

YOUNG CARERS NEWS

'AN ELECTRONIC NEWSLETTER FOR PROFESSIONALS WHO WORK WITH CHILDREN AND YOUNG PEOPLE ACROSS CENTRAL BEDFORDSHIRE'

Issue 1: January – February 2012

Dear reader,

Welcome to the first edition of **Young Carers News**, a bi-monthly newsletter that goes out to professionals who work with children and young people in Central Bedfordshire.

The aim of the newsletter is to raise awareness of the young carers agenda, so all professionals have a better understanding of the services and support that is available to young carers.

If you would like to advertise any of your work and the opportunities that are available to young carers in **Young Carers News**, please take a look at page 7, or alternatively if you have any comments or suggestions to improve the newsletter we would like to hear from you! Please call 0300 300 4008 or email: katy.stafferton@centralbedfordshire.gov.uk

Happy reading!

What is a young carer?

Central Bedfordshire Council defines a young carer as, A child who looks after someone in their family who has an illness, a disability, a mental health problem or a substance misuse problem, taking on practical and/or emotional caring responsibilities that would normally be expected of an adult.

Caring can fall into three broad areas:

- 1/ Emotional caring** – Having no choice in meeting the demands of being there for someone, listening, providing reassurance, comfort, love and attention.
- 2/ Take responsibility** – Ensuring someone is safe, giving medicines, ensuring someone keeps appointments, parenting younger siblings, knowing how to get help, communication and translating.
- 3/ Physical caring** – pushing a wheelchair, household jobs, preparing meals.

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Central Bedfordshire Council

Since April 2011, Central Bedfordshire Council has had a young carers lead.

Some of the roles of the Young Carers Support Officer include:

- Develop and manage support and provision for young carers across Central Bedfordshire, working with Carers in Bedfordshire (commissioned partner) through a service level agreement.
- Work closely with lower, middle, upper and special schools in identifying and supporting young carers and their needs.
- Promote closer working relationships between schools and other partners in the support and delivery of services to young carers.
- Implement appropriate aspects of the National Carers Strategy with regards to young carers.

For more information on how Central Bedfordshire Council is identifying and supporting young carers or for a copy of the young carers delivery programme, please call Katy on 0300 300 4008 or email:

katy.stafferton@centralbedfordshire.gov.uk

New for 2012

Young Carers Network is a new network that is aimed at professionals who work with or may come into contact with young carers.

The network will be running on a quarterly basis and will be responsible for a number of initiatives to help raise awareness and provide support to the young carers living in Central Bedfordshire.

For more information please contact:

katy on 0300 300 4008 or email:

katy.stafferton@centralbedfordshire.gov.uk

The first meeting is on **Wednesday 15th February 2012**, 10.00am – 12.30, Central Bedfordshire Council offices, Dunstable, to book your place please call Katy on 0300 300 4008 now!

Central Bedfordshire Councils Young Carers Vision:

Our vision is to create an environment across Central Bedfordshire where young carers are recognised and supported and parenting roles are supported to protect children from excessive and inappropriate caring.

Young Carers School Support Scheme:

One of the ways in which Central Bedfordshire Council are identifying and supporting young carers, is via their Young Carers School Support Scheme.

The main aim of the scheme is to raise awareness of young carers in all schools and equip all professionals and students with the knowledge of suitable support that is available to young carers.

Since September 2011, the Young Carers Support Officer, has visited 54 schools, if you would like her to come to your school to discuss the support that is available please call Katy on 0300 300 4008 or email:

katy.stafferton@centralbedfordshire.gov.uk. All support and materials are completely free!

More information:

For more information on how Central Bedfordshire Council are helping young carers please go to

www.centralbedfordshire.gov.uk and type in young carers.

Carers in Bedfordshire

Important update!!!

On behalf of Bedford Borough Council, Central Bedfordshire Council and NHS Bedfordshire I am pleased to say that Carers in Bedfordshire are the preferred provider for carer support services across Bedford Borough and Central Bedfordshire.

Which means, that as of the 1st of October 2011 support that was available from several community and voluntary sector organisations will be provided by just one service - Carers in Bedfordshire. The bringing together of carer support is something that has come from carers and people working with carers, saying that the route into support should be easier. A big thank you to all carers and staff who have played a vital role in every step of the process of designing and setting up the new look service.

With thanks, James Robinson Morley, Lead Commissioner, Partnership Team, Central Bedfordshire Council.

What do Carers in Bedfordshire do?

They provide services for Adult Carers, Parent Carers, Young Adult Carers 16-25, Young & Sibling Carers, Mental Health Carers, Military Veteran Carers and Former Carers.

2 of their services include: The Hub and Young and Sibling Carer Project.

The Hub

For young adult carers aged 16 to 25

The Hub Young Adult Carers 16 to 25 project was started in March 2007 to support carers in the transition towards adulthood. Services include:

- * Emotional and practical support
- * Informal one to one sessions
- * Help to develop strategies for dealing with difficulties
- * Information, advice and training
- * Social group nights
- * Events and outings
- * Help in any other areas which they think are important to them.

For more information please contact: Robert Cunningham – The Hub YAC 16-25 Project Co-ordinator on:
0300 111 1919
Robert.cunningham@carersinbeds.org.uk

Young and Sibling Carers Project

For children and young people (aged 3-16) who are helping to care.

The project offers:

- * Fun and support
- * The chance to meet others and make friends.
- * To discuss and value their unique feelings and experiences.
- * To learn how to manage difficult situations and identify support networks.
- * To learn more about disability and illness.

The Young and Sibling Carers project holds 5 clubs a month, for more information contact:
0300 111 1919.

Carers in Bedfordshire now have an out of hours phone number, see page 9!

Carers in Bedfordshire Contact Details:

Opening Times:
Monday to Friday
8:30am - 4:30pm

Telephone:
0300 111 1919

Address:
Suite K
Sandland Court
The Pilgrim
Centre Brickhill
Drive Bedford
MK41 7PZ

Fax:
01234 761717

President:
Alistair Burt MP

Chief Executive:
Yvonne Clark

Chair:
Anne Grant

NHS Health Trainer Service

Carers have so many demands on their time every day that it can be difficult to find time for themselves. The Health Trainer Service, funded by the NHS, can help and support carers to look after themselves.

Health Trainer Service

- Can help carers adopt a healthier lifestyle
- Can provide some extra motivation to try a new activity such as a health walk or to stop smoking
- Can provide some encouragement for carers to best look after themselves in order to continue in their caring role
- Your local Health Trainer service can help for FREE. Whether it's to control weight, get fitter, have a healthier diet, quit smoking or reduce stress levels it's often hard to make a change without support

Health Trainers offers one to one support and information to people aged 15+ who want to improve their health and prevent future ill-health, through simple lifestyle changes.

A unique benefit of this service is that the fully trained Health Trainers live locally and have made lifestyle changes themselves so understand problems, concerns and difficulties people may have on a local level. They are well-informed about, and can signpost to local community-based services.

What's on offer?

- A one to one look at health and lifestyle to see what areas could be improved;
- A tailor made health plan to help people achieve realistic goals;
- support, encouragement and motivation with follow up sessions;
- information on local activities and groups to help people achieve their goals;
- help with accessing other local services.

To find out more please contact your local Health Trainer Service on:-
01234 897158 or email aruna.sharma-balls@bedfordshire.nhs.uk

Young Carers Breaks:

Carers in Bedfordshire has been given funding by NHS Bedfordshire for grants to support young carers 4-18 years whose health or well-being is affecting by their caring role.

The grant offers the young carers the opportunity to take a break or access an activity which will allow them to have a break and improve their health or well-being.

Young Carers can apply for up to £200.

Young Carers breaks can be spent towards:

- Fun activities
- A day trip
- Taking up a hobby
- Joining a club
- Visiting friends/relatives
- A school trip
- Or anything y that you feel will improve your health or well being.

For more information please see page 5.

Do you work with young people under 19?

Do they know about YC Net?



For more information go to:
www.youngcarers.net

A break from your caring role

Has your health or well-being been affected by your caring role?

If so, you may be eligible to apply for a carers grant in order to access a break from your caring responsibilities.

The grant can be used for anything that you feel will improve your health or well-being.



For more information contact Linda Di Michele:
Tel: 01767 315079
Email: linda.dimichele@carersinbeds.org.uk

This grant is not means tested and will not affect your benefits.



Did you know that YC Net, which is run by the Princess Royal Trust for Carers has a professionals website?

The website is built specifically so that all professionals have access to the best information available. Their aim is to provide you with access to knowledge sourced from their nationwide network of Carers Centres that will help you provide the best quality of support to the carers that you work with. So why not take a look at their website now - <http://professionals.carers.org/young-carers/>

School Section



[Schools Resource Pack](#)

Do you know about Do you Care? A Schools Resource Pack?

The Princess Royal Trust for Carers, in partnership with The Children's Society, has produced Do you Care? a resource for schools. It helps schools develop a deeper understanding of the issues faced by young carers, in order to support this vulnerable group of pupils more effectively and ensure they achieve their full potential.

For a copy of
Do you Care?
please go to:
www.carers.org
and click on
young carers.

The resource is split into five sections and then into chapters. It will guide your school through the steps needed to support young carers; from developing understanding and identifying young carers, to strategic and practical support and building a healthy school environment where young carers can flourish

For support and advice on how your school can help to identify and support young carers please call Katy Stafferton on 0300 300 4008 or email: katy.stafferton@centralbedfordshire.gov.uk

Have you seen the Undercover Heroes DVD?

'Undercover Heroes' follows a day in the lives of Ben aged 11 and Lucy aged 17. Ben carers for his dad who has multiple sclerosis, and he looks after his 4 year old sister too. Lucy carers for her mother, a single parent, who is clinically depressed. This short drama highlights some of the issues Ben and Lucy face at home, at school and with their friends. Both Ben and Lucy work tirelessly to help their parents, but their lives often remain hidden and misunderstood. They truly are....undercover heroes. The DVD features both drama and interviews with real young carers, who talk openly and frankly about their lives and their need to be understood and accepted.



Central Bedfordshire Council endeavours to show this DVD to all middle and upper schools in Central Bedfordshire, as part of the Young Carers School Support Scheme. If your school is yet to see the DVD please call Katy Stafferton on 0300 300 4008 or email: katy.stafferton@centralbedfordshire.gov.uk

Young Carers News

Central
Bedfordshire

Young Carers News is an electronic newsletter which goes out bi-monthly to professionals working with children and young people across Central Bedfordshire.

The aim of the newsletter is to raise awareness of the young carers agenda so all professionals have a better understanding of the services and support that is available to young carers.

If you would like to do an article in [Young Carers News](#) please send your articles to Katy Stafferton, Young Carers Support Officer at katy.stafferton@centralbedfordshire.gov.uk, by:

Issue	Deadline for articles (Noon)	Date of issue
Issue 2	Wednesday 15 th February 2012	Friday 2 nd March 2012
Issue 3	Wednesday 18 th April 2012	Friday 4 th May 2012
Issue 4	Wednesday 20 th June 2012	Friday 6 th July 2012
Issue 5	Wednesday 22 nd August	Friday 7 th September 2012
Issue 6	Wednesday 17 th October	Friday 2 nd November 2012

Should you wish to subscribe to [Young Carers News](#) or for more information please email: Katy Stafferton or call 0300 300 4008.

For more information on the council's commitment to identify and support young carers please go to www.centralbedfordshire.gov.uk and type in young carers.

'Our vision is to create an environment across Central Bedfordshire where young carers are recognised and supported and parenting roles are supported to protect children from excessive and inappropriate caring'.

Working Together

Prevention through Partnership

Central Bedfordshire Council are part of the national stakeholder group for the Prevention through Partnership programme run by The Children's Society.

This Department for Education funded programme is looking to build partnerships that will lead to early interventions preventing poor outcomes for children, young people and families, specifically those in high-need families with parental drug, alcohol and mental health problems where a child is at risk of taking on a significant caring role.

Central Bedfordshire hosted one of the first capacity building days on the 17th November 2011 aiming to support key managers and decision makers within Local Authorities and local agencies to implement emerging National Guidance centring on whole family working and to develop local guidance and protocols to implement good collaborative working within and between services.

Alongside this a 'Prevention through Partnership' online resource bank will provide access to tools and good practice examples for the implementation of whole family working to a wider net of professionals. This resource bank will include 'toolkits' to support implementation and strengthening of local collaborative working, wider workforce development and consulting and including vulnerable families in decision making.

For further information please contact:
fiona.side@centralbedfordshire.gov.uk
or call 0300 300 6058.

Think Family Programme

Central Bedfordshire established the Think Family Programme in 2009 to improve integrated working across children's and adult services for the benefit of local families.

This programme has included the development of a Think Family Practice Protocol 2010 to support services to move towards a Think Family approach, allowing reflection on current practice and identification of areas for development.

Most recently the team have delivered a series of Think Family Workshops to support services to:

- Identify clients who are parents and link them through to early intervention services to support them in their parenting role
- Identify children at risk from harm and inappropriate caring
- Develop processes that enable families to exert maximum control over their own lives, provide support and care for one another and have the best possible quality of life

For further information about the workshops and future delivery dates please contact:

fiona.side@centralbedfordshire.gov.uk

Useful toolkits

Refugee toolkit:

Supporting young carers in refugee and asylum seeking families. Available online at:
www.refugeetoolkit.org.uk

Whole family pathway:

A free online resource for all practitioners working with young carers and their families. Available online at: www.childrensociety.org.uk/youngcarers

Engage toolkit:

Supporting black and minority ethnic family carers. An online hub of policy, resources and best practice for all practitioners
www.engagetoolkit.org.uk

Young and Sibling Carer Project Out of Hours Advice Line



07531 915190

Monday to Friday 4:40pm to 6pm
Saturday and Sunday 11am to 5pm

A member of our Young and Sibling Carers Team
will be available to talk to you in confidence



Address:
Suite K, Sandland Court, The Pilgrim Centre
Brockhill Drive, Bedford MK41 7PZ
0300 111 1919
Registered Charity No. 1135507
A company limited by guarantee and registered in England No. 07140432



Charity of the edition – Children's Society - Include

The Children's Society's Include Programme works with voluntary and statutory services to support children and young people who care for parents or siblings who suffer from chronic illness or disability. They campaign for change and promote best practice with central and local government and work in partnership with social workers, teachers and health care professionals to deliver solutions that consider the needs of the whole family.

For more information
visit:

www.youngcarer.com

Next edition is out on the
2nd March 2012!

The next edition will also
include information from
Plan B and SEPT.

Carers in Bedfordshire's day time contact number is –
0300 111 1919

Young Carers top 3 facts:

- 1/ The average age of a young carer is 12.
- 2/ The 2001 census showed that there are 175,000 young carers in the UK, 13,000 of whom care for more than 50 hours a week.
- 3/ More than half of young carers live in one-parent families and almost a third care for someone with mental health problems.

If you would like to advertise any of your work in
the next edition of
Young Carers News, please email
katy.stafferton@centralbedfordshire.gov.uk
deadline is Wednesday 15th February 2012.

Happy New Year!