

## Care for the Carers – Young Carers Service

### Health Oversight Scrutiny Committee Report

30<sup>th</sup> May 2008

The report provides a brief summary of the work that Care for the Carers undertakes in order to support young carers in East Sussex. Care for the Carers is an independent registered charity and is a network member of the Princess Royal Trust for Carers. The report covers the time period of April 2007 to March 2008.

- I. The Service continues to provide a range of services to young carers who are providing significant and substantial care for a family member at home. During the 12 month period the Service provided support to 178 young people.
- II. The Young Carers Service has continued to expand the support provided through the provision of young carers' clubs in Ringmer, Eastbourne and Hastings. The clubs have been successful in meeting the needs of young carers in building friendships and participating in activities in a safe and supportive environment. Feedback from the clubs has been positive and the numbers of young people attending on a regular basis has demonstrated that we are providing young people with the service they want.
- III. In addition to the clubs, the service has been able to provide the young people with opportunities to engage in a range of activities, trips and short breaks. These have included:
  - a. Young Carers Festival in Southampton
  - b. Healthy Living Days (two day event)
  - c. Big Swim event (September & February)
  - d. Chessington World of Adventure
  - e. Bowling & LaserQuest
  - f. Summer Barbecue
  - g. Crazy Golf
  - h. Access All Areas – Youth Arts Festival
  - i. Christmas Pantomimes in Eastbourne & Hastings

The service continues to ensure that the most isolated young carers in East Sussex are able to access the service by providing transport to and from clubs, activities and trips.

- IV. We continue to be committed to participation and involvement of young people in many aspects of the service, including:
  - a. Interview process for the Young Carers Service Manager role and other roles within the team
  - b. Writing and producing the Young Carers newsletter
  - c. Young Carers Information Day for local professionals and organisations

- d. The research and writing of Youth Opportunity Fund bids
  - e. The making of a new animated film on DVD about young carers to be used in schools and shown to professionals. The DVD has been young people led throughout the process
  - f. Contributing to the Children's Plan 2008 – 2011
- V. The Service has recently established a Young Carers' participation team of young people from across East Sussex. The team has been involved in a consultation session regarding the Children's Plan 2008-2011, and has recently met with the Young Carers Strategy group to discuss ways of including young people in the professionals meetings. We hope to have representation from young people in those meetings starting in September.
- VI. The Service is continuing to provide 1-2-1 support to young people with an emphasis on preventative work whilst being flexible enough to respond to young people in crisis. The support is carried out in partnership with the young person, ensuring that feel an active participant in the sessions.
- VII. Pooled Budget funding has now been agreed for a full-time Services Manager, two part-time Young Carers Support Workers and part-time Administration Support from April 2008.

BBC Children In Need Funded two part-time Young Carers Support Workers in 2007/2008 and we recently learned that funding for one post will continue for the next three years. Children's Services has agreed to fund the second post for the next fifteen months by providing an additional £25,000 of funding.

The Service continues to seek possible sources of additional funding to expand the service through a number of new and innovative projects. We are currently seeking to obtain funding to ensure that the successful work currently being carried out within the clubs can continue, and possibly expand to a fourth club within East Sussex.

**Mark Braddock**  
**Young Carers Services Manager**