

## ITEM No ...2.....

**REPORT TO:** CHILDREN AND FAMILIES SERVICES COMMITTEE – 5 DECEMBER 2022  
**REPORT ON:** YOUNG CARERS UPDATE  
**REPORT BY:** EXECUTIVE DIRECTOR OF CHILDREN AND FAMILIES SERVICE  
**REPORT NO:** 323- 2022

### **1.0 PURPOSE OF REPORT**

1.1 This report provides members with an update of progress made in the last year on the Council's continued support to Young Carers. This includes an update in relation to progress in implementing A Caring Dundee 2 2021-24, which was approved by the Integration Joint Board on 27 October 2021 (Article XIII of the minute of meeting refers) and noted by Elected Members on 6 December 2021 (Article III of the minute of meeting of this Committee refers).

### **2.0 RECOMMENDATIONS**

2.1 It is recommended that members:

- i. note the continued progress made in supporting Young Carers over the last 12 months
- ii. instruct the Executive Director of Children and Families Service to provide a further update report on the implementation of A Caring Dundee 2 in 12 months.

### **3.0 FINANCIAL IMPLICATIONS**

3.1 The Scottish Government has provided additional funding to Dundee City Council Children and Families Service for the implementation of the Carers (Scotland) Act 2016. In 2022-23, the total funding amounted to £172k to further support the co-ordination of services and Young Carer's Support Plans.

### **4.0 CARERS (SCOTLAND) ACT 2016**

4.1 The Carers (Scotland) Act 2016 was enacted on 1 April 2018. The Act imposed new legal duties on Local Authorities and Health Boards in relation to both Young and Adult Carers. It defines a carer as anyone who provides, or intends to provide, care for another person, noting that carers can be any age and may be parents, spouses, grandparents, daughters, brothers, partners, friends or neighbours of the person being cared for.

4.2 The Act states Local Authorities have a duty to offer and provide what it describes as 'Young Carer Statements'. This is effectively a support plan developed with and for a Young Carer to overcome any identified barriers created by their caring role and ensure they can achieve positive outcomes. This applies to any child or young person who is under the age of 18 or is still a pupil at school and who provides care to another person.

### **5.0 LOCAL IMPLEMENTATION**

5.1 In Dundee, A Caring Dundee: A Strategic Plan for Supporting Carers in Dundee 2017-2020 was developed jointly by the Children and Families Service, Health and Social Care Partnership (HSCP), Third Sector and Carers. Collectively, we committed to a shared vision to achieve: *'A Caring Dundee in which all Carers feel listened to, valued and supported so that they feel well and are able to live a life alongside caring'*.

5.2 The Dundee Carers Partnership leads partnership work in relation to carers of all ages, with a sub-group on Young Carers co-chaired by the Children and Families Service and Carers Centre. During late 2019 and early 2020 their review of 'A Caring Dundee' culminated in a new strategy 'A Caring Dundee 2 2021-24', approved by the Integration Joint Board on 27 October 2021.

5.3 The approach towards Young Carers prioritises co-production, early identification and support through jointly coordinated work in all primary and secondary schools. A case study highlighting the benefits of the approach is attached as Appendix 1.

## 6.0 DEVELOPMENTS OVER THE LAST 12 MONTHS

6.1 The emphasis on co-production has continued to be at the heart of the approach. In order to promote a consistent approach within schools and cement learning from developments, a standard partnership agreement was completed for use by the Carers Centre and all secondary schools, outlining minimum expectations on the contribution of partners to identification and support. Within this framework, progress has included:

- Over the past 12 months 37 Young Carer Ambassadors have acted as volunteers to inform and contribute towards approaches in every secondary school, alongside Carers Centre and school staff.
- Young Carers Voice has been successfully re-established post COVID and they are working with the young carers sub-group on plans for Roadshows in the New Year leading up to a young carer led Young Carer Action Day in March 2023
- Co-production of peer education resources to deliver awareness raising sessions in primary schools and a new resource pack, was launched in November 2021. Following a trial period in 4 Primary Schools this has now been rolled out across the city
- Learning from the Young Carers Statement test is now embedded as a routine requirement within new Getting it Right for Every Child (GIRFEC) resources and framework
- Peer support groups for Young Carers are now run jointly by Ambassadors and staff in all secondary schools and in an increasing number of primary schools. A group of young carers in the Baldrigon cluster are developing a peer education resource to be delivered in primary schools by secondary aged young carers.

6.2 Further approaches towards awareness raising have included the development of an e-Learning Young Carers Workforce Module. Over 321 individuals have undertaken this module to date and ongoing development is being undertaken by PT Guidance in secondary schools. The Carers of Dundee website has also been developed as a one stop shop, providing information, advice, support, toolkits and other resources for professionals and families. There is a [dedicated page for young carers](#) and a new development this year is a dedicated page for [young carers leaving school](#).

6.3 As a result of this and related work, the number of Young Carers identified and receiving support since the Act was introduced has increased markedly from 65 in September 2018, to 208 in August 2019 and 298 in August 2020. By September 2021, 483 Young Carers were identified in schools and noted on recording systems. In March 2022 this had risen to 537 and by October 2022 was at 590. The awareness raising, co-production and peer support is promoting cultural change in non-stigmatising identification and support.

6.4 The emphasis on early intervention has meant that the majority have had their needs met through support in schools and in partnership with the Carers Centre. In addition, 36 Young Carers have also had a formal Young Carer Statement completed in the past year. 282 young carers received outcomes focused one to one support from the Carers Centre, 70 more than the previous year. To enable Young Carers to engage with community activities, 143 have also accessed a Short Break via the Carers Centre, an increase of 50 young people compared to the previous year.

6.5 In 2022 the three Short Break Brokers at Dundee Carers Centre have been aligned as link workers with all schools and school clusters in Dundee. This, along with a new streamlined application process will increase the number of young carers able to access short breaks. Improved relationships with school staff and awareness of short break opportunities will enable easier and more efficient direct access to short breaks where the young carer does not require outcomes focussed one to one support from a Dundee Carers Centre worker.

6.6 This year, as a result of Summer 22 funding, young carers were able to access transition support in all eight clusters. Through partnership work with schools, CLD, Active Schools and school support workers, young carers, care experienced young people and other young people with additional barriers were invited to join a programme of activities during the summer holidays in advance of starting secondary school in August. This allowed more

young carers access to a wider range of activities than if the Carers Centre ran this on their own. This work will be built on next year.

6.7 During 2021 CLD youth work teams identified young carer champions in their teams and work began to establish links with school groups and to encourage young carers to access community provision. A successful joint development session in November 2022 has created a dedicated action plan to further develop this partnership work over the coming year.

6.8 A Young Carer Outreach Team from The Corner are working with young carers across Dundee offering them holistic health assessments. The health assessments are an opportunity for young carers to reflect on their life and allow for any unmet needs to be identified and support to be put in place to address these needs and improve their health outcomes. This is very exciting as Dundee is the first local authority in Scotland to implement holistic health checks for young carers. The health checks are available to all young carers in S3-S6 and will also be implemented in Dundee & Angus College for school leavers. By the end of September, 65 health checks had been completed.

6.9 In order to promote supported transitions between primary and secondary school and from secondary school to positive destinations, Young Carers are also now able to access dedicated transition support. In partnership with Dundee & Angus College, all identified Young Carers moving on to college received tailored support via the Carers Centre and the College Student Support Team. The Centre is building on this work and links have been established with the Student Support teams at Abertay and Dundee University to those students moving on to higher education.

## **7.0 GOING FORWARD**

7.1 The Young Carers Partnership will continue to coordinate implementation of the Action Plan, with an emphasis on co-production activities, awareness raising, early identification and meaningful support. The roadshows planned for early in the New Year and Young Carers Action Day in March 2023 will contribute towards this and should also help to identify new priorities.

## **8.0 POLICY IMPLICATIONS**

8.1 This report has been subject to the Pre-IIA Screening Tool and does not make any recommendations for change to strategy, policy, procedures, services or funding and so has not been subject to an Integrated Impact Assessment. An appropriate senior manager has reviewed and agreed with this assessment.

## **9.0 CONSULTATIONS**

9.1 The Council Leadership Team have been consulted in the preparation of this report.

## **10.0 BACKGROUND PAPERS**

10.1 None.

Audrey May, Executive Director

Fiona Low, Education Officer

November 2022

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**Case Study - Example of early intervention, support and moving on to becoming a young volunteer:**

F first met the worker from Dundee Carers Centre at a Team Around the Child meeting for their siblings, which they attended with their guidance teacher and parent. It was at that meeting that support for F from the Carers Centre was suggested and F agreed. F had had been offered support from Dundee Carers Centre the year before but had said no as they had at that time felt they were managing. Their parent encouraged them to accept the support this time – which was only a few months before coronavirus hit.

F met the worker for regular, outcomes focussed one to one support in school. This support focussed on setting and working towards goals around managing anxiety. F was also struggling with school and being able to regularly attend and at this time College had been suggested as an option. F used the one to one sessions to work through the different options and pros and cons between school and college and make the best decision for them.

F also identified that the opportunity to meet and speak with someone who understood the situation but was external to the family was particularly important and valuable to them. F and the worker were only able to meet in person for a few months before lockdown and the majority of sessions were via telephone or online platform. As the worker works across all age groups they were able to assist with putting support in place for F's parent and siblings which also greatly reduced the impact of Fs caring role.

F attended college – online, during lockdown – and through support from the worker decided to complete a level 5 Adult Achievement Award. F was unsure at the thought of doing this at the start but with the worker's encouragement realised it was a good opportunity to look back and reflect on how everything had improved. F attended the Carers learning Celebration to receive their certificate.

F studied health & social care at college and would like to move into a career in mental health support. F is currently working as a part time youth worker, having volunteered in community-based youth provision for the last 3 years, and is planning on completing an HNC at College relevant to their aspirations.

F has just completed a level 6 AAA, as they are keen to boost their CV and give them the best employability chances. F is also exploring volunteering opportunities with third sector support agencies now that one to one support has come to an end.

*F says – “support changed my life – it helped me and my mum loads, even the small things – it's...not just about support about yourself it's about growing in that role.*

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