**NEWHAM WELLBEING PARTNERSHIP**

**CARERS STRATEGY**

**2021 - 2024**



**FOREWARD**

Caring can be both rewarding and demanding and we understand that to enable carers to maintain their caring role (if they so wish) supporting carers in a multitude of ways is necessary with a collaborative approach across partners. **Our aim is to support carers locally in a flexible, prevention based, person centred way before they reach crisis point.** We recognise the importance of ensuring carers feel supported whether that is with information, guidance and / or support services. We also recognise the importance of timing of help and support, and we are working with partners to identify carers as early on in their caring journey to be able to provide necessary support. Approximately 500 carers took part in consultations held to develop this strategy and you told us that to enable you to sustain a caring role, you need appropriate, timely support to help improve your health and wellbeing, because if this fails you are unable to continue your caring role.

Supporting carers has never been more important than right now during the Coronavirus (Covid-19) pandemic and now more than ever we are trying to be as innovative as possible working with our partners to deliver timely support in a personalised way. Carers week this year was even more special and we celebrated all that you to do with various online activities, games, pampering events and some home cooked meals delivered to your doors. This alongside HelpNewham scheme during initial peak of Covid helped hundreds of carers and families. We intend to continue this innovative way of working as our new ‘normal’. We want carers to have a life alongside and outside their caring roles and to be involved in the development of services to ensure we meet carer’s needs. This is true for all carers but particularly for young carers who are at the beginning of their lives. There is currently much work being done on how we support these young people and ensure any caring role they may have does not put them at a disadvantage in their own lives/careers.

Carers Matter. Newham values Carers and this strategy is building on the previous strategy to show how we intend to support carers and show carers how much we value all that they do.

Councillor Zulfiqar Ali

**Insert Pic**

**INTRODUCTION**

‘A Carer is considered to be anyone who spends time looking after or helping a family member, friend or neighbour who, because of their health and care needs, would find it difficult to cope without this help regardless of age or whether they identify as a Carer’.[[1]](#footnote-1)

Caring can come about unexpectedly or can develop gradually over time; and whilst it can be rewarding, it can also be challenging: and many Carers often put their own lives on hold to provide care and support to someone close to them - impacting on their own health and wellbeing, relationships, employment opportunities, finances and social and leisure activities.

The Newham Wellbeing Partnership[[2]](#footnote-2) recognises and appreciates the invaluable ‘expert by experience’ role that Carers provide for Health and Social Care - not only in providing the care and support required for the cared for individual, but also in coordinating their care, articulating their needs and advocating for them (where appropriate) and advising professionals around what works well for the cared for individual and areas for improvement.

The Partnership also acknowledges that more can be done to both support Newham’s Carers; and to improve how Education, Health and Social Care work in partnership with them to deliver care and support for the cared for individual.

In collaboration with Carers and the Provider of the Integrated Carers Support Service, the Partnership has co-designed this Strategy, building upon the work of the previous Carers Strategy[[3]](#footnote-3), to raise the profile of Carers in the borough; and to support them to recognise and meet their needs - to minimise the negative impact that caring can have, maintain and improve their wellbeing and sustain, where they so choose, their caring role.

To achieve this, the Partnership has co-designed a three-year Action Plan (Appendix A). This was done having consulted with circa 500 carers, both before strategy and action plan was drafted and after.

This Strategy aims to achieve the following outcomes:

1: Recognise and Raise the profile of Carers in the borough; and support residents to identify themselves as a Carer early in their caring journey; particularly in seldom heard of groups

2: Involve, listen and respect Carers in planning the care and support which the cared for individual receives - enabling safe, effective and personalised care; with a marked increase in carers assessments and combined assessments

3: Empower Carers to manage their caring role - in order that they are able to look after their own health and wellbeing and have a life of their own alongside their caring responsibilities; Particularly looking at respite as a way to do this

4: Support Carers to maintain / fulfil their education and employment potential - in order that they are free from financial disadvantage related to their caring role

5: Support Young Carers from inappropriate caring and provide the support they need to learn, develop and thrive; and enjoy a positive childhood.

**WHO IS IDENTIFIED AS A CARER?**

For the purpose of this Strategy, a Carer is an individual aged five and over who provides unpaid help and support to a partner, child, parent, relative, friend or neighbour who cannot manage without their help due to ill health, fragility, a mental, physical or sensory impairment, or substance misuse. For example, an:

* Adult Carer - an adult aged 18and over who is caring for another adult such as a spouse, parent, partner, friend, neighbour or relative;
* Parent Carer - a parent or guardian who provides care to a child**[[4]](#footnote-4)** to a degree greater than would be normally expected in a parenting role;
* Sandwich Carers - those with caring responsibilities for different generations, such as children and parents;
* Young Adult Carer - an adult aged between 18 and 25 who is caring for another adult or child;
* Young Carer - a child or young person who provides regular, ongoing care and emotional support over and above “helping out”;
* Former Carers - those who have ceased their caring role, usually as a result of a change in condition of the cared for individual. This includes the death of the cared for individual, the cared for individual recovering and no longer needing care or the Carer wanting / having to stop providing informal care.

The Partnership is aware that not all Carers relate to or accept the term ‘Carer’ and may view their caring responsibilities as part of another role, such as that of a partner / spouse, parent, child or friend. This is particularely the case in Newham where there are still a number of multigenerational BAME families who see it as their duty to care of their own.

Each carer lives a different caring experience although many will have similar needs that can be met through universal and targeted support provided in the London Borough of Newham.

**IMPORTANCE OF SUPPORTING CARERS**

Around 6.5 million Carers in the UK provide care worth an estimated £57 billion to £100 billion per year. The number varies across the UK with a higher proportion of Carers in Wales and Northern Ireland6

There is a uniform pattern of deteriorating general health with rising levels of unpaid care with a clear relationship between poor health and level and intensity of caring8. In fact a study by Carers UK8 suggests that a significant number of hospital admissions are due to problems associated with the Carer rather than the person admitted. They found that problems associated with the Carer contributed to readmission in 62% of cases. Caring responsibilities can have an adverse impact on the physical and mental health, education and employment potential of those who care, which can result in significantly poorer health and quality of life outcomes. These in turn can affect a carer’s effectiveness and lead to the admission of the cared for person to hospital8.

# Much of this ill health is avoidable or can be minimised. Supporting Carers to remain physically and mentally well is therefore a key part of the health and social care agenda, for both Carers themselves and their cared for.

This has been exacerbated further with the onset of Coronavirus (Covid-19) which disproportionately affects those with disabilities and / or long term health conditions, as well as those from a BAME background. Consequently, and particularly in Newham, during the pandemic, there was an increase in individuals becoming a Carer and the level of caring provided. Carers UK5 advise that 70% of Carers now provide an average of ten extra hours of additional care a week.

**NATIONAL CONTEXT**

The development of this Strategy has been shaped by the following national documents:

# In 2014 The Care Act and The Children and Families Act gave Local Authorities in England a legal responsibility to:

# -assess the needs of Carers

# -support their eligible needs

# -promote their wellbeing

# Both Acts placed new duties on Local Authorities to support Young Carers approaching adulthood and Parent Carers whose children are approaching adulthood to plan an effective and timely move from Children and Young People’s Services to Adults.

**NHS England’s Five Year Forward View (2014)** and **Commitment to Carers** - both highlighted the vital role that Carers play to assist the NHS and acknowledged that they are not always recognised for their efforts. From this, the NHS promised to support Carer wellbeing by:

-recognising their role

-respecting and involving them in discussions about the cared for individual

-providing flexible care wherever possible and;

-signposting to relevant services.

In response to this legislation as well as **NHS England’s Long Term Plan (2019)** and **State of Caring (2018)** the **National Carers Action Plan (2018 – 2020**) was refreshed and sets out five key areas of focus for improving support provided to Carers across England and Wales:

1. Identification and recognition including raising the profile of Carers;
2. Employment and financial wellbeing;
3. Supporting Young Carers;
4. Recognising and supporting Carers in the wider community and society;
5. Building research and evidence to improve outcomes for Carers.

The impact of caring during Covid 19 has also been imperative in shaping this strategy. ONS7 published a report on the impact of virus on caring and highlighted following:

1. Almost half (48%) of people in the UK said that they provide help to or support someone outside their household in the first month of lockdown in April 2020 (compared to 11% during 2017 and 2018)
2. For carers who look after people in their home 84% said they were very or somewhat worried about the effect of coronavirus was having on their life compared to 78% of non-carers. The most common worry being worried about the future.
3. Females providing help and support have seen the largest change in reporting poor mental health

People across the country have pulled together during the virus in a way that will impact and change society forever. There are now more carers then ever and the importance of supporting carers in a personalised, flexible, prevention based way has never been so important.

**LOCAL CONTEXT**

This strategy supports the achievement of local Newham corporate priorities:

* Priority 4 – an environment for all, an attractive borough which encourages active lifestyles, social integration and civic responsibility. Carers and the cared for persons to have a feeling of accomplishment, and recognise the valuable work of unpaid carers.
* Priority 5 – help improve Health and Social Care systems which will benefit un-paid Carers in Newham if we are able to create an online calendar for un-paid carers to book respite. The basic needs of health and living standards are supported and Carers and cared for person are able to enjoy an adequate standard of living, with independence and security, and are supported when necessary to ensure they are healthy, physically and Mentally.

Newham is the third largest borough in London with an estimated resident population of 347,996. The adult population is 74% of the population; however, it is the sixth youngest borough in the country with a median age of 31.6 years and second youngest in London[[5]](#footnote-5). Although Newham has a younger than average population, its residents show signs of early ageing; and have a significant period of unhealthy life before death - leading to a higher than expected burden of disease on Health and Social Care services.

The pie chart below shows approximate number of unpaid carers and from this proportion of Young Carers[[6]](#footnote-6).

It is anticipated that the number of Carers will increase as both the population and the number of residents with long-term conditions increases.

It should also be noted that whilst the Census provides valuable data, it is widely recognized that the Census may be underreporting the number of Carers for a number of reasons including. Accurately identifying the number of Young Carers is even more challenging. Many children and young people will not identify themselves as a Young Carer because they:

* do not realise that they are a Carer (particularly in certain cultures) or that their life is different to their peers;
* don’t want to be any different from their peers;
* want to keep their identity at school / with their peers separate from their caring role;
* are worried they will be separated from the cared for individual;
* don’t feel they can discuss their caring role - because they feel others wouldn’t understand, they feel embarrassed and / or are worried about bullying;
* See no reason or positive outcome because of telling their story.

Inaccuracies in reporting and recording accurate data on carers is a huge issue, both nationally and locally. This impacts all carers but young carers are disproportionately disadvantaged as around one in 20 miss school because of their caring responsibilities9. This naturally has a huge impact on future of these young people. London Borough of Newham are working closely with partners to support young carers and ensure any caring responsibility they choose to do does not disproportionately impact their future via a Multi agency Young Carers Action Planning Group led by CYP Commissioning has been set up (including Youth Empowerment Service, Adult Commissioning, 0-19 Children’s Health, Head Start, SEND, MH Services & Families First colleagues).

Local data from LBN social care system (2017/18) shows there are circa 3000 carers have had carer’s assessments and only 5 are young carers. Although data below has limitations and a single carer may have been recorded on table below more than one time, there also other carers attending community services/activities that are not part of above data set. What is apparent however is even these under reported figures are substantial and the need to help carers has never been more important.

|  |  |
| --- | --- |
| Carers 17/18 | Numbers |
| Carers known to Adult Social Care | 3004 |
| Adult Carers with a Carers Assessment | 2999 |
| Young Carers with a Carers assessment by Adult social care | 5 |
| Young Carers known to Social Care | 99 |
| Parent Carers with Carers assessment | 104 |
| No. of adult Carers known to commissioned service | 4744 |
| No. known to General Medical practice Young Carers | 238 |
| No. known to General Medical practice Adult Carers | 3393 |
| Total | 14586 |

When carers are identified (and also something that came out of the consultations) often a break from caring is something that is most valued. Break comes in various shapes and forms, from a night away to a couple of hours to watch a film, to a holiday abroad. This is something that is addressed as part of the action plan in Appendix 1.

Care provided by carers, not only impact their own wellbeing negatively but it can also affect their cared for. London borough of Newham recognizes importance of respite for carers, cared for, and is currently developing a strategy around this.

**Local Support for Carers**

**Support for carers can be divided in 3 key elements**

Statutory Carers’ Assessments

Low level emotional and practical support, via a commissioned Integrated Carers Support Service (Carers First)

Number of Peer Support Groups for Carers run by Carers

During Covid 19 pandemic carers, support services in Newham have been innovative in finding inventive ways of providing support. This has included zoom first aid courses, online pampering sessions as well as consistent wellbeing checks in the form of phone calls, WhatsApp groups as well as other video mediums. LBN wants to harness this innovation and immense sense of community for the future support of carers. As part of LBN’s continuous improvement plan, we have already made headway on some of the things you have told us below:

We want a more joined up community support for Carers.

We reviewed the Carers Support Service model and re-procured an integrated Service (Carers First)

Work has already started on reviewing the Carers assessment journey for both Parent and Young Carers.

Improve the assessment process for Young Carers and Parent Carers .

We have made Carers every practitioners business and all are now required to offer and complete Carers Assessments, as appropriate and required.

Raise awareness of Carers among Social Care practitioners

There should be mechanism for efficient recording of carers assessments and combined assessments

AzeusCare enables the easy recording and reporting of Carers Assessments and Combined Assessments.

**CHALLENGES AND ACTION PLAN**

Newham is a unique borough with a demography like no others. With this comes both its strengths and challenges. Some of the challenges include:

* Raise awareness particularly in seldom heard of groups – and do so early on
* Increase number of carers assessments or combined assessments;
* Improve the pathway for young carers and parent carers assessments
* Develop a respite policy

To address the challenges this Strategy provides an Action Plan (Appendix A) that will be implemented over a three-year period by Newham Wellbeing Partnership - comprising of ket representatives from the Council (Adults and Children’s), WEL CCG, Barts, ELFT, Newham Health Collaborative, Carers FIRST, Health Watch Newham and Carers.

The action plan is designed to address the keys aims of the strategy using feedback from the consultations. There is not a specific Covid19 section part of the action plan however actions across the plan will be tackling issues arising from Covid19. In addition to this action plan will also be addressing some of the challenges mentioned as part of the consultation eg disparity in male and female carers accessing support, lack of clarity in respite offer and gap in support for young carers and adult carers.

Progress toward the Action Plan will be monitored by the Newham Wellbeing Parnership and be reported through the Newham Wellbeing Partnership Board and Health and Wellbeing Board

**APPENDIX A**

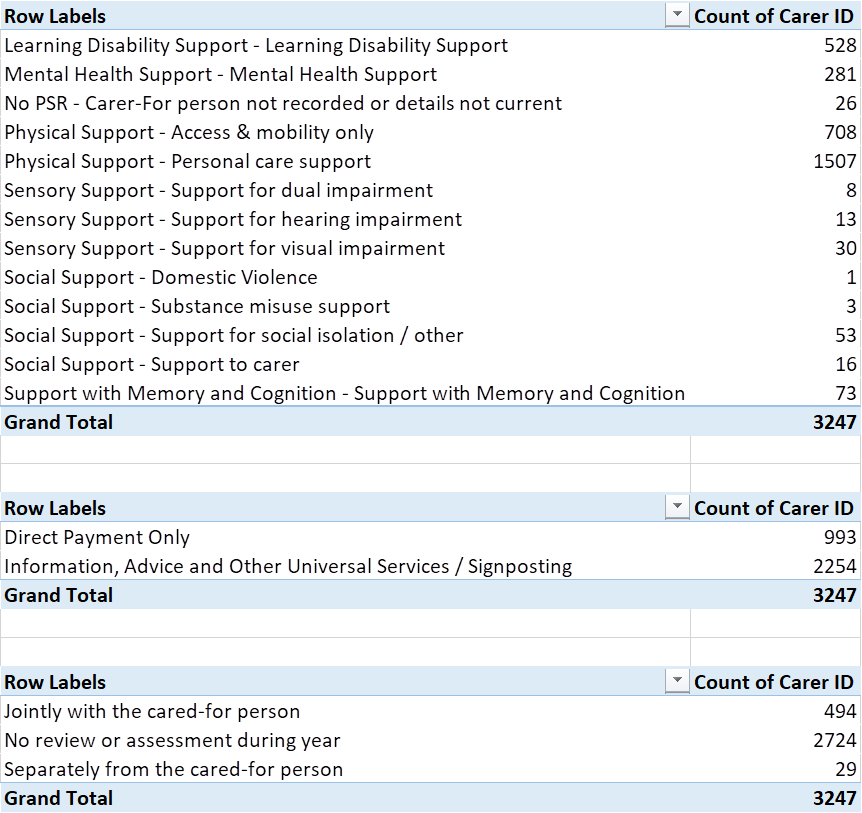
NEWHAM WELLBEING PARTNERSHIP: CARERS ACTION PLAN 2021 - 2024

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **WHAT WILL WE DO?** | | **DUE DATE** | **HOW WILL WE KNOW IT IS WORKING?** | **RESOURCE AND RESPONSIBILITY** | |
| **RECOGNISE AND RAISE THE PROFILE OF CARERS IN THE BOROUGH; AND SUPPORT RESIDENTS TO IDENTIFY THEMSELVES AS A CARER EARLY IN THEIR CARING JOURNEY** | | | | |
| 1. | Co-design and implement a ‘**branding’** for Carers in Newham.  This will include the design of a Newham Carers logo - for all promotion and Carers services to use (e.g. Integrated Carers Support Service, Carers Support Groups, businesses who partake in the Carers Discount Scheme, etc.). | Year One | Visible Carers presence in the borough.  Increase in the number of residents who identify themselves as a Carer; and seek support from the:   * Council via a Carers Assessment; * Integrated Carers Support Service; * Borough’s Carers Peer Support Groups.   Increase in the number of Carers who report they are aware of and are able to access appropriate information, advice and guidance in relation to their caring role via the national and local Carers surveys.  Increase in the number of local businesses signed-up to the Carers Discount Card.  Current stats for this in Appendix B | Newham Carers Strategy Group and Existing Resource | |
| 2. | Review, launch and implement the **Carers** **Charter** across the Council, Health and Integrated Carers Support Service. | Year One | Fit for purpose Carers Charter in place - implemented by:   * the Council; * Bart’s NHS Trust; * ELFT; * Newham Health Collaborative / Primary Care Networks; * Integrated Carers Support Service. | Newham Carers Strategy Group and Existing Resource | |
| 3. | Co-produce and implement a three-year **communication and event programme** to raise awareness of and identify Carers in the borough - based upon data held by the Council, Health and Integrated Carers Support Service.  The programme will consider both the various Carer cohorts via their protected characteristics; and the range of communication methods (including main social media platforms). | Plan -Year 1  Implementation – Year 3 | Increase in the number of residents who identify themselves as a Carer; and seek support from the:   * Council via a Carers Assessment; * Integrated Carers Support Service; * Borough’s Carers Support Groups.   Within the above measures, an increase in the number of Carers from ‘invisible’ cohorts (e.g. male Carers, LGBT Carers, those that support an individual who has refused support, etc.). | Integrated Carers Support Service | |
| 4. | Co-design a single, comprehensive and user-friendly **Carer resource** on Care in Newham for residents and Health and Social Care professionals; and make available within all Community Neighbourhoods and Health and Social Care buildings (agreeing a programme of ‘leaflet drops’). | Year One | Increase in the number of residents who identify themselves as a Carer; and seek support from the:   * Council via a Carers Assessment; * Integrated Carers Support Service; * Borough’s Carers Peer Support Groups.   Increase in the number of Carers who report they are aware of and are able to access appropriate information, advice and guidance in relation to their caring role via the national and local Carers surveys. | Newham Carers Strategy Group | |
| 5. | Implement the ‘**Quality Markers’** for Carer friendly GP Practices across the borough’s GP Practices and accredit with carers badge/certificate/plaque    This can also be rolled out wider to care groups | Year Two | All Practices meet the Quality Markers.  Increase in the number of referrals on behalf of Carers via their GP Practice to the:   * Council for a Carers Assessment; * Integrated Carers Support Service. | Primary Care Commissioner (CCG)  PCN Clinical Directors | |
| 6. | Implement **NHS England’s ‘top tips’** for identifying and supporting Young Carers across the borough’s GP Practices. | Year Two | All Practices have implemented the top tips.  Increase in the number of referrals on behalf of Young Carers via their GP Practice to the:   * Council for a Carers Assessment; * Integrated Carers Support Service. | Primary Care Commissioner (CCG)  PCN Clinical Directors | |
| 7. | Work with the borough’s **schools** to annually observe **Young Carers Awareness Day**. | Year One | Raise public awareness of the challenges faced by children and young people because of their caring role.  Increase in the number of referrals on behalf of Young Carers and Young Adult Carers via their place of education to the:   * Council for a Carers Assessment; * Integrated Carers Support Service. | Childrens commissioners  Integrated Carers Support Service  Young Carers Working group | |
| 8. | **Work with the borough’s Youth Zones** to better identify and support Young Carers and Young Adult Carers. | Year Two | Increase in the number of referrals on behalf of Young Carers and Young Adult Carers via the Youth Zones to the:   * Council for a Carers Assessment; * Integrated Carers Support Service. | Integrated Carers Support Service | |
| 9. | Increase the number of **Carers Champions** in the borough across all Carer cohorts. | Year Three | Increase in the number of Carers Champions across all carer cohorts. | Integrated Carers Support Service | |
| **INVOLVE, LISTEN AND RESPECT CARERS IN PLANNING THE CARE AND SUPPORT WHICH THE CARED FOR INDIVIDUAL RECEIVES - ENABLING SAFE, EFFECTIVE AND PERSONALISED CARE** | | | | |
| 10. | Co-design a three-year **training** programme for Health and Social Care professionals. This will include:   * Significant 7 training for carers * Induction training to include carer awareness – rolling raining * MH first aid training | Year One | Increase in the number of residents who identify themselves as a Carer; and seek support from the:   * Council via a Carers Assessment; * Integrated Carers Support Service; * Borough’s Carers Peer Support Groups.   Increase in the number of Carers who report they are aware of and are able to access appropriate information, advice and guidance in relation to their caring role via the national and local Carers surveys. | Workforce Development Teams – Claudia and Alex and Carers FIRST empowerment programme | |
| 11. | Carers **involvement in MDTs** | Year Two onwards | Carers attendance in MDT meetings | Commissioner | |
| 12. | Work with Health and Social Care professionals to ensure, as a matter of course, that they seek **consent** from the cared for individual to share information about their care and support with their Carer; and when consent is provided that the Carers’ knowledge and expertise is taken into account when developing Care / Support / Treatment Plans for the cared for individual. | Year Two | Consent is sought from the cared for individual to share information about their care and support with their Carer; and when consent is provided the Carers’ knowledge and expertise is taken into account when developing Care / Support / Treatment Plans for the cared for individual.  Review annual questionnaire and replicate across GPs/Barts/ELFT | Assessment and Care Management  CCG | |
| 13. | Ensure **timely communication** to Carers during and post assessment of the cared for individual. | Year One | Part of questionnaire | Assessment and Care Management | |
| 14. | Extend the existing **‘Newham Carers Passport’** across the Newham University Hospital site - thus supporting Carers to be better involved in the care planning of the cared for individual. | Year Three | Newham Carers Passport is implemented and promoted across Newham University Hospital. | Bart’s Clinical Director | |
| 15. | Work with Housing to ensure **Carers representation on the Housing Delivery Group.** | Year One |  |  | |
| 16. | Continue to **strengthen the Carers Forums** to ensure that Carers have an active voice locally to improve the quality of services in the borough.  Carers logo accreditation for forums that reach certain standards | Ongoing | Quarterly Carers Forums delivered; and feedback provided to the lead-Commissioner to take forward with the relevant service areas. | Integrated Carers Support Service  Commissioner (ASC)  Commissioner (CYPS)  Commissioner - CCG | |
| 17. | Continue to **fund the Parent Carer Forum until the 31.03.2023** - during which time it will be reviewed. | Year One | Parent Carer Forum in place and providing support to Parent Carers. | Commissioner (CYPS) | |
| 19. | Co-design and implement a **Carers Empowerment Programme.**  For example:   * Assistive Technology; * Assistive and Moving; * End of Life Care; * Medication Administration; * Sleep Scotland. | From - Year One | Number of Carers attending empowerment sessions; and reporting positive learning. | Integrated Carers Support Service | |
| **EMPOWER CARERS TO MANAGE THEIR CARING ROLE - IN ORDER THAT THEY ARE ABLE TO LOOK AFTER THEIR OWN HEALTH AND WELLBEING AND HAVE A LIFE OF THEIR OWN ALONGSIDE THEIR CARING RESPONSIBILITIES** | | | | |
| 20. | Promote the **Carers Emergency Plan Scheme** to all Carers who access the Integrated Carers Support Service and / or have a Carers Assessment. | Year One | Increase in the number of Carers who have an Emergency Plan. | Integrated Carers Support Service  Director of Operations - ASC  Director of Operations - CYPS | |
| 21. | Empower **carers peer support groups**, and ensure groups have some sort of strategic oversight | Year Two | Attendance in training  Some kind of strategic oversight | Commissioner  Integrated carers support service | |
| 22. | Review **carers role in co production** | Year Two | Carers trained and feel empowered | Commissioner  Co production Lead | |
| 23. | Agree a **Memorandum of Understanding between Adults and Children’s Services advising who is responsible for the Carers Assessments** of the various Carer cohorts.  This will include:   * the difference between a Carers Assessment and a Combined Assessment and when each should be completed; * Support available for Young Carers as they transition to Young Adult Carers. | Year One | Memorandum of Understanding agreed and implemented.  Increase in the number of Carers Assessments and Combined Assessments completed by both Directorates. | Principal Social Worker (ASC) Principal Social Worker (CYPS) | |
| 24. | **Improve identification of Carers**  This will include:   * introducing different mediums for assessment including telephone, skype, etc; * Carers being notified of the result of their assessment within 28 calendar days of the assessment date. | Year One | Increase in the number of Adult Carers and Young Carers supporting an adult Customer in receipt of a Carers Assessment or Combined Assessment across the pathway.  Increase in the number of Carers with a Direct Payment. | Director of Assessment and Care Management (Adults).  Workforce Development | |
| 25. | Co-design and implemented a **Carers Respite Policy.**  This will include explaining the difference between replacement care and respite; define the eligibility for respite; and how it may be obtained. | Year One | Carers Respite Policy in place and adhered to by Adults and Children’s Services. | Commissioner | |
| 26. | Improve **uptake of preventative health checks and Mental Wellbeing service like Talking therapies services through marketing campaigns** | Year Two | Increase in number of carers using preventative/ mental health wellbeing services | Integrated Carers Support  Barts  ELFT  HealthWatch Newham  CCG  LBN | |
| 27. | Work with partners including community neighbourhoods to **improve and publicise the range of activities that Carers** and Cared for individual can engage in. | Year One | Increase in knowledge of carers services across carers and professionals alike | Integrated Carers Support  Barts  ELFT  HealthWatch Newham  CCG  LBN | |
| 28. | Interact with **other carers and exchange ideas and get support. Explore socially linking up** with established online Carers forum for example Carers UK and Carers Trust. | Year Two | Establishment of cross cutting carers groups | Integrated carers support | |
| 29. | Improve awareness of and **access to Assistive Technology and Community Equipment** that can support Carers in their Caring role. | Year Two | Increase in the number of carers accessing assistive technology and Community Equipment/are aware | Integrated carers support  ElfT | |
| 30. | Improve **awareness of travel and transport options to support Carers** (e.g. TfL Mentoring Scheme, Freedom Pass, Blue Badge, Taxi Card, Dial-a-Ride, etc.). | Year Two | Increase in the number of cared for individuals who have accessed the transport / travel options they are eligible for. | Commissioner working with Travel commissioner (Mary Hanlon) | |
| **SUPPORT YOUNG CARERS FROM INAPPROPRIATE CARING AND PROVIDE THE SUPPORT THEY NEED TO LEARN, DEVELOP AND THRIVE; AND ENJOY A POSITIVE CHILDHOOD.** | | | | |
| 31. | Review and **co-design the Young Carers assessment pathway** and documentation with relevant **training** as and when required  This will include the **transition pathway from Young Carer to Young Adult Carer**. | Year One | Clear, appropriate and well-promoted pathway in place for Young Carers.  Young Carer friendly assessment documentation in place.  All relevant stakeholders are aware of the Young Carers pathway and how to refer a Young Carer for a Carers Assessment. | Children’s commissioner and Young People’s Assessment and Safeguarding | |
| 32. | Implement the **national Young Carers in School Programme** across the borough’s schools. | Year Two | All schools implemented the Young Carers in School Programme. | Young carers working group | |
| 33. | Expand the **national Young Carers in School Programme to the borough’s colleges and universities** and youth zones | Year three | All colleges and schools and youth zones implemented the Young Carers in School Programme. | Young carers working group | |
| 34. | Develop **resource/tool/programmes for all services available to young carers including respite** | Year One | Establishment of resources online and at key organisations of all support available to young people | Young carers working group | |
| 35. | Develop a peer **support group** for Young Carers with a sibling/s with SEND. | Year One | Peer support group established and supporting Young Carers with a sibling/s with SEND. | Integrated Carers Support Service | |
| 36. | Explore with **national organisations** e.g. Girls Guides , Boy Scouts, The Cadets, Princes’ Trust and Duke of Edinburgh on **support can be offered to young carers** | Year three | Addition of national organisation as part of carers support services available | Integrated Carers Service | |
| 37. | Complete an **audit of Young Carers safeguarding cases** – to improve support for Young Carers affected by parental mental health. | Year Two | Increase in the number of Young Carers, who provide care for an adult with mental health needs, supported by the:   * Council via a Carers Assessment; * Integrated Carers Support Service. | Integrated Carers Support Service  Young People’s Assessment and Safeguarding | |

**APPENDIX B**

BASELINE DATA

Carers Assessments



How many are accessing the different Carers Support Groups on average – broken down by the above if we have it.

It would be good within this – to not only have the numbers but the protected characteristics of each of the Carers.

How many businesses are signed up to the Discount Card – and what they are offering?

All of this information needs to go in as Appendix B.

**APPENDIX C**

CARERS CONSULTATION OVERVIEW

Adult Carers

Parent Carers

Young Carers

Young Carers reported conflicting emotions around their caring role: happiness and pride at being able to support someone close to them mixed with anxiety and loneliness. Young Carers communicated concerns around bullying and a lack of understanding from both their peers and their teachers, as barriers to seeking support - with further concerns about knowing where to seek support; and if sought, if they and the cared for individual would be separated (especially if caring for an adult with substance misuse needs).

Young Carers advised that they:

* want a clear and widely communicated pathway for Yong Carers;
* don’t want to provide complex care (e.g. invasive medication);
* want a plan for some time off from their caring role;
* to be better supported at school (including extra support with their studies);
* want to access activities that other children and young people in the borough access;
* would like to have someone to talk to or a Befriender;
* Would like to have a holiday with their family / cared for individual.

1. <https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/713781/carers-action-plan-2018-2020.pdf> [↑](#footnote-ref-1)
2. The Council, Newham CCG, Barts Health NHS Trust, East London Foundation Trust and Newham Health Collaborative are working together to develop an Integrated Care System (ICS). The intention of the ICS is to deliver innovative and seamless care that improves the health and wellbeing of the population of Newham - through all Health and Social Care stakeholders working together collaboratively, enabling the ICS to effectively and efficiently plan, co-design, commission and deliver ‘the right care, in the right place, at the right time’. Newham’s ICS is called the Newham Wellbeing Partnership. [↑](#footnote-ref-2)
3. <https://www.newham.gov.uk/Documents/Health%20and%20social%20care/JointCarersStrategy.pdf> [↑](#footnote-ref-3)
4. # 4 For the purpose of this Strategy, a child is such up until the age of 18.

   5 <https://www.carersuk.org/help-and-advice/coronavirus-covid-19/coronavirus-covid-19>

   6 <https://post.parliament.uk/research-briefings/post-pn-0582/> [↑](#footnote-ref-4)
5. <https://www.ons.gov.uk/peoplepopulationandcommunity/populationandmigration/populationestimates/datasets/populationestimatesforukenglandandwalesscotlandandnorthernireland> [↑](#footnote-ref-5)
6. [https://www.nomisweb.co.uk](https://www.nomisweb.co.uk/)

   7 https://www.ons.gov.uk/peoplepopulationandcommunity/healthandsocialcare/conditionsanddiseases/articles/morepeoplehavebeenhelpingothersoutsidetheirhouseholdthroughthecoronaviruscovid19lockdown/2020-07-09 [↑](#footnote-ref-6)