

CARERS ISSUES AND ACTIONS FORUM

Young Carers & Parent Carers

Wednesday 17 November 2021

6.00pm – 7.30pm

WELCOME AND INTRODUCTIONS



Purpose of the session today

Session format and today's focus

Council Values:

- Honesty**
- Equality**
- Ambition**
- Respect**
- Together**

Role of the Chair / Facilitator

After the meeting

Panel Members Introduction



WE ARE NEWHAM.

**People at the Heart
of Everything We Do**

Christina Pace

**Assistant Director,
Children's Commissioning**

WHO IS A YOUNG CARER?

A young carer is someone under the age of 18 who looks after a family member or friend who has a physical or mental health condition, or misuses drugs or alcohol.

If a child regularly helps friends and/or family with:

- washing, dressing or taking medicines
- getting out and about and travelling to doctors' appointments
- shopping, cleaning and laundry
- paying bills and organising finances
- sitting with someone to keep them company
- watching over someone if they can't be left alone

Then they are a Young Carer. ([Being a young carer: your rights - NHS \(www.nhs.uk\)](http://www.nhs.uk))

Being a young carer can be very difficult at times and it is important that young people with caring responsibilities get access to the support that they need learn, thrive and enjoy a positive childhood.

WHAT IS A YOUNG CARERS ASSESSMENT?



The Children Act 1989 and Children and Families Act 2014 sets out that children under 18 with caring responsibilities have the right to receive a Young Carers Assessment. Young Carers or their representative should contact the Local Authority to request one.

A Young Carers Assessment is a discussion between a carers assessor / worker and the young carer about how their caring role affects their life emotionally, mentally and physically.

It also looks at the support and services available that could help them the Young Carer to maintain their caring role if they wish to. The assessment will also ensure that the level and nature of caring is appropriate and does not deprive the young person of a childhood.

A Young Carers Assessment is separate to an Adult Carer, or Parent Carer Assessment. It is possible for a range of different carers assessments to take place in one family – and this can be important to ensure that everyone's needs and aspirations are considered. Young Carer & Parent Carer Assessments are completed by Children's Service's, and Adult Carer Assessments by Adult Social Care.

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WHAT DOES THE YOUNG CARERS ASSESSMENT INVOLVE?



An Assessment can take place face to face (in the home or community) or virtually/over the phone, and varies in how long it can take to complete, but is usually done in 2-3 starting with a telephone call and then 1-2 face to face meetings. The face to face meeting(s) can include meeting in your home, but will always be agreed with you and your family first.

The assessment can be undertaken with the young person on their own or with a parent/carer, friend or family member present if they wish.

During the assessment the young person will be asked a range of questions to help the assessor understand their situation and needs. The young persons views and wishes will be an important part of the discussion.

The assessment is designed to help you and support you.

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WHAT TYPE OF SUPPORT COULD THE ASSESSMENT PROVIDE?



The support provided will be based on the situation of each Young Carer and may include:

- Information and advice
- Emotional support & counselling
- Support in their school or college
- Activities, clubs and trips with other Young Carers to spend time together to have fun, make friends and build confidence
- Help for the family to talk to each other about how they feel, what they would like to happen and what they would like to know
- Supporting an Adult Carer to help them cope better with their caring responsibility, so that the Young Carer can reduce the amount of care they provide

After the assessment the Young Carer and relevant family members like a parent or guardian will receive a written outcome of the assessment and the support that will be put in place.

HOW CAN A YOUNG CARERS ASSESSMENT BE ACCESSED?



A Young Carers assessment can be requested by contacting Newham MASH Service on: 020 3373 4600 - 9am to 5.15pm Monday to Thursday and 9am to 5pm on Fridays.

Or via an online form by visiting: https://azcareportal-live.newham.gov.uk/aztrriageportal/jsp_mash/admin/login.jsp

MASH is where all requests for support for children and families in Newham start.

MASH send the requests to the right team or service. Your request will be sent to the Young & Parent Carers Support Service. Once your request has been allocated they will make contact with the Young Carer and/or their family if requested to arrange for the assessment to be completed

A professional who is working with a young carer and/or their family can also request an assessment on their behalf.

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WHAT SUPPORT IS AVAILABLE FOR YOUNG CARERS IN NEWHAM?



Carers First

Newham have commissioned Carers First to deliver dedicated support, guidance and a range of engaging activities specifically for Young Carers. The Newham Young Carer project aims to support young people aged 5 to 18 who are in a caring role by offering them support and the opportunity to have a break from their caring role and meet others who are in a similar situation.

For more information: <https://www.carersfirst.org.uk/newham/welcome/#welcome>

Newham's Local Offer

Newham Local Offer has been developed and will be updated regularly to help families find information about local services, support, activities and events for children who have special educational needs and disabilities (SEND).

<https://families.newham.gov.uk/kb5/newham/directory/localoffer.page?localofferchannel=0>

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0-19 Health Service

The young carers health co-ordinator within the School Health Team supports any child or young person identified as a young carer who lives or attends school in Newham

Support Includes

- Health assessment /Hearing and vision assessment/Growth assessments/Mood assessments
- Walk and talk sessions
- School drop ins for young carers
- Young carers events during school holidays
- Opportunities to link up with other young carers
- Bereavement support
- Advocate for young carers to access existing and new services
- Awareness sessions for health professionals
- Represent young carers at health events
- Young carers tailored support available through ChatHealth

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HeadStart

Young Carers can access the following through the HeadStart offer

- **Your Time** – 12-18 week young person-led intervention
- **More than Mentors** training in the community with a group of young carers
- **Youth Panel** – fortnightly sessions including themed podcasts
- **Wellbeing Roadshow** – in the school and community settings
- **Bounce Back** – online and classroom based programme
- **All About Me Journal** – free wellbeing journal that can be posted or downloaded
- **Transition Passport** – to support key transition points

In September 5 young carers achieved their Peer Mentoring Award - Level 2 NOCN qualification by taking part in the More than Mentors training.

This is equivalent to an A-C at GCSE and also offers UCAS points

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Youth Empowerment Service

The Youth Empowerment service provides a range of exciting activities for all young people in Newham including young carer specific activities, School holiday programmes, Duke of Edinburgh, Young People's panels and much more.

All their activities and programmes can be found here:

<https://www.newham.gov.uk/children-families/activities-young-people-newham/1>

WHO IS A PARENT CARER?



A Parent Carer is a parent or guardian who provides care to a child to a degree greater than would normally be expected in a parenting role.

Parent Carers often support children who have additional needs as a result of a physical or mental health condition. Parent Carers can also experience additional pressures from managing their caring role alongside work, education, and caring for other family members and friends.

It is important that Parent Carers get the support that they need to support themselves and the people that they are caring for – and a Parent Carer Assessment can help to ensure that this happens. Children's Service's undertake Parent Carer Assessments to ensure that the right support that can be offered to the Parent Carer and the family.

A Parent Carer assessment will focus on the parent/guardian and their needs, and will consider their wellbeing, including health and safety issues and important commitments like relationships and employment.

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During the assessment you will be asked a range of questions to help the assessor understand your situation and needs and is designed to help you and support you.

The assessment will look at:

- Whether the parent has needs for support and what those needs are;
- The wellbeing of the parent – i.e. social and economic wellbeing, personal dignity, control over day-to-day life, participation in education, work or social activities, relationships with other people, having suitable accommodation, protection from abuse and neglect.
- Whether it is appropriate for the parent to provide, or continue to provide, care for the child with additional needs

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WHAT TYPES OF SUPPORT ARE AVAILABLE FOR PARENT CARERS IN NEWHAM?



Carers First

Newham commission Carers First to deliver support to Parent Carers and they can provide a range face to face and digital advice, guidance and support including 1:1 sessions.

Website: www.carersfirst.org.uk.uk/newham

Phone: 0300 303 1555

E-mail: hello@carersfirst.org.uk

Carers First run a Parent's Talk Time (Peer Support Group) between 10.00 – 11.00am every third Thursday of the month online via Zoom.

SENDIASS

Special Educational Needs and Disability Information Advice and support Service, SENDIASS Newham(formerly Parent Partnership Services), is a statutory service designed to support parent/carers, children and young people 0-25, with issues relating to their special educational needs and disability (SEND) rights and provision.

Phone: 0203 373 0707

Email sendiass@newham.gov.uk

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WHAT TYPES OF SUPPORT ARE AVAILABLE FOR PARENT CARERS IN NEWHAM?



There are also a range of locally based peer support groups

ORGANISATION AND DESCRIPTION	WHEN	VENUE	CONTACT DETAILS
<p>Children with Special Needs</p> <p>Ruby's Carer's Support Group</p>	<p>First and last Tuesday of the month</p> <p>12.30pm – 2.30pm</p>	<p>Katherine Road Community Centre. 254 Katherine Road Forest Gate, E7 8PN</p>	<p>Lead Person: Rubina Azam</p> <p>Mob: 07947158445</p> <p>Email: Rubinaazam@hotmail.co.uk</p>
<p>Senior Parent Learning Disabilities Carers Group</p> <p>Support group for all carers or parents of people with learning disabilities.</p>	<p>Every last Wednesday of the month</p> <p>12.00 – 2.30pm</p>	<p>Jack Cornwell Centre Jack Cornwell Street Manor Park, E12 5NN</p> <p>Telephone : 0203 373 3048</p>	<p>Remi Osunsanya</p> <p>Email : Sanyaosun2@yahoo.com</p> <p>Mobile : 07872 595948</p>

WHAT TYPES OF SUPPORT ARE AVAILABLE FOR PARENT CARERS IN NEWHAM?



<p>Disability Rep Forum</p> <p>Supports Disabled Carers including parent carers and those with disabled children</p>	<p>Every second Tuesday of the month</p> <p>11am - 1pm</p>	<p>Zoom</p>	<p>Sarifa Patel</p> <p>Email : sarifa.patel@hotmail.co.uk</p>
<p>Mums4mums group at Richard House Children's Hospice</p> <p>Group that meets every month at Richard House Children's Hospice. Mainly mothers with children with complex physical disabilities. They do artistic activities and have tea together. Not everyone is from Newham.</p>	<p>Every second Wednesday of the month</p> <p>11am – 2pm</p>	<p>Richard House Children's Hospice</p> <p>Richard House Drive</p> <p>London, E16 3RG</p>	<p>Charlie Huddleston</p> <p>Care and Family Support Services</p> <p>Email : CharlieH@richardhouse.org.uk</p> <p>Email : care@richardhouse.org.uk</p> <p>Telephone : 020 7540 0243</p> <p>All other enquires:</p> <p>Telephone : 020 7511 0222</p> <p>Email : info@richardhouse.org.uk</p>

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Carers First	1 st Tuesday 6pm - 7pm	Zoom	Jenny Goodson
YAC Chill and Chat	3 rd Monday 7pm - 8pm	(London, Lincs, Medway and Essex Carers)	Email : Jenny.Goodson@carersfirst.org.uk
Social Group for Young Adult Carers aged 18 - 25	3 rd Thursday	Zoom	Email : hello@carersfirst.org.uk
Carers First	10am-11am	Newham, Hackney, Waltham Forest & Haringey	Telephone : 0300 303 1555
Parent's Talk Time	Peer Support, chance for parent carers to talk, share useful information and support each other in a safe environment		

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WHAT TYPES OF SUPPORT ARE AVAILABLE FOR PARENT CARERS IN NEWHAM?



<p>Newham CAMHS Parents Forum – Support Group</p> <p>The Parents Forum provides a forum for parents to discuss their experiences of having children with mental health difficulties and accessing CAMHS. Constructive feedback from the Parents Forum helps shape the future of CAMHS</p>	Monthly	Contact CAHMS	Telephone: 020 8430 9000
<p>Therapeutic workshops</p> <p>Newham CAMHS offers therapeutic workshops for young people and parents/carers who live in Newham and would like advice and support to improve their mental health and wellbeing</p>		Contact CAHMS	Telephone: 020 8430 9000 https://www.eventbrite.co.uk/.../newham-camhs-workshops-23209370238

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<p>Online Pop-Up CAMHS</p> <p>This service is for families and young people who are not currently getting a service from Newham CAMHS.</p> <p>Pop-up CAMHS is led by friendly mental health clinicians at Newham CAMHS who look forward to meeting you and answering any questions you may have. Sign up for a slot to receive support, help, and consultation about any mental health queries. You can register on Eventbrite for any of the available 40 minute time slots between 12 and 3pm.</p>	<p>2nd & last Saturdays every month 12.00 – 3pm</p>	<p>Video call</p>	<p>https://www.eventbrite.co.uk/e/online-pop-up-camhs-newham-registration-102088330946</p>
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WHAT EMERGENCY PLANNING SUPPORT IS AVAILABLE FOR PARENT CARERS?



Newham Carers Emergency Card Scheme

The Carers Emergency Card Scheme is FREE and available to all unpaid carers . You need to ensure you are registered with Carers First which you can do by :

Helpline: 0300 303 1555

Email: hello@carersfirst.org.uk

Once a carer joins the scheme, they are given a card which has a registration number and a telephone number (held by Newham Network) that can be called in an emergency situation (24 hours, 7 days a week) The carer carries the card at all times so that it can be used as an instant source of identification in case of accident or sudden illness.

In an emergency situation, the card can be used by:

- The carer
- Emergency services
- A member of the public

Once the telephone number is called, the call centre uses the registration number to easily access your pre-arranged emergency plan and put it into action. The system is completely confidential, and no personal details are shown on the card.

At the time of joining the scheme the carer can provide two additional people (emergency contacts) that have agreed to provide support to the person being cared for if, due to an emergency, the carer is unable to provide the usual support. You can also provide details of agencies

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OTHER QUESTIONS...



'Newham Parent Forum has been involved in the Children's Autism Strategy which covers 5 to 16 years old. The Adults Autism Strategy starts from 18+ years, 17 year old are not covered in any of the strategies, what are Newham doing about this?'

There are currently 5 work streams of the Children & Young People Autism Plan:

- Under 5's Autism work stream
- 5 – 16 Autism work stream
- Preparation for adulthood work stream
- Parenting work stream

Newham are committed to developing an all age Autism strategy and work on this is just beginning

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NEWHAM CARERS STRATEGY



The Newham Carers Strategy that was launched in July 2021 sets out an ambitious vision for how we can continue to make improvements for our Newham Carers of all ages.

One section of the action plan sets out a range of other improvements that will be made specifically to support Young Carers.

Newham Carers are working in partnership with us to deliver the strategy, and are equal partners on our multi-agency partnership Board.

We will be closely monitoring the outputs of the strategy and publishing an annual progress report.

For more information or to get involved in delivering the strategy with us please contact Carers.Queries@Newham.gov.uk

WE ARE NEWHAM.

A poster for the Newham Carers Strategy. At the top right is the Newham London logo. The main text reads "WE ARE CARING." in large blue letters, followed by "WE ARE NEWHAM." in large white letters. Below the text is a photograph of a young man in a blue shirt sitting next to an elderly woman in a white headscarf who is sitting in a wheelchair and reading a book. The young man is holding a white mug and looking at the book. At the bottom left of the poster, it says "Newham Carers Strategy" and "www.newham.gov.uk". At the bottom right, it says "People at the Heart of Everything We Do".

WE ARE CARING.

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Newham Carers Strategy
www.newham.gov.uk

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QUESTIONS?



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