



Oxfordshire
Young Carers

Information about Young
Carers' services in
Oxfordshire from
October '09

Key contacts:

OCC: Deborah.Parkhouse@Oxfordshire.gov.uk

N&W Carers Centre: carers@ccnwoxon.org.uk

Spurgeons: kwalsh@Spurgeons.org

S&V Carers' Centre: carers@svcarers.org.uk

Oxford Carers' Centre: youngcarers@carerscentre.co.uk

YC website: www.coolyoungcarerscare.com

ConneXions: Naseem.Sarbatta@Oxfordshire.gov.uk

Dear Colleague,

October 2009

We are writing to tell you about changes to young carers' services in Oxfordshire. This is good news as there will be more services to help young carers and their families.

This letter tells you about the reasons for the changes. It also includes messages from the people who will be providing new young carers' services and a message from North and West Carers' Centre who have been supporting young carers for many years.

First I would like to tell you about why there will be changes.

Young Carers' Strategy

Many young people, parents and organisations took part in meetings and events last year to talk about how to improve services for young carers. The result of this was the Young Carers' Strategy and success in achieving more investment by the County Council to develop a greater range of services. There will be new services provided by voluntary organisations, as well as new council services run by Children, Young People & Families.

Earlier this year, the Council held a competitive tender. We invited organisations to submit proposals for young carers' services. We evaluated them against a set of agreed criteria and were helped to do this by a panel of young carers.

The Oxford Carers' Centre and the South & Vale Carers' Centre will continue to provide services to young carers in the central and Southern areas of Oxfordshire. They will be continuing to offer group activities, breaks and trips and starting new services for young carers under 8yrs old and those over 16. They will expand the work they are doing in developing young carer mentors, adult befrienders and awareness-raising.

Spurgeons won the competitive tender in north and west Oxfordshire and will provide young carers' services for at least the next two years. To help manage the change, from now until next April, the county council will work closely with Spurgeons and the North and West Oxfordshire Carers' Centre to make sure young carers get the right services.

The messages in this letter will outline for you the range of services coming on stream. Once the CYP&F young carers' support workers are in post, contact details and guidance will be circulated on how to make referrals for the casework service.

If you wish to refer a young carer to a group, an activity, for advice, information, mentoring or befriending, under 8s or over 16s please contact the appropriate organization directly, as indicated in their messages. In order to help you find the right resource for your young carer, please bear with us if we ask you a few questions. If you are unsure what the young carer needs, then you are welcome to contact either N&W Carers' Centre or Spurgeons for a discussion.

Yours sincerely,

Hannah Farncombe,
Service Manager, Strategy, Performance & Development
Oxfordshire County Council, 3rd Floor, County Hall, New Road, Oxford, OX1 1ND



Carers Centre (North and West Oxfordshire) Princess Royal Trust for Carers Network

Spurgeons has been awarded the Oxfordshire County Council contract for the delivery of Young Carers services from October 1st 2009. This means we shall not be providing the range of support we were previously offering to Young Carers. It is very important that Young Carers are made aware of the changes.

Under the partial current Young Carers contract to end March 2010, the Young Carers Project (North & West Oxfordshire) will be offering:

- Some group sessions for 8 – 18 year olds in Banbury, Bicester and Witney
- A family trip in half-term holidays (October 2009 and February 2010),
- Some needs assessed financial help to March 2010 through the Young Carers' Break Fund and Oxfordshire County Council's Emergency Fund
- Holiday celebrations in December
- Details of future services and support available through the County Council and Spurgeons

Details of all our planned events will be given to all Young Carers currently registered with us. New referrals will be needs assessed and if appropriate will be invited to participate in the services we are providing.

The ConneXions Worker will continue to provide a service to our currently registered 13 – 18 year old Young Carers with more complex needs.

All Young Carers known to us will be contacted with details of the events we have planned over the next 6 months to enable them to fully participate in the service.

We are encouraging all Young Carers registered with us or those who make contact with us to call us at the Young Carers Project (01295 264545) but please be aware that we may need to refer them to other Young Carers services from October 1st 2009 for additional provision. The details are in this pack.

May we thank you all for your referrals over the years and we hope we have enabled Young Carers to seek appropriate advice, have fun and make lasting friendships and we wish you all well.

Cathy and Jo
(On behalf of all the staff of our Young Carers Project & Trustees of The Carers Centre (North & West Oxon).

Spurgeons Young Carers Service – Northern Oxfordshire



From the 1st October 2009 Spurgeons is taking on the Young Carers Service for Northern Oxfordshire . This is a partnership between Spurgeons and Oxfordshire County Council.

Our Service will provide support to Young Carers aged from 0 to 25 years and raise awareness on how they can be better supported. Across the different age groups we will be providing a range of services which will include:

- Information dissemination
- Signposting
- Respite and Short-Breaks
- Mentoring / Befriending
- Group Work (8 to 16 years and 16 to 25 years)
- Under 8s
- Awareness raising across professionals
- Contingency Planning

As a new service the next few months will involve establishing these services to full capacity. We are keen to establish good partnerships across Northern Oxfordshire to help us implement our part in the Young Carers Strategy for Oxfordshire.

For all existing and new referrals to the Young Carers Service in Northern Oxfordshire do contact us at:

Spurgeons Young Carers Service
Colins Sanders Innovation Centre
Mewburn Road
Banbury
Oxon, OX16 9PA

Tel: 01295 817607

Mob: 07584 726678

Email: kwalsh@spurgeons.org adminoxfordshire@spurgeons.org

We will also be working closely with Oxfordshire County Council as they establish their Young Carers Team. Referrals can come to either Oxfordshire County Council or us at Spurgeons.

We look forward to working with you.

Kind Regards

Alison Glasspool, Assistant Director of Children's Services, Oxfordshire
Kate Walsh, Young Carers Support Worker, Jeanette Barwell, Administrator

Information about South and Vale Young Carers Project

The Young Carers Project is pleased to be able to extend the services that are available for Young Carers in the South and Vale districts of Oxfordshire.

We can offer:

Respite Breaks for Young Carers 8-12 and 13-18

We run at least one trip a month for Young Carers who need a break away from their caring role. This might be swimming, ten pin bowling, going to the cinema or theatre, a theme park, flying, go-karting etc. It is a chance for Young Carers to have some fun with other children and young people who understand what it means to be a Young Carer. As well as this peer support there is one to one support from trained and highly experienced Project workers.

Funding permitting we also hope to run three residential trips, including to the Young Carers Festival.

Young Carers and their families continue to be linked in to specialist support as appropriate.

We like to make referrals as easy as possible so you can contact us by phone -01235 510212 or e-mail carers@svcarers.org.uk.

Referral forms are also available.

Respite breaks for 18-20 and 20-24 year olds

We will be running monthly breaks for young adults who, similarly, need some time away from their caring role. The Young Adult Carers we have spoken to are keen to be part of an informal group where they have a chance to relax but where there is one to one or group support from an experienced Project worker. The first break is scheduled for the end of November. If you would like further details please phone 01235 510212 or e-mail carers@svcarers.org.uk.

Mentoring

Some Young Carers need to have a break and talk to someone who understands their situation on a more regular basis. We are developing our mentoring service and will continue to train volunteers to become accredited mentors. If you know of someone who would like to volunteer or know of a Young Carer who might benefit from having a mentor please contact the Young Carers Project on 01235 510212 or e-mail carers@svcarers.org.uk.

Details of our advice, information and support services for **adult carers** are available on our website www.svcarers.org.uk or by contacting the South and Vale Carers Centre as above. We also produce a leaflet for professionals which we are happy to send you.

This is information from the Oxford Young Carers Project



Oxford Young Carers Project

The Project is based within the Oxford Carers Centre and offers support to Young Carers aged 5-25. We offer a wide range of services such as: advocacy in school, someone to talk to, advice, respite and time out from caring; trips, camping, after school youth groups and clubs.

The project and the young carers work hard to raise the profile and create awareness of young carers locally and nationally.

We work with a broad range of professionals and agencies to improve understanding of young carers' needs and support them and their family according to their individual circumstances

We offer a range of courses and activities. Examples are First Aid, Photography, Boxercise, Asian cooking, Drama, Film Making, Homework and GCSE homework clubs.

We organize residential outings to Young Carers Festivals and regular day trips such as Thorpe Park, London Dungeon, Sailing and Beauty Therapy. Breaks are chosen by Young Carers and based on participation, consultation and the individual needs of the Young Carers

We launched our first ever Young Carers Magazine: FRIVE, designed and written by the Young Carers themselves. This is published every six months and mailed out across the county to professionals in children and young people's services to encourage them to identify hidden young carers.

We continue to update our Website www.coolyoungcarerscare.com and develop sections on the website to meet the needs of the young carers.

Through our specialist Connexions support service and the Project we enable Young Carers to access further education, training and employment.

We have strong links with Oxpens College, Oxford University and Oxford Brookes University and 6 schools in Oxford all of whom provide support networks for Young Carers in education, training and employment.

Through our Outreach and Awareness Work we have created links with another 10 schools in the City area.

Contact details:

Verity Falvert-Martin
Oxford Young Carers Project
Oxford Carers' Centre
174a Cowley Road
Oxford

OX4 1UE tel 01865 205192 email
info@carerscentre.co.uk

The following is information about the young carers ConneXions personal adviser who provides a service in central and Northern Oxfordshire to young carers aged 13-19yrs



Naseem Sarbatta- Walia
Oxford Carers Centre
174a Cowley Road
Oxford
OX4 1UE

Tel: 01865 205192 -mobile: 07827 947 374
Email: Naseem.Sarbatta@Oxfordshire.gov.uk

On referral an assessment of need is undertaken, this could include areas such as:

- Obstacles preventing the young person from accessing school/employment or training
- Physical aspects of caring i.e. amount of lifting if caring for a disabled person
- The level of anxiety/stress the clients may have regarding their own mental health ie are the parents issues hereditary
- Social skills- respite, self esteem, anger management
- Ascertain if clients are assuming inappropriate levels of care
- Contingency plans

Issues from their assessment may be addressed by some of the following:

- Liaising with schools/college – attendance/funding
- Advice & Guidance
- Liaising with other agencies – CAFs, Medical experts & Social Worker
- Requesting assessments for the Young Person/the person they care for, including benefit entitlements
- Accompanying Young Carers to medical appointments to ensure their own health needs are being looked after
- One to one activities with the Young Person to build confidence, social skills and to promote self-esteem and well being.
- Group work

Oxfordshire County Council is also setting up Young Carers' Support Workers. Here is a message from this team.



Changes to the way that Oxfordshire County Council supports young carers and their families:

Dear Colleagues

What Young Carers told us...

- When we were writing the Young Carers' Strategy, young carers told us that some of their families need individual help and support.
- They need someone who gets to know them and their parents, listens to them, helps to get the right services in place and keeps their business confidential only to the professionals who need to know.
- They told us of the importance of early intervention so that problems did not get serious and out of control. They were keenly aware that inappropriate levels of care undermined their prospects in the long term.

What Oxfordshire County Council did...

- Employed three young carers' support workers, one for each area of the county. They are integrated with the FACEIT teams ie. early intervention teams for children and young people needing family support.
- Young carers, their parents and referring professionals will be welcome to get in touch if they think the support worker could help.
- Referrals are welcome from any sources including schools, colleges, health professionals etc. The young carers' support workers are targeted at preventative work. Therefore referrals only progress with the consent of the young carer and his/her parent.

This service can be reached through FACEIT teams.

Young Carers Support Workers;

FACEIT - Central area - Julia Graw – julia.graw@oxfordshire.gov.uk

FACEIT - North area - Rachael James-
rachael.james@oxfordshire.gov.uk

FACEIT - South area - Julie Smith - julie1smith@oxfordshire.gov.uk

or contact -Deborah Parkhouse - OCC Young Carers Team Manager
- 07919 298263 - deborah.parkhouse@oxfordshire.gov.uk

NB. This does not alter the service being provided by Naseem Sarbatta through ConneXions for 13-19 yr olds, which can be accessed through Oxford Carers' Centre.

- If you have child protection concerns about a young carer you should continue with the normal practice of referring directly to the children's assessment teams in the areas:

North & West – Calthorpe House 01295 252421

Central/Oxford City – Knights Court 01865 323048

South & Vale – Foxcombe Court 01235 549297

Yours sincerely,

Deborah Parkhouse

Young Carers Team Manager