

# Essex Young Carers



## Youth Service Delivery Model Overview and update

**YOUTH  
SERVICE**

Inspire  
Enable  
Achieve

# Introduction

A young carer is someone under 18 who holds caring responsibilities for a family member/s. Life can be very demanding for young carers, they are committed to their caring responsibilities and need to study, take exams, look after themselves, and not lose sight of their dreams and ambitions.

The Children and Families Act (2014) places a **statutory duty** on local authorities to provide **Young Carer Assessments** to children under 18 years of age.

ECC Cabinet made the decision to fund a new 'in-house' young carers service to be delivered by the Youth Service from April 2018.

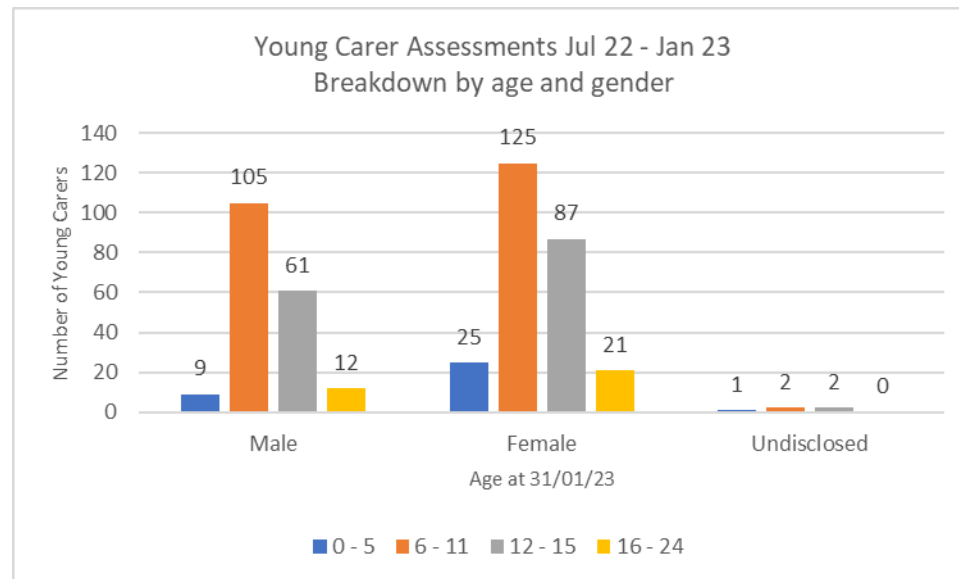
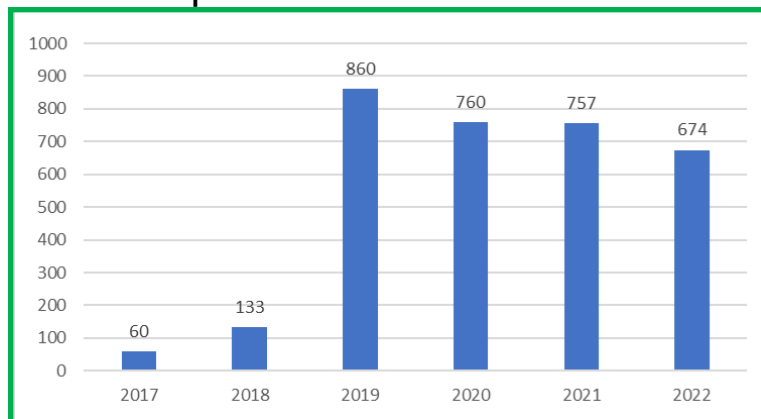
The **new model** included:

- Statutory assessment and bespoke action plans.
- A three-tier key worker scheme linked to level of need.
- Targeted respite and training workshops.
- Access to universal youth provision.
- Young carers and family forums.
- Young carer in school coordinators



# Young Carers Statutory Assessments

Number of assessments completed at the time of the report release in June 2022



**450** assessments completed since July 22

Total assessment for this financial year to date: **1,124**

Overall total assessments completed

**3,634**

# From Assessment to Key Worker Allocation

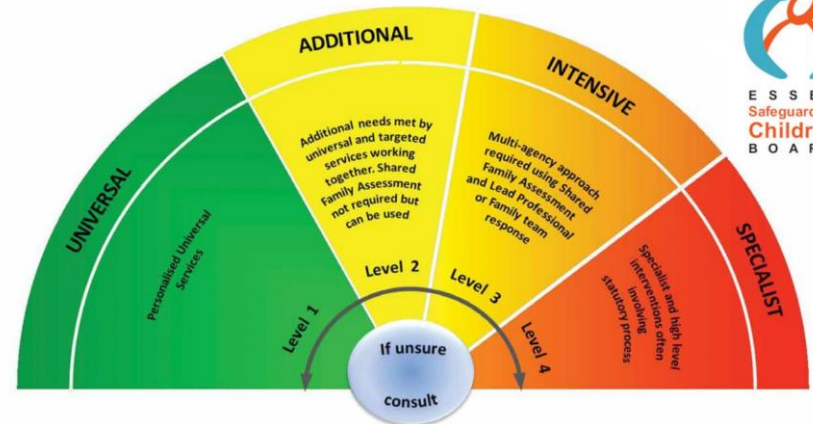
## Three tier support, key worker allocation and action plans

Consent from parents is required for all Young Carers assessments under 16 yrs. 16yrs+ can consent to assessment without parental approval

All assessments are linked to the ESCB Windscreen of need tier system

A bespoke action plan is created and  
Key worker allocated to tier 2 & 3 assessments

Multi Agency Guidance: Working in partnership to help children and families improve their lives





# The role of Key Workers

- Manage and allocate referrals to book assessments
- Undertake Assessments
- Action Plans
- One to One case work sessions
- Transition support to new schools
- Organise and facilitate respite activities
- Set up Family Forums and Young Carer Forums
- Plan workshops and training events
- Signposting to other agencies
- Parents support
- Access to Food Parcels
- Activity packages
- Food & Fuel Vouchers
- Attend meetings



**Respite activities** are designed to provide young carers with a break from caring responsibilities, meet with their peers in a safe space, have fun and relax. Young carers are involved in the planning of these activities. Examples of respite activities from the last quarter include:

Paradise Wildlife park

Water wipeout and Raft building

Santa Railway Audley End

Bowling

Danbury outdoor education centre, activity day

Leisure world family forum

Panto

Paddle boarding and inflatable aqua park

Theatre trip – Sweeney todd.

Residential trips, Skreens Park, Glamping, PGL

Chelmsford Museum Visit

Kidzania



“The confidence boost this has given S has been amazing. You all have been amazing and have given so much inspiration to a young girl who has to live in not the best situation. So, thank you, thank you” Parent

Total of **589** Respite  
Activities completed

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# Workshops and training

This is an essential element of the service offer, these opportunities enable young carers to be fully equipped to undertake their caring role safely and help manage their wellbeing.

Number of sessions completed **168**

Autism workshop	ADHD workshops	Manual Handling	Cooking easy meals
Health and wellbeing	Emergency safety planning	Managing medication	First Aid
Travel Training	Online Safety	Confidence Building	Epilepsy Training
Boxing	Mindfulness	Yoga	Play therapy

“I would like to thank you for all the support you gave my son during this difficult time. I really do think you gave him the break that he needed and helped him open about his feelings and how to deal with them. I honestly believe that without your support it could have been a different outcome. I will be forever grateful” Parent





# Young Carer in Schools Awards

Number of Awards completed to date

<b>Bronze 123</b>	<b>Silver 12</b>	<b>Gold 2</b>	<b>Total 137</b>
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Number of Awards in development

<b>Bronze 67</b>	<b>Silver 43</b>	<b>Gold 3</b>	<b>Total 113</b>
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Overall number of YCinS Awards **250**

# Young Carer in Schools Awards breakdown

All Awards Completed

Quadrant	Bronze	Silver	Gold	Total
South	32	5	2	39
Mid	26	0	0	26
West	39	3	0	42
North East	26	4	0	30
Total	123	12	2	<b>137</b>

Bronze Level achieved and working towards

Quadrant	Primary		Secondary		Special		Alt/Ed		Total	
	Achieved	In Progress	Achieved	In progress	Achieved	In Progress	Achieved	In Progress		
South	24	19	8	8				1	32	28
Mid	18	8	7	11			1		26	19
West	31	13	6	4	1		1		39	17
North East	22	3	4	1					26	4
Total	95	43	25	24	1		2	1	123	68

## Silver Level achieved and working towards

Quadrant	Primary		Secondary		Special		Alt/Ed		Total	
	Achieved	In progress	Achieved	In progress					Achieved	In progress
South	2	6	3	2					5	8
Mid		4		4					0	8
West	1	11	1	2			1		3	13
North East	3	13	1	1					4	14
Total	5	34	5	9			1		12	43

## Gold Level achieved and working towards

Quadrant	Primary		Secondary		Special		Alt/Ed		Total	
	Achieved	In progress	Achieved	In progress					Achieved	In progress
South	1	1	1	2					2	3
Mid										
West										
North East		1								1
Total	1	2	1	2					2	4

# Celebration of Achievements Event Council Chambers February 2023



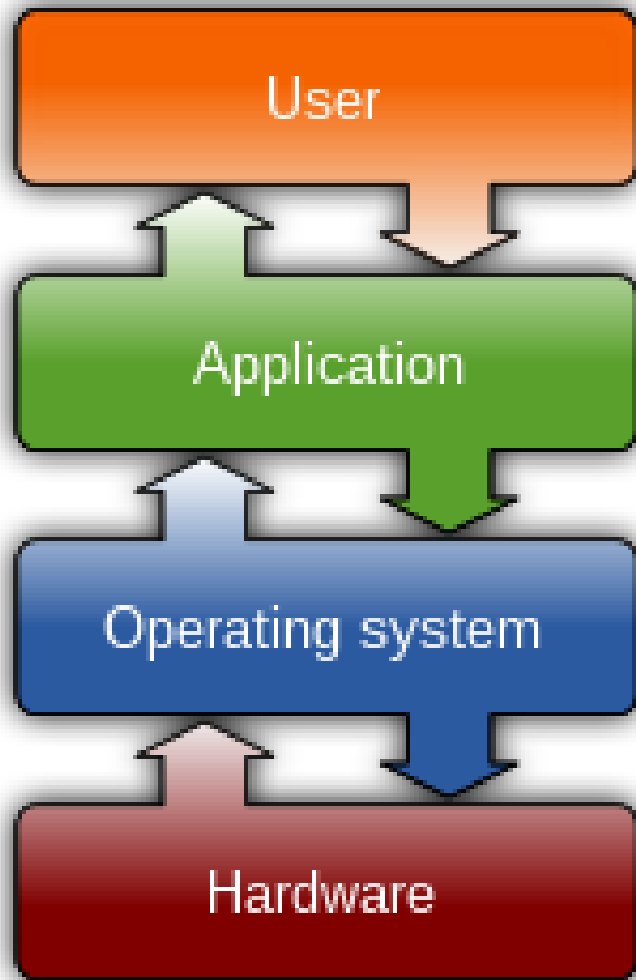
# Voluntary Sector Support for Young Carers



Kool Carers Southeast in partnership with Essex Youth Service received Highly Commended at the Children and Young People Now awards 2021, Young Carers category.



# System changes and service development



Working Smarter not Harder!

Changing access rights to Mosaic  
Better recording data drops  
Clearer impact measurement

Young Adult Carer Conference

Young Carer In Higher  
Education Awards

Increase Young Carer's voice  
opportunities

# Case study

‘L’ is 8 years old. She helps care for her brother who is deaf and autistic. She also has 2 younger siblings. Mum has a heart condition

L experiences anxiety at school and in social setting. She constantly worries about family members and is always helping at home. This was impacting on her health and wellbeing.

A Young Carer assessment enable us to start an action plan to address these problems

L was referred to a counselling service, engaged in the ‘What’s Autism learning programme and attended respite sessions

From Nov 21 – Dec 22, L received a range of interventions that has enabled her and her family to put measures in place that reduce anxiety, reduced caring roles in the home, secured counselling sessions to express her feelings and aspirations and learn enjoy activities with her peers in social settings.

# Quotes

"I would like to thank you for all the support you gave him during our difficult time. I really do think you gave him the break through that he needed and helped him open up about his feelings and how to deal with them. I honestly believe that without your support it could have been a different outcome. I will be forever grateful" Parent of young carer

"She is feeling more motivated and is setting her alarm each morning. She has completed schoolwork that she had been avoiding and is exercising a little more. She is eating as she normally would and has been productive and feeling more motivated" Parent of young carer

"Hi Ben just wanted to say thanks so much to you and your team. The children have come back so happy and so proud of themselves. Currently eating their lunch they made. We appreciate them having this time"

And the last word...

[Keanu and Ed.mp4](#)