Injuries e.g. back pain • Self-harm or suicide attempts • Use of drugs or alcohol to cope • Physical abuse | <ul style="list-style-type: none"> – SCC is ensuring that health professionals take into account the needs of young carers and ensure that their caring role is not detrimental to the young carers health; e.g. including Young Carers in templates for GP annual reviews of adults with Chronic diseases – SYC has piloted development of good practice to support young carers in 2 GP surgeries as a pilot, includes establishing YC Champions in the surgeries (SYC work funded through VOYCE Project – not SCC funded) – |
| Emotional health and wellbeing | |
| <ul style="list-style-type: none"> • Stress, anxiety and upset <ul style="list-style-type: none"> ○ Welfare of person cared-for ○ Unpredictability ○ Stigma ○ Periods of separation as a result of hospital | <ul style="list-style-type: none"> – All staff are aware of assessment process and are aware of Young Carers issues in order to carry them out – Training and awareness sessions delivered to all MAST teams, plus other agencies around emotional impact of caring on young people – Increase confidence and self-esteem of young carers through SYC’s 121 and group work support, part funded by SCC contract – SYC work with SHSC Trust on care progression pathways to include young carers, recent work on piloting ‘triangle of care’ which includes young carers (this development work is supported through SCC contract |

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| <p>admittance</p> <ul style="list-style-type: none"> ○ Financial worry ● Low self esteem ● Depression ● Inner conflict ● Resentment ● Guilt ● Fear – will it happen to me | <p>funding)</p> <ul style="list-style-type: none"> – SYC strategic work, including representative on adult Mental Health Partnership Board – to ensure adult services aware of impact of their decisions on young carers (work funded through SCC contract). Chilypep sit on Children’s Emotional Wellbeing Board through VOYCE Project – Supporting involvement of young carers and voluntary sector in the EWB and Participation sub-group of YC Strategic Board (Chilypep lead) – EWB support for young carers through SCC contract with Interchange |
| Social impact | |
| <ul style="list-style-type: none"> ● Isolated from peers ● Bullying and anxiety about bullying ● No-one to talk to | <ul style="list-style-type: none"> – SYC provide a range of holiday activities as well as groups providing social activities alongside support – SCC working to improve peer networks with Sheffield Young Carers and Chilypep – Support provision of activities for young carers – to get a chance to have fun and a break – Support Young Carers Break Fund – administered by SYC as part of SCC contract – All agencies support Carers Week and Carers Rights Day activities |
| Voice and influence | |
| <ul style="list-style-type: none"> ● Not consulted or listened to in relation to the care of the cared for person ● Not consulted or listened to in relation to services and support for young carers ● Not able to inform and influence decision makers or service providers ● Not able to have a collective voice and representation | <ul style="list-style-type: none"> – Work with GPs and health services to raise awareness around listening to young carers is ongoing with varied degrees of success – Work with schools to support young carers voice and influence, e.g. on school councils – SYC train and support young carers to participate in training and presentations to professionals – using SYC films when events are in school time – VOYCE-PG and young carers were involved in the development of Sheffield’s young carers assessment – Young carers were involved in the commissioning of young carers and EWB services and involvement of young carers included in service specification – VOYCE-PG and young carers from SYC are currently supported to have a voice and influence at strategic boards. Young carers and EWB Involvement sub group currently coordinates and supports young carers involvement across a range of activities, including young commissioners pilot. – VOYCE-PG have produced a film and manifesto that identifies key issues for young carers and what actions they are taking forward to address these. This also provided service providers and decision makers with a key set of priorities from young carers themselves to address. VOYCE-PG will be working on this until the end of the project. – SYC has established a Young Carers Action Group to inform development and running of SYC’s projects, we see this group as building confidence to become part of city-wide VOYCE-PG |

Revision of the Carers and Young Carers Strategy

The previous strategy ended in 2013, it had been extensively consulted on. There have also been a number of consultations with young carers since. These have identified the range of issues above. We have recently been working alongside adult carers organisations to develop the new Strategy, to ensure that young carers' issues remain at the heart of the strategy. The following objectives are based on extensive research and consultation.

Objectives being consulted on:

1. To support YC to achieve in education, training and work by raising awareness of their needs and of areas with which they may benefit from additional support
2. To promote good practice and excellence in supporting young carers in Sheffield Schools
3. To enable young carers to have a voice and influence on issues that affects their lives and their families
4. To enable young carers to better look after their physical and emotional health
5. To work with health services to identify, recognise and support young carers
6. To work with statutory services to ensure smooth transition between children's and adult services
7. To work with SCC to increase awareness, identification and support of young carers
8. To continue the VOYCE partnership between voluntary and statutory partners - not sure if this is an objective for the three year strategy or is does it need to be a wider objective with support for the VOYCE project as one action? E.g.: To promote partnership working between voluntary and statutory services to improve the identification and support of young carers in Sheffield
9. To promote the take-up and use of young carers assessments across Sheffield agencies, including statutory and voluntary sector

These will feed into the Carers and Young Carers Strategy – there will be an executive summary that addresses Carers and Young Carers issues.

They are very similar – the above objectives reflect those raised by adult carers in the consultation led by Emma Dickinson, SCC's Carers Commissioner.

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September 2015

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