Supporting Young Carers in Hampshire
A multi-agency strategy 2012-2015

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Photograph: The Children’s Society © Max Alexander.

This strategy has been produced by Hampshire County Council Children’s Services
Department in partnership with The Children’s Society Include project, Hampshire Young
Carers Alliance and Young Carers (YC) Voices.
Foreword

Within Hampshire there remains a strong and on-going commitment by statutory agencies and voluntary sector organisations to continue to work with, and support young carers and their families. The aim this is to reduce and prevent the need for children to undertake a caring role with the associated impact upon their own health, well-being and life chances.

Much has been achieved since the first young carers strategy was published in 2009. This strategy refresh reviews the changes, progress and developments that have taken place and the impact these have had on the lives of young carers and their families. It also sets out the challenges that still exist and the future course of action required, to meet these challenges, to improve services and support even further.

Support for young carers and their families, is delivered through a number of organisations and agencies in a wide range of ways and it is all of these who make up the ‘we’, referred to in this document. However, early identification and intervention by professionals is key, as is the need to adopt a whole family approach when assessing the needs of a family.

Service to support young carers have been significantly enhanced across Hampshire by new funding for some projects enabling increased support, continued countywide training opportunities for a range of staff across agencies and organisations and statutory services being more joined up in their approach to supporting families where there is a care need.

Young carers continue to tell us their views and we continue to listen to ensure that services being commissioned and provided within the community are those that best meet the identified need. A multi-agency response continues to be the best way forward in making further steps to reduce and prevent the need for children to be impacted upon by undertaking an inappropriate caring role within their family.

This strategy refresh builds on previous successes as well as setting the direction for future development and commissioning, all of which should be in response to the needs and views of young carers and the overarching aims of the Children and Young People’s Plan.

Young Carers (YC) Voices Hampshire Young Carers Forum, gives young carers from across Hampshire, Young Carers Projects and Schools the opportunity to come together and make sure young carers voices are heard across Hampshire. Key messages to professionals from YC Voices are:

- Doctors, social workers, teachers, nurses and all other people who work with young carers and our families need to be taught about young carers as part of their training.
- Teachers and tutors should be given information on who is a young carer and give them help in and out of class.
- Doctors, social workers, teachers, nurses and all the other people who work with young carers and our families need to listen to us more and understand what we need.
- We want people everywhere, to know and understand that when they use unhelpful or negative words about illnesses and disabilities it hurt our feelings.
Who is this strategy for?
This strategy has been produced for all those who have a responsibility and interest in supporting young carers and their families, be this health, education, social care both adult services and children’s services, children’s centres or voluntary organisations. It is important to demonstrate to young carers and their families the commitment that has been made to ensure they receive a good assessment of their needs and adequate support. We want young carers and their families to feel confident in accessing support services as well as ensuring that they have a voice in the development of services, as they best know what is most helpful for them.

The Vision
Hampshire Children’s Trust is determined to make Hampshire a better place for children and young people where all of them, including those who are vulnerable or disadvantaged, have the best possible start in life and are supported by the whole community to succeed.

This strategy aims to identify and work to reduce the numbers of young people undertaking inappropriate and harmful caring roles, by reducing the incidence of families with unmet care needs, relying on the care of a child, which impacts on their well being and life chances.

Across Hampshire we want to promote and develop support to young carers in a variety of settings, delivered within a model that looks to address the needs of the whole family.

The underpinning principles of this strategy are:

- “To promote and improve the health and well-being of young carers and their families by preventing and protecting children and young people from undertaking excessive and inappropriate caring roles and responsibilities and preventing the continuation of inappropriate caring.”  
  (Hampshire Practice Guidance for Adult and Children’s Services in supporting Young Carers within a Whole Family working model launched in 2011)

- “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 and to achieve.”  
  (The cross government Strategy for Carers launched in 2010)

Early intervention for families can have a truly positive impact on the future outcomes of children. The value and importance of multi-agency early support and the shared responsibility of provision is recognised and supported by The Munro Review 2011.
Who are Young Carers?

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

The 2001 census identified that within the United Kingdom there were at least 175,000 young carers with over 3,300 of these living within the county of Hampshire with around a third caring for someone with a mental illness.

Data from the young carers projects across Hampshire records that in 2009 – 2010 they were supporting 543 young carers increasing the following year to 618 young carers. Again in 2012 a further increase in the number of children and young people being referred to projects has been evidenced and numbers are expected to keep growing in light of the work that is being undertaken by projects and county development workers to raise awareness of young carers’ issues and the support available.

In addition to this schools are also identifying and supporting an increasing number of young carers. In 2009 – 2010 a survey with response from 203 schools found that 38% of schools were identifying pupils who were undertaking a level of caring responsibility. By 2011 this had increased to 51% of the responding schools. The schools responding in 2011 further reported on increased levels of support offered.

A survey published by the BBC in November 2010 estimates a much higher figure of 700,000 young people with caring responsibilities and that a third of young carers are involved in inappropriate and excessive caring.

With an estimated 70% of all young carers supporting an adult, the welfare of young carers should be of significant concern to adult social care.

Young carers are highlighted in research as providing care in a range of domestic situations including:

- Households where there are long term physical or mental health problems, illness or disability².
- Households where children are living with parents who are drinking hazardously and/or using substances
- At least one parent has a mental health problem
- Households where there is a sibling who has a long term physical or mental health problem, illness or disability
- Households where 1 or more members are HIV affected

Findings from the Afiya Trust show that "many minority ethnic communities experience poorer health in comparison to the national population" and that there can be many barriers to BME families accessing appropriate and inclusive health and social care services.³

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² Carers and Personalisation: improving outcomes (2010)
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The Race Equality Foundation notes that Gypsy and Traveler health receives scant attention in policy documents on health inequalities, meaning that problems of poor access to, and uptake of, health services may go unnoticed.

We recognise that not all children who have ill or disabled parents or siblings take on caring roles or do so in ways that cause difficulties. Some of these children provide significant support for an adult either because the adults support needs are unidentified or because they are unmet. Circumstances will vary. What is important is that any support services, statutory or otherwise, working with a family take reasonable steps to pre-empt likely problems enabling any emerging difficulties to be identified, and addressed, at an early stage.

The impact of being a Young Carer
Being a young carer can have detrimental effects on young people, including problems at school, health problems, emotional difficulties, isolation, lack of time for leisure, feeling different, pressure from keeping family problems a secret, problems with transition to adulthood, lack of recognition and feeling they are not being listened to.

Young Carers are often very proud of and value their caring role and would not want to give it up. Consequently, some young people do not see themselves as young carers which in turn impacts on the identification of young people providing a caring role and the uptake of support.

“Teachers think I am being disrespectful but with all I’ve had to do I am just too tired.” (Young Carer, YC Voices Hampshire Young Carers Forum 2010)

“Sometimes it’s hard to ask for help because we are scared of what it might do to our family and we wouldn’t want to give up caring or make the family split up.” (Young Carer, YC Voices Hampshire Young Carers Forum 2012)

“I don’t mind it but I would like help sometimes.” (Young Carer, YC Voices Hampshire 2011)

Our approach relies on the premise, within a whole family approach, that:

“A young carer becomes vulnerable when the level of care-giving and responsibility to the person in need of care become excessive or inappropriate for that child, risking impacting on his or her emotional or physical well being or educational achievements and life chances” – Key Principles of Practice (2008).

4 The health of Gypsies and Travellers in the UK, Race Equality Foundation
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How will progress be monitored?

Having developed a strategy and action plan it is a fundamental task to ensure that there is regular monitoring of activity and therefore progress against the individual tasks.

This monitoring will be undertaken by the Hampshire Young Carers Steering Group which meets quarterly and is chaired by Hampshire County Council’s lead officer for Young Carers. This is a multi-agency forum with the following membership:

- Children’s Services
- Adult Services
- Health
- Chair of Hampshire Young Carers Alliance (HYCA)
- Lead for Hampshire Young Carers Lottery Project
- Contracted provider

Reports will be submitted to this group from:

- Any contracted service provider
- Lead for the Hampshire Young Carers Lottery projects
- Chair of Hampshire Young Carers Alliance (HYCA)
Appendix 1: Local Key Documents

Hampshire Practice Guidance for Adult and Children’s Services in supporting Young Carers within a Whole Family Working Model (2011) This is a localised, Hampshire document based on ‘A Model Memorandum of Understanding’ by ADASS and ADCS that aims to support Hampshire in delivering joined-up support around and with the families as a whole, and enhanced partnership working within and between services. It includes an easy to read flow chart for practitioners.


Hampshire’s protocol: Safeguarding children and young people whose parents / carers have problems with: mental health, substance misuse, learning disability and emotional or psychological distress. This protocol is to safeguard children in families with complex needs and to outline the commitment to collaborative working within and between agencies to meet these needs, it make specific mention to the importance of identifying young carers in these families.


Hampshire’s Children and Young People’s Plan 2009-12
The vision
Making Hampshire a better place for children and young people, where all of them, including those who are vulnerable or disadvantaged, have the best possible start in life and are supported by the whole community to reach their potential. The CYPP priorities are aimed at improving outcomes for all children and young people; with a focus on reducing inequalities and narrowing the gap between vulnerable groups and their peers. Vulnerable groups include children and young people who are:
- living in relative poverty;
- in care;
- disadvantaged because of learning difficulties and/or disabilities;
- young carers;
- victims of neglect or abuse;
- black, minority, ethnic, Traveller or are facing barriers to participation or experiencing prejudice and discrimination because of their ethnic background (including refugees and asylum seekers);
- at risk because of mental health problems;
- young parents;
- lesbian, gay, bisexual or transgender;
- young offenders.

Hampshire’s Children and Young People’s Plan 2012-15
Hampshire’s Children and Young People’s Plan sets out how the Children’s Trust will improve outcomes for all children and young people within the county.
Appendix 2: National Key Documents

Working together to Support young carers and their families – A template for a Local Memorandum of Understanding [MoU] between Statutory Directors for Children’s Services and Adult Social Services 2012

This memorandum offers a firm basis for Children and Adults’ services working together and working in partnership with health and third sector partners. It aims to provide a framework from which local areas can build, adapt and subsequently implement locally with endorsements at political management level. This local memorandum is unequivocal in stating that no care package should rely on a young person taking on an inappropriate caring role that may damage their health or put their education at risk, key aims are:

- Young carers are identified, assessed and their families are supported
- No care or support package for a parent or sibling relies on a young carer
- Delivering better integrated and more effective responses to young carers
- Better recognition and greater participation of young carers and their families

Fair Access to Care Services’ Guidance 2002 stated that all assessments of adults must include a check to find out if there are children in the family, and where the refusal by adults services of assessments or services to a parent results or will then result in a child undertaking inappropriate levels of care, which impact on their own well being, the eligibility threshold should be lowered to ensure services are provided.

Carers and Personalisation: improving outcomes (2010) offers signposts for better practice and outcomes to implementing the personalisation agenda for carers stating that ‘wherever possible, establish whole family approaches that ensure there is integrated support planning that benefits everyone involved’.

A Vision for Adult Social Care: Capable Communities and Active Citizens (Department of Health 2010)

Councils should recognise the value of offering a range of personalised support for carers to help prevent the escalation of needs that fall on statutory services. They should also be mindful, when assessing adults, of young carers to make sure they are not being asked to provide inappropriate levels of care.

Direct Payments Guidance (2002)

Outlines that direct payments can be used to support parents to carry out their parenting role and as such lift a caring responsibility from a young carer.
Think Local Act Personal (2011)
A sector-wide commitment to moving forward with personalisation and community-based support recommends that that councils, health bodies and providers need to work efficiently to personalise and integrate service delivery across health and adult social care and that it is important that any personalised support package also considers the needs of children in the family to prevent them from taking on inappropriate caring roles.

Young carers: personalisation and whole family approaches, ADASS and ADCS (2011)
Support arrangements that are personalised around the specific needs of each family are more likely to produce effective outcomes. They can also help prevent young people taking on inappropriate caring roles. Personalisation means ensuring that there is a wide range of choice available in support opportunities that are suitable for the unique circumstances of each individual and each family. Joint strategies across children and adult social care should identify how resources can be co-ordinated to provide whole family approaches that support young carers within the family. Personalisation can provide effective and flexible services that are responsive to the changing needs of disabled parents so that children do not have to take on inappropriate caring roles and responsibilities in the first place.

SIGNPOSTS: working together to improve outcomes for young carers in families affected by enduring parental mental illness or substance misuse (2011)

Think Family: Improving the Life Chances of Families at Risk, SCIE Social Care Institute for Excellence 2008
“Good Children’s Services are crucial, but Adult Services also have a crucial role to play in determining children’s achievements and future life chances”.

Liberating the NHS: Legislative framework and next steps (2011)
Sets out the Governments revision to Equity and excellence: Liberating the NHS from consultations received and outlines the vision of The Health and Social Care Bill to go before Parliament.

The focus of suggested reforms to the NHS are on personalised care that reflects individuals’ health and care needs, supports carers and encourages strong joint arrangements and local partnerships, including the introduction of health and well-being boards and a “high-level “joint health and wellbeing strategy” (JHWS) that spans the NHS, social care and public health, and could potentially consider wider health determinants such as housing, or education”.
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Supporting Families in the Foundation Years (DfE and DH 2011)
The Government’s vision for foundation years services:
‘Every interaction between families and professionals provides an opportunity to identify and begin to meet additional needs. Midwives, health visitors, general practitioners, dentists, children’s centres, outreach and family support practitioners, speech and language therapists, teachers and other professionals all have a part to play’.

‘All foundation years services have an important role in identifying and supporting families experiencing or at risk of these problems [parental drug and alcohol problems, domestic violence in the home, parental mental health problems]’.

Effective integrated working is key to meeting the commitment to turning around the lives of the most troubled families.

No Health without Mental Health:
Delivery better mental health outcomes for people of all ages (HM Government 2011) outlines the importance of whole family approaches for families with multiple problems and needs and that ‘whole family approaches in which adult and children’s services work more effectively together have also been effective in supporting young carers – a particularly at risk group’.

The cross-government mental health outcomes strategy linked to this also states that ‘improving co-ordination between mental health, drugs and alcohol services is important for improving outcomes for the most vulnerable and excluded’.

Reducing Demand, Restricting Supply, Building Recovery: Supporting people to live a drug free life (HM Government 2010)
We will encourage local areas to promote whole family approaches to delivery of recovery services, and to consider the provision of support services for families and carers in their own right.

A third of the treatment population has child care responsibilities. For some children it may lead to harm, abuse or neglect and for others it will mean taking on inappropriate caring roles putting their health and/or education at risk.

Recognised Valued and Supported:
Next Steps for the Carers Strategy (2010)
The Government’s vision for provisions for carers, including young carers states that ‘Children and young people will be protected from inappropriate caring roles and have the support they need to learn, develop and thrive, and to enjoy positive childhoods’.

Assumptions should not be made about who will provide care and to what extent.
A whole family approach in assessment, enabling both the individuals who need support and those who will support them to identify their own needs and desired outcomes, is much more likely to result in individual care packages that can be sustained effectively. A whole family approach will also minimise the risk of young carers feeling forced into undertaking inappropriate caring roles.

**Key Principles of Practice: Supportive guidance for those who work directly with or commission services for young carers and their families, Children’s Society 2008.**

In 2008 The Children Society, funded by the Department of Children, Schools and families published ‘Young Carers, parents and their families - Key Principles of Practice’. These principles are intended to be used alongside legislation and guidance already in place to enable agencies to respond to the recommendations of national policy, which affects young carers and their families in ways that are sensitive to their needs.

The 6 key principles are detailed below:

1. Children’s welfare should be promoted and safeguarded by working towards the prevention of any child undertaking inappropriate levels of care and responsibility for any family member

2. The key to change is the development of a whole family approach and for all agencies to work together, including children’s and adults’ services, to offer co-ordinated assessments and services to the child and the whole family

3. Young carers and their families are the experts on their own lives and as such must be fully informed and involved in the development and delivery of support services

4. Young carers will have the same access to education and career choices as their peers

5. It is essential to continue to raise awareness of young carers and to support and influence change effectively. Work with young carers and their families must be monitored and evaluated regularly

6. Local young carers projects or other targeted services should be available to provide safe, quality support to those children who continue to be affected by any caring role within their family.
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The Munro Review of Child Protection: Final Report
A child-centred system 2011

This report highlights the importance of early intervention and quality joint working to safeguard children, ‘Preventative services can do more to reduce abuse and neglect than reactive services. Many services and professions help children and families so co-ordinating their work is important to reduce inefficiencies and omissions’. Munro also highlights the need for systems to be child (and family) focused and to reduce prescription from central government to reduce bureaucracy and ensure local needs are being met. ‘Help offered needs to be set in the context of known community need. For example, the number of parents with mental ill health, known to be violent or in treatment for substance misuse’.

Recommendation 10 also states that ‘The Government should place a duty on local authorities and statutory partners to secure the sufficient provision of local early help services for children, young people and families’. Suggested arrangements for this include ‘lead to the identification of the early help that is needed by a particular child and their family, and to the provision of an ‘early help offer’ where their needs do not meet the criteria for receiving children’s social care services’.

In the A child-centred system: The Government’s response to the Munro review of child protection (DfE 2011) accepted all principles of recommendation 10 and stated:

‘…there should be clarity among all professionals working with children, young people and families about local arrangements to understand, make assessments of and help families who do not receive social care services, but who do require help. Common and shared assessment processes should be agreed and established locally among practitioners and agencies’.

And those local arrangements should include a ‘sufficient provision of early help informed by the local profile of need’ and the ‘provision of an ‘early help offer’ to individual children and families’.

Currently under consideration is the most effective way to secure increased preventative service provision for children and families, with agreements to ‘consider the contributions of public health services; adult services providing support to families where poor mental health, domestic violence and substance misuse is a factor; and the role that universal services such as early years settings and schools should play in the provision of early help’. 
Appendix 3: Resources

The Common Assessment Framework (CAF) is particularly useful in universal services (health and education), as a means of identifying and tackling problems before they become serious. The use of CAF should streamline relationships between school and specialist support services.

The Common Assessment Framework guides for managers and practitioners (2009) [http://www.cwdcouncil.org.uk/caf](http://www.cwdcouncil.org.uk/caf) state that "Particular regard may need to be given to joint working between children and adult services when CAF has been undertaken specifically because of child or young persons caring responsibilities".

The General Medical Council (GMC) ‘0-18 years: Guidance for all doctors’ (2007) stipulates that doctors should be aware of the needs and welfare of children and young people when they see patients who are parents or carers or who are cared for by children or young people. To achieve Management 9 of the Quality and Outcomes Framework (QOF) GP practices must have a protocol for the identification of carers and a mechanism for the referral of carers for social services assessment. Guidance for GMS contract 2009/10 states that in achieving the indicator for Management 9, the practice should remember to include any young carers who are particularly vulnerable. (Quality and Outcomes Framework guidance for GMS contract 2009/10 (March 2009) BMA/NHS Employers).

The revised RCGP ‘Supporting carers action guide’ includes advice on supporting young carers and can be accessed at [www.rcgp.org.uk/carers](http://www.rcgp.org.uk/carers).


Whole Family Pathway and Key Principles of Practice. The Children’s Society Include Project, funded by DCSF, in partnership with The Princess Royal Trust for Carers and Disabled Parents Network have developed a web-based resource on whole family working in relation to young carers for use by professionals and families. It is designed to be used in conjunction with The Children’s Society’s Key Principles of Practice which provides practice guidance for those working directly with or commissioning services for young carers and their families. [http://www.youngcarer.com/pdfs/Whole%20Family%20Pathway.pdf](http://www.youngcarer.com/pdfs/Whole%20Family%20Pathway.pdf) [http://www.youngcarer.com/showPage.php?file=2010115134320.htm](http://www.youngcarer.com/showPage.php?file=2010115134320.htm).

Engage Toolkit: The site brings together information, resources and links to help develop and implement best policy and practice for services to support black and minority ethnic young carers and family. [www.engagetoolkit.org.uk](http://www.engagetoolkit.org.uk).
Virtual school staff room: Access to Hampshire’s network of named leads for young carers in schools good practice sharing and downloadable resources including staff training, awareness raising and lesson plans.

www.youngcarer.com/hampshire

Information booklets and resources available to download from www.youngcarer.com:

- Information for professionals
- Awareness raising and training resource materials
- Information for young carers and their families
- Message postcards from National Young Carers Forum
- Guidance for young carers’ forums by the National Young Carers Forum available from The Children’s Society Include Project
- Messages from YC Voices (Hampshire Young Carers Forum) are available via www.youngcarer.com/Hampshire

Healthy Schools Toolkit: Guidance for whole school approach to healthy schools including Healthy Schools Young Carers e-learning module: A Healthy Schools young carers e-learning module is now available to help school staff who work with young carers. This module has been jointly developed by the Department for Health and the Department for Education in conjunction with the National Young Carers Coalition.

This young carers e-learning module should take you around 40 minutes to complete.

www.childrenssociety.org.uk/what-you-can-do/resources/school-resources/supporting-young-carers

Supporting inclusion of young adult carers in further education: Self-assessment and development planning tool: This tool aims to help you assess how far your organisation is responsive to the needs of young adult carers in further education (FE) by identifying your current position, establishing priorities for improvement, and producing a development plan towards a whole-organisation approach to young adult carers.

It is a direct result of a previous project on young adult carers, carried out by NIACE and funded by the Nuffield Foundation, which looked at access to education and training for this specific client group.

Appendix 4: Contacts

The Children’s Society Include Project
Unit 4 Calford House
Wessex Way
Colden Common
Winchester SO21 1WP

Young Carers projects:

Andover Young Carers Project
Churchill Bungalow
Admirals Way
Andover
Hampshire SP10 1QC
Telephone: 01264 333788

Eastleigh Young Carers project
One Community
16 Romsey Road
Eastleigh
Hampshire SO50 9AL
Telephone: 02380 902465

fareham and Gosport Young Carers
Kids Family Centre
Delta House
Fareham
Hampshire PO16 0QS
Telephone: 01329 242966

Rushmoor and Hart Young Carers
Hart Voluntary Action
Civic Offices
Harlington Way
Fleet
Hampshire GU51 4AE
Telephone: 07503042285

Winchester District Young Carers Project
KAYAC, Winnall Valley Road
Winchester SO23 OLD
Telephone: 01962 808339

Romsey Carers Forum – Young Academy Studios, Unit 10, Romsey Industrial Estate, Greatbridge Road, Romsey, SO51 0HR
Telephone: 01794 515908

Basingstoke Young Carers
Basingstoke Voluntary Services
The Orchard
White Hart Lane
Basingstoke RG21 4AF
Telephone: 01256 423851

New Forest Young Carers
Community First
Archstone House, Pullman Business Park, Pullman Way, Ringwood BH24 1HD
Telephone: 01425 482773

East Hampshire Young Carers
The Kings Arms
The Courtyard Building
Heath Road
Petersfield
Hampshire GU31 4DX
01730 231292

Havant Young Carers
Off the Record
138 Purbrook Way
Leigh Park
Havant PO9 3SU
Telephone: 02392 472813
Review of actions from the 2009-12 strategy

The table below highlights the many achievements that have been made over the past 3 years and the activities that have been undertaken by a range of agencies and professionals in striving to work towards the vision of the strategy and its underpinning principles. There are still some areas where further work and drive are needed to ensure progressive development of services and support to young carers and their families.

<table>
<thead>
<tr>
<th>Priority</th>
<th>Progress</th>
<th>New target 2012-2015</th>
<th>Who</th>
<th>Timescale</th>
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| Identification and awareness raising  | • Since 2009 a number of training events have been delivered across the county to an increasing number of professionals with the aim of raising awareness of the issues for children who are taking on a caring role and the ways in which they can be supported. These professionals have included: Adult Services, Children’s Services, Youth Offending Teams, School Nursing, G.P’s, and teaching staff. In some districts schools have started to use SIMS to record young carers in their school.  
• As a result of this, there has been an increase in the number of children and young people attending young carers projects between 2009 and 2012. Data from 7 projects record that between October 2011 and March 2012 they provided support to 288 individual young carers.  
• Increased identification of young carers within school settings leading to more school-based support. Some 12 schools offering a ‘drop-in’ provision. Increase in number of schools with a lead professional for young carers. | • Increase Hampshire schools with a named young carers lead by 5% each year  
• Schools/PRU’s to be using SIMS to record young carers in their school and providing data on an annual basis to the steering group  
• Awareness raising activities to continue on both a local and county-wide basis to a range of agencies/organisations  
• An annual report to be provided to the steering group providing details from the projects of the number of young people receiving support through their projects | Contracted provider and Young carers projects  
Contracted provider + projects  
Chair of HYCA+ lead for Hampshire lottery projects | March 2012 – September 2013  
On-going  
Annual update  
March 2012 – September 2013 + on-going for projects  
Annual report |
<table>
<thead>
<tr>
<th>Support</th>
<th>School leads</th>
<th>Health</th>
<th>Timescales will be as outlined in lottery bid service specification and within forthcoming Children’s Services young carers commissioning strategy</th>
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<tbody>
<tr>
<td>Partnerships in a number of local areas have been set up to enable young carers to be identified and supported to prevent children caring including:</td>
<td>Capacity building within the community and schools to develop services to support young carers and their families, having regard to any specific minority groups within Hampshire who may be more inhibited in accessing services.</td>
<td>6 monthly reports to Hampshire Young Carers Steering Group</td>
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<td>• Petersfield partnership lead by GP surgery, school and voluntary youth project involving the local children’s partnership, locality team and district council</td>
<td>CYPP target that 70% of identified young carers have opportunity to access ‘time out’ activities</td>
<td>January 2013</td>
<td></td>
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<tr>
<td>• GP champions in place</td>
<td>Young carers projects</td>
<td></td>
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<td>• Hart and Rushmoor Domestic Violence multi agency steering group work to ensure inclusion of the specific needs of families where there may be young carers</td>
<td>• Young carers reaching 18 to be provided with clear and consistent information regarding their rights and entitlements if they choose to continue providing care as an adult.</td>
<td>March 2013</td>
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<td>• Gosport Personalisation developments inclusive the specific needs of young carers and their families</td>
<td>• Development of information pack for consistent use across Hampshire.</td>
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<td>• Work has also developed at 5 young carers projects(Andover, Basingstoke, New Forest, Romsey and Winchester) to coordinate short term intervention whilst addressing the needs of the whole family using Team Around the Family</td>
<td>• Evaluation of the work of the 7 young carer consortia projects to be used to influence future service development, particularly with regard to the role of the Family Support Workers.</td>
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<td>• Good practice is shared county wide through Hampshire Young Carers Alliance the county network for young carers projects</td>
<td>• Hampshire Children’s Services to develop a commissioning strategy to influence appropriate and sustainable services in the future</td>
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<td>• 7 young carers projects in Hampshire formed a consortium which was successful in bidding for Big Lottery Funding. Since October 2011, through this funding, these projects have been able to develop their work within schools and also offer family support.</td>
<td>Contracted provider</td>
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<td>• 3 young carers projects in Havant, East Hants and Hart and Rushmoor have transferred from being delivered by statutory services to voluntary organisations</td>
<td>Children’s Services, Adult Services, young carers projects</td>
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<td>Lottery projects, Children’s Services</td>
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| In school support | • Tools and resources to enable teachers and other school staff to better support young carers and their families have been developed and distributed  
• Project staff and county development workers have worked to identify, establish and support named leads for young carers in all educational establishments. To date there are 75 schools with a named lead.  
• A support web-site for named leads has been developed (www.youngcarer.com/Hampshire)  
• Young carers groups have been set up in a number of schools, often with the support of the local young carers project and contracted provider  
• Peer mentors trained to better support young carers  
• Developments through Healthy Schools Programme | • Increase the number of schools with a named young carer lead by 5% year on year.  
• Increase in number of schools offering dedicated support to young carers by 10% each year. Support could be:  
  1:1 support  
  Group support  
  Peer mentoring | School staff  
School staff  
Young carers projects  
Contracted provider  
school nurses |
|---|---|---|
| Good practice example: Named lead at Hampshire secondary school monitors attendance to identify reasons for absence which might include caring responsibilities. Personal plans are developed with any identified young carers. Named lead at Hampshire primary school monitors pupil arrival and pick up to identify families with support needs. Pupils affected by parental substance misuse have been identified. The school supports the families to access local support. | | On-going piece of work  
Annual update to Hampshire Young Carers Steering Group |

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Joint working

“Although the doctors do a lot one thing that they could do to help, is to get the family together to talk about the major problems and work to sort them out” (Young Carer, YC Voices Hampshire Young Carers Forum 2011)

- Hampshire Practice Guidance for Adult and Children’s Services in supporting Young Carers within a Whole Family Working Model (2011) has been adopted between Adults and Children’s Services. It is being cascaded down all staff levels to ensure that appropriate assessments are undertaken and that children are safeguarded in their families.
- Hampshire Joint Working Protocol Safeguarding children and young people whose parents / carers have problems with: mental health, substance misuse, learning disability and emotional or psychological distress, 2011 training has been delivered at all staff levels across the county [http://www.youngcarer.com/guidance/Hampshire/whole-family-working](http://www.youngcarer.com/guidance/Hampshire/whole-family-working)
- Hampshire Carer’s Partnership has been established, with representation on behalf of both adult and young carers, with the aim of ensuring that their voices are heard and influential in developing future services in Hampshire.
- Continue to develop a mechanism for evaluating the impact of the best practice guidance
- Work to achieve greater consistency of the dissemination of guidance information and resources across both Adults and Children’s services
- Better information and access to support is needed for young carers during transition to adulthood
- Need for continued dissemination of training and information to improve joint working across the county between adult services and children’s services to prevent children and young people from having to take on inappropriate caring which impact on their development, health and wellbeing.
- Recognise and integrate models of good practice in the development of an Early Help Offer.
- Evidence participation of Adult Services in CAF process for children and their families

| Children’s Services, Adult Services, young carers projects | January 2013 |
| Joint multi-agency working | January 2013 onwards |
| Annual update to Hampshire Young Carers Steering Group | On-going |
YC Voices (Hampshire Young Carers Forum)

“The time I felt helped was when my tutor asked me when I wanted to see her for help instead of saying I had to go at this time.”

It was important to have time to say what we wanted to say and to have space for fun.”

(Young Carer, YC Voices Hampshire Young Carers Forum 2010)

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<th align="left">Launched at the young carers festival June 2009 to make sure forum gives young carers a chance to:</th>
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<tr>
<td align="left">Voice opinions and views</td>
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<td align="left">Listen to the opinions of other young carers</td>
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<tr>
<td align="left">Get involved in the activities and Learn new skills</td>
</tr>
<tr>
<td align="left">Have Fun! As well as the work we have lots of fun and laughts.</td>
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- YC Voices recent discussions have included:
  - The need for information for young carers and their families
  - Why services need to work together to better support.
  - What it would mean for young carers and their families if support services worked together.

- YC Voices have since their launch in 2009 had a chance to discuss their priorities with staff working across a variety of agencies in Hampshire such as:
  - Teachers
  - Social services managers
  - Director and deputy director of children’s services, deputy director of adult services
  - Members of parliament
  - County councillors

- YC Voices have been supported to present at conference, host an event at Hampshire County Council and visit parliament to meet with the Children’s minister Tim Loughton.
- YC Voices have produced a short DVD to support joint working training. The film is called, “Put yourself in my shoes; Joining Up for Young Carers and Their Families”.

| YC Voices to continue to be consulted with regard to issues and developments affecting young carers and their families. |
| YC Voices to attend and present at appropriate forums as requested. |
| YC Voices to develop new resources as appropriate |

YC Voices with support from associated organisation and/or provider

March 2012 to September 2013

As requested

As required

Annual report to Hampshire Young Carers Steering Group updating on activities undertaken