

**APPENDIX TO YOUNG CARERS REPORT**

Barnardo's (October 2019)



Barnardo's are commissioned by Plymouth City Council to deliver support to children and young people who are Young Carers up until the age of 18-years-old. Both group work and one-to-one interventions are delivered.

Key data

87 children and young people have been supported by the service since 1<sup>st</sup> April 2019 resulting in 747 delivery hours. The service works in a whole family approach and an additional 20 hours have been delivered working with parents.

Impact

Young people are satisfied with their signposting and support to other agencies – 93.5%.

Young Carers are satisfied with their one to one intensive support – 97%.

Young Carers are satisfied with their holiday activities – 85.5%

Young Carers are satisfied with their primary age sessions – 99%

Young Carers & families are satisfied with the workshops they attend – 100%

Young Carers are satisfied with the quality of volunteer support – 96.5%

Young Carers believe their views are central to decision-making in strategic meeting – 95%

Time4u

Barnardo's, Hamoaze and Plymouth City Council work in partnership to deliver 'Time4u'. This partnership means there is a single point of referral for all services with a joint partnership group assessing each child or young person's needs and deciding which element of service they are offered. This has resulted in more children and young people being offered a service and reducing referrals to three separate organisations.

Assessments

The Children and Families Act 2014 gives Young Carers in England a right to a carer's assessment and to have their needs met (if the assessment shows this is required).

Currently the service does not undertake a Young Carers assessment and this is not part of the contract with Plymouth City Council. However, through the Time4u partnership training is being developed to enable assessments to be undertaken. This will be delivered in November and December to multi-agency professionals across the city to and numbers of assessments completed after the training will be monitored.

Interventions, tools and innovation

The Barnardo's Young Carers service uses Outcome Star, which is evidenced-based, to action plan with children, young people and families. This allows the service to demonstrate the journey travelled and capture the impact of the direct work undertaken.

In 2019 Barnardo's delivered Decider Skills to a group of Young Carers. Decider Skills are CBT skills that help children and young people manage emotions and mental health. They are designed to enable people to be more resilient, resourceful and responsible. The aim is to help the brain develop positive habits. This work was funded through a Plymouth City Council innovations grant.

### Feedback from young people about Decider Skills:

- “I really liked it and it was delivered really well – 9/10.”
- “It’s been great as it’s helped me control my emotions and learn more about them – 9/10.”
- “I thought it was very helpful as it got me out and made me laugh and feel part of something. I think the most important bit was getting to do it with others if it was one-to-one I don’t think it would have been as easy to take in. I also learnt a lot of new things like different ways to calm down before we explode and how to get rid of the anger.”

Barnardo’s also delivers regular drama therapy group work to children and young people.

### Participation and the Voice of Children and Young People

In September 2019 Barnardo’s were awarded an Investing in Children award for its participation work across the city. This included the Barnardo’s Young Carers service. Below are extracts from the report specifically about the service:

#### **Investing in Children Award**

- Another project within Plymouth Barnardo’s that shows a nature of dialogue and change is the Young Carers, which can be seen in both its individual and group meetings. The project is predominately 1-2-1 based work with two groups that work in addition to this a younger theatre group and an older group. As an opt in service, the project gives young people the choice to participate with them, they are also given the choice on who to share that they are meeting with Young Carers.
- I met with 9 young people from the groups to hear their thoughts on the work of Young Carers. I started the meeting by asking the group about their experience of being listened to within the project. The result highlighted how the workers strive to listen, respond and change things because of their voice:
  - *“It’s good, this is a safe space, it’s so much easier when I’m here. I can just come in and laugh, it makes me happy being here.”*
  - *“Some adults just don’t listen, they think you’re a kid why should your voice matter. But not here, they put kids before themselves here.”*
  - *When they take us out on trips we get to choose where to go – we go to the cinema – we even went to London Pride as a whole group this year.”*
  - *“That started after we went to Plymouth Pride, we asked and then Nicki [Lead project worker] made it happen.”*
  - *“We get to pick the food sometimes we have ice-cream!”*
  - *“We might have set things but they make sure that it’s aimed at us and its fun for us.”*
  - *“If we have a problem outside then we can tell them in confidence and give advice and things to do.”*
  - *“Group work is like a safe space, no one will judge you.”*

### **Project Workers and Mentors**

Because the majority of work is 1-2-1, I also asked about daily experiences with their project workers and mentors. They meet up weekly and are the main point of contact for the young carers.

- *“I felt like I can tell Kyler [mentor] something and it’s not going anywhere unless it needs to, the information is safe”*
- *“I had a worker when there was a lot of stuff going on at school and she made it okay or at least she made it better or at least tried her best”*
- *“My worker improved my meetings, I didn’t have a say unless it was important, but now I’ve got the choice to have a voice. I don’t have to use it but I have the choice.”*
- *“My worker goes beyond, they helped whenever I needed it.”*
- *“Some places take you as a victim, but I don’t personally like that, I don’t want to be just reassured. Here they want to help, they say - is there anything we can do to help, they don’t just brush it off.”*
- *“They’ll drop anything, some places if you need to meet or help they’ll ring others that you don’t even know, but they don’t.*

***“It was clear after listening to the experiences of the young people, that the project workers and mentors within Young Carers listen and respond to the voice and needs of the young people in their care. The young people expressed how valued and respected they felt because of how the workers viewed them, as equals. This is a great example of how the projects at Plymouth Barnardo’s strives to place the young people at the centre of their work, prioritising their needs above all.”***