

# Young Carers Action Plan Six Month Review

31st October 2017, 1:30 – 4:30pm

Howden House

**Attendees:** Sara Gowen, Carol Fordham, Jen Lawton Hunt, Emma Beal, Kate Smith, John Moloughney, Lee Teasdale Smith, Laura Selby, Mark Storf, Matt Carnell, Zobia and Adam (young carers)

**Apologies:** Sam Morris, Nicola Shearstone, Cherry Daniels, John Mansergh, Angela Cox, Hannah Dulieu, Pam Allen, Donna Taylor, Angela Cox, Heather Wells

## Summary of meeting

**Background to the strategy:** Attendees were reminded about the background to the plan and its aim which is to ensure the six principles of Sheffield's Adult, Parent and Young Carers Strategy are being put into action and that the views of young carers in Sheffield are being acted upon.

**Review of the last six months:** Attendees worked in their health, education and whole family subgroups to review the last six months and then shared back three successes and one challenge that each group has achieved and faced in terms of their progress with the plan (see page 4).

**Presentation from young carers:** Young Carers spoke on behalf of young people who attend Sheffield Young Carers (SYC), sharing the views of young people from SYC's 8-12 year olds groups and from their Action Group (ages 12+). See pages 5-6 below.

**Action planning for the next six months (carousel):** Attendees worked in their subgroups to plan for the next six months based on the progress of the last six months and the feedback from young carers. We then moved around each subgroup to see if we could offer any additional actions to other subgroups. See the updated Action Plan for list of new actions agreed.

**Evaluation:** Attendees were asked to answer the four following questions:

Question	Responses
What did you think of today?	<ul style="list-style-type: none"><li>• Very informative and good to chat to others.</li><li>• Enlightening and productive.</li><li>• Really friendly and 'can do' as ever.</li><li>• Very good, focussed and helpful.</li></ul>
Did we give the right amount of time to reviewing and planning?	<ul style="list-style-type: none"><li>• Very thorough in going through the plan.</li><li>• Yes x 4.</li></ul>
How could we improve the day next time?	<ul style="list-style-type: none"><li>• Venue – it was a bit bright and hot – happy to host at TUoS.</li></ul>
Who else should come next time?	<ul style="list-style-type: none"><li>• CAMHS.</li></ul>

	<ul style="list-style-type: none"><li>• School governors.</li><li>• Sheffield College.</li><li>• Longley Park College.</li></ul>
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## Review of the last six months

### Successes and challenges

Group	Successes	Challenge April 17-September 17
<b>Whole family</b>	<ol style="list-style-type: none"> <li>1. Early Help Gateway Meetings providing improved opportunities to Identify and support young carers at the earliest possible point</li> <li>2. MAST, Social Care and Disabilities have Young Carer Champions</li> <li>3. Young Carer Activity Fund and other information is being circulated widely</li> </ol>	<ol style="list-style-type: none"> <li>1. <b>Tracking of Young Carers and Assessments: where are these stored, how do they feed into any other assessments?</b></li> </ol>
<b>Education</b>	<ol style="list-style-type: none"> <li>1. Young Carer questions on UCAS Progress and on Primary Inclusion Panel</li> <li>2. HEPP booklet and website and CPD events/presentations at schools</li> <li>3. Schools network at nearly 80 members and young people involved in assemblies, drop-in and meetings.</li> </ol>	<ol style="list-style-type: none"> <li>1. <b>UCAS tick box has been postponed to 2019 to allow supporting documents and packages to be developed first.</b></li> </ol>
<b>Health and Well-being</b>	<ol style="list-style-type: none"> <li>1. Young Carers under 13 will still be able to access a counselling service when it is part of Door 43 from April 2018</li> <li>2. Work with community pharmacies has produced top tips and progress using PharmOutcomes toolkit</li> <li>3. Different Agencies have responded to the training needs identified by YC</li> </ol>	<ol style="list-style-type: none"> <li>1. <b>Interest in discounted health and hygiene products, but not progressed yet.</b></li> </ol>

## Feedback from SYC's 8-12 year old NORTH & SOUTH Sheffield group

### What makes it difficult as young carers?

- I am sad because when I leave who I care for, it feels like I am not caring for them and it feels so terrible
- Sometimes feeling hurt because a person we care for is in pain
- Feeling left out
- I am confused because people do not just understand me
- You might feel that no one understands
- Feeling stressed because no one understands
- I want my mum to get better
- I want my mum to get help
- My teacher does not understand
- Getting upset at school

### What makes a difference to us as young carers?

- Talking
- More groups like SYC
- Coming to the group and having more group time
- Having a support group (at school or SYC)
- Spending time with other young carers
- More people to talk to
- Having time with the person you are caring for
- Being able to tell the class about Young Carers via the teacher
- Extra support in schools (booster sessions)
- School gives me support like help with SATs
- Time out space for Young Carers
- More noticeability
- More information from services

## 8-12 Views to Action Plan Refresh

October 2017

### What issues are important to you?

Education:

- More support in schools
- More young carer champions in schools
- More one-to-one workers in schools
- More time out
- School powerpoint

- More free time

Transport:

- Free transport – a taxi to school when needed as I am too young to walk to school by myself and mum can't walk
- Free access for the people we care for
- School buses for disable people

Health:

- More research on asthma
- More research on autism and mental health
- Better medicines for minors

Fundraising and awareness-raising:

- Raising awareness of YC
- More worldwide awareness
- Raising funds for young carers project: TV commercial/Charity Night

## Feedback from Sheffield Young Carers Action Group

### Whole Family Action Plan

#### What looks good to us:

- Young Carers Champions – it is good to know there are these people
- MAST is good because they look after young carers' interests
- Continuous awareness raising
- Working with all the family
- Parent advisory group and the parents video being developed by SYC

#### We think the following is missing:

- We would like Young Carer champions in all Schools
- More work with post-16s
- Training for IAPT workers
- Young Carers to deliver more training

### Education Action Plan

#### What looks good to us:

- Support around mental health in schools
- Speaking to young carers to help with stress
- Support for schools through SYC
- First Aid Training (provided to young carers by TUoS medical students)
- Support for those kids that are getting bullied
- YC carers being invited to the Schools Network to have their say
- Being given the opportunity to feedback on the Board's work

#### We think the following is missing:

- Make sure schools pass on information and let young carers know what information has been passed on (between primary and secondary)
- Make sure all primary schools are passing information on
- More support and less pressures, more understanding about caring roles.

### Health and Wellbeing Action Plan

#### What looks good to us:

- Good representation from Chilypep on the Children's Health and Wellbeing Partnership Board
- Door 43 looks good
- Referrals for younger age groups
- Excited to hear about training in substance misuse services
- Improved awareness in general

#### We think the following is missing:

- There has not yet been any campaigning for discounted health and hygiene products for us yet
- More around ethnic minorities. They need to be represented more
- We need to do more work to find the hidden young carers and their families

