

# Torbay Young Carers Under 25 (YC<25)

## Strategy Action Plan 2022 – 2025

1. Identification of Young Carers Under 25 at the First Opportunity					
	Priority	Target/Service Standard	Timescale	Responsible	Updates as of 01/12/22
1.1	Young Carers Under 25 Awareness - program of on-line and bespoke training with Young Carers under 25 helping to deliver, which improves early identification of Carers including Young Carers (YCs)	Develop and maintain rolling program to <ul style="list-style-type: none"> <li>- GP practices</li> <li>- Hospitals</li> <li>- Schools/College/Universities</li> <li>- Adult &amp; Children’s Social Care Teams</li> <li>- Drug and Alcohol Services</li> <li>- Devon Partnership Trust</li> <li>- CAMHS</li> <li>- Imagine This partners</li> <li>- Other agencies within the Bay</li> </ul>	3-year cycle	Torbay Carers Service & Youth Trust’s Young Carers Service (TYCS)	Ongoing <ul style="list-style-type: none"> <li>- GP practices</li> <li>- Hospitals</li> <li>- Schools/College/Universities</li> <li>- Adult &amp; Children’s Social Care Teams</li> <li>- Drug and Alcohol Services</li> <li>- Devon Partnership Trust</li> <li>- CAMHS</li> <li>- Imagine This partners</li> </ul> Other agencies within the Bay <ul style="list-style-type: none"> <li>• Bespoke Children’s Society Hidden Young Carer’s Training event planned for January 23.</li> <li>• Further training available via the Children’s Society for schools.</li> <li>• Date set for Wellbeing Team presentation.</li> </ul>
1.2	Young Carers Under 25 Carer Awareness to improve early identification of Carers including Young Carers	Develop suite of on-line training for different situations – <ul style="list-style-type: none"> <li>- First brief video – basic awareness</li> <li>- On-line quiz to enable self-identification</li> </ul>	December 22	Torbay Carers Service & Youth Trust (Young Carers Services)	Work in progress: <ul style="list-style-type: none"> <li>- First brief video – basic awareness</li> <li>- On-line quiz to enable self-identification</li> </ul>

		<ul style="list-style-type: none"> <li>- Young Carers under 25 stories onto video</li> <li>- 'Seven-minute briefing' training tool</li> </ul> <p>Develop posters and other campaign materials for communal areas eg GP practices, youth clubs, sports halls Lessons/ Presentations at schools/colleges about being YC. Creative use of social media. Involvement of Young Carers, and use of video, art works and podcasts created by young people to raise awareness. Distribution of regular newsletter to professionals as well as families to keep Young Carers in mind.</p>		<p>Torbay Carers Service/ Youth Trust / S Devon College</p> <p>Young Carers Service</p>	<ul style="list-style-type: none"> <li>- Young Carers under 25 stories onto video</li> <li>- 'Seven-minute briefing' training tool</li> </ul> <p>Develop posters and other campaign materials for communal areas eg GP practices, youth clubs, sports halls Lessons/ Presentations at schools/colleges about being YC. Creative use of social media. Involvement of Young Carers, and use of video, art works and podcasts created by young people to raise awareness. Distribution of regular newsletter to professionals as well as families to keep Young Carers in mind.</p> <ul style="list-style-type: none"> <li>• Meeting with Children and Young Peoples Excellence nurse from Torbay Hospital – working together to allow young carers to discuss their experiences and support improvement.</li> </ul>
1.3	Improve public identification of Young Carers Under 25	Regular campaigns to raise awareness of Young Carers Under 25 across Torbay (linking in with Torbay Carers Strategy 21-24 action Plan)	<p>Carers Week Carers Rights Day Young Carers Day</p>	<p>Carers Services Carers Services Youth Trust</p>	<p>Ongoing</p> <ul style="list-style-type: none"> <li>• Carers Rights Day Event Nov 22</li> <li>• BBC Radio Devon interviews November 22.</li> </ul>
1.4	Improve identification of Young Carers Under 25	Link into national Carers events to promote identification of Young Carers Under 25 by Commitment to Carers (C2C) organisations (as per wider Carers Strategy)	<p>Carers Week Carers Rights Day Young Carers Day</p>	<p>C2C organisations</p>	<p>Ongoing</p> <ul style="list-style-type: none"> <li>• Carers Rights Day Event Nov 22</li> <li>• Preparation for YC Awareness Day (March 23) underway.</li> </ul>

1.5	Improve identification of Young Carers Under 25 in Educational Settings including Torbay Children educated in Devon	Update current contacts and establish link worker within every school / educational setting in Torbay (to include PRU, MTS, SEN provision). Develop links with schools outside the Torbay boundary attended by Torbay children. Sign off working agreement with NYC for Young Carers from Devon at school in Torbay / Torbay YCs at school in Devon Undertake annual schools survey to ID young Carers, and use findings to inform services	List by Mar 2022 Update termly  March 2022  Annual	TYCS / Schools and educational settings. TYCS Corridors Project / Devon Young Carers	<p>TYCS / Schools and educational settings. TYCS Corridors Project / Devon Young Carers In process (links outside Torbay)</p> <ul style="list-style-type: none"> <li>• Ongoing close working with South Devon College</li> <li>• Question about young carers now on the national school survey which schools will complete during January</li> <li>• Lunchclub held at TBGS</li> <li>• Increased links with Devon Young Carers. Joint work across the two areas where helpful.</li> <li>• Strong links with Plymouth Young Adult Carers Services</li> <li>•</li> </ul>
1.6	South Devon College to continue to identify Young Carers Under 25	Through Learning Support Lead, Young Carers Service, and Young Adult Carer Service. Set and achieve target for each year.	2022 – Target is 200 2023 - 2024 -	SDCollege/YAC Service/YC Service	<ul style="list-style-type: none"> <li>• SDC continue to identify high number of Young Carers (mainly 14- 19).</li> </ul>
1.7	GP Practices to continue to improve identification of Young Carers Under 25	To increase numbers of Young Carers under 25 and specifically under 18 identified and logged as carers on EMIS System within Practice (in line with Quality Markers and Torbay Carers Strategy 21-24 action Plan). Set and achieve targets (119 Under 18s as of Nov 2021) Build relationships between Young Carers Service and GP surgeries to improve identification of Young Carers.	2022 – 25% 2023 - 2024 –	YCS/YAC Service/GP Surgeries   Young Carers Service	<ul style="list-style-type: none"> <li>• Target for 2022/3 to increase base line figure by 25% = increase of 30</li> <li>• (baseline figure of 119 for under 18's as of Nov 21).</li> </ul> <p>To continue to develop links.</p> <ul style="list-style-type: none"> <li>• Links built with social prescribers in GP Practices, and Devon Clinic</li> </ul>

					<p>to improve awareness of young carers.</p> <ul style="list-style-type: none"> <li>• Carer Support Workers in Surgeries continue to raise awareness and refer.</li> </ul>
1.8	Improve identification of Young Carers under 25 from Ethnic Minority backgrounds	<p>Involvement in 'Mind the Gap' Project.</p> <p>Increase links with community organisations</p> <p>Consideration of language – ensuring both written and verbal information is accessible to all.</p>	<p>Ongoing</p> <p>Ongoing</p> <p>April 25</p>	<p>YC Service/YAC Service and partners</p>	<p>To continue to develop links.</p>
1.9	Other Agencies to continue to improve identification of Young Carers Under 25 as per Devon-wide Commitment to Carers	<p>Increase numbers of Young Carers under 25 identified and referred to YAC/YC Service. Set and achieve targets</p> <p>Devon Partnership Trust</p> <p>Child and Adolescent Mental Health Service (CAMHS)</p> <p>Community Mental Health Teams</p> <p>Adult Social Care</p> <p>Children's Services</p>	<p>2022 – target set at 5 for each</p> <p>2023 -</p> <p>2024 -</p>	<p>YC Service, YAC Service and Partners</p>	<p>Ongoing</p> <p>Carer awareness training with Drug and Alcohol teams Oct 22</p> <p>YC awareness film part of ASC HIVE training.</p> <p>LJ delivers ongoing training to ASC.</p> <p><u>Since April 22 to YAC and YC Services:</u></p> <p>CAMHS – 1</p> <p>CMHT – 0</p> <p>DPT - 1</p> <p>Adult Social Care/NHS – 13 (includes ASC, hosp liaison and discharge team, phsio, CSWs.)</p> <p>Children's Services – 30</p> <ul style="list-style-type: none"> <li>• (Young Carers Services, 82 new Referrals in this period including 0 from schools, 5 from school nurse, 10 from parent)</li> <li>• (YAC Service, 57 new Referrals– majority are captured as Self, or from SDC or YC).</li> </ul>

		<p>Enhance relationships and named links with teams working with children and families across Torbay (including 0 – 19 services, Children’s Disability Team, Children’s Learning Disability Team, CAMHS, Children’s Social Care, Early Help Team, Imagine This partners)</p> <p>Build relationships with adult teams such eg. Adult social care; Adult Mental Health; Substance Misuse services; Carers Support Workers in GP Surgeries / hospital.</p>			<p><b>Relationships and links developed.</b></p> <p><b>Ongoing.</b> Carers Rights Day Event was an excellent event for information sharing, planning, and linking with professionals across services.</p>
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## 2. Information, Advice and Support Services available to Young Carers Under 25

	Priority	Target/Service Standard	Timescale	Responsible	
2.1	Enable Young Carers under 25 to easily find information about relevant support, by maintaining a range of information, in a variety of formats, and available at a range of places.	<p>With Young Carers under 25, co-produce range of information in range of formats. Ensure information around support for Young Carers under 25 is clear and easy to find.</p> <p>Clear links to other information/support services available for young people under 25.</p> <p>Continue to provide advice and information via website and social media, including links and awareness of wider support agencies.</p>	<p>Distribute leaflet by March 2022</p> <p>March 22 and ongoing</p>	Young Carers Services/YAC Services	<p><b>Ongoing.</b> <b>Leaflet distributed to schools, GP practices.</b></p> <p><b>Ongoing</b></p>
2.2	Maintain Young Adult Carers and Young Carers information, advice and support services.	<p>Range of drop ins and booked appointments available to identified Young Carers under 25 across Torbay (schools, college, other).</p> <p>YC Service to continue to provide range of activities, groups and support open to all Young Carers regardless of caring level (as</p>	<p>Ongoing</p> <p>Ongoing</p>	<p>YC and YAC Services</p> <p>YC Services</p>	<p><b>Ongoing</b></p> <p><b>Ongoing</b></p>

		<p>well as additional support appropriate to those with higher level needs). Include evaluating impact of these.</p> <p>Use range of communication methods (including online), depending on individual family preference / situation</p> <p>Link regularly with partners in schools and wider agencies who are working with Young Carers / their families. Ensure aware of YC activities so they can support YCs' attendance. (Professionals mailing list to be established as per 1.2)</p> <p>Creation of lanyards for Young Carers to include age appropriate information, advice, links and QR codes to access website (alongside young Leaders group)</p> <p>Development of welcome packs for YCs joining service</p> <p>Development of support tailored to specific groups of carers e.g Parental Mental Illness, Substance Misuse, MS; Siblings with ADD, ADHD, neurodiversity.</p>	<p>Ongoing</p> <p>March 2024</p> <p>March 2024</p> <p>March 2024</p>	<p>YCS</p> <p>YCS</p> <p>YCS</p> <p>YCS</p>	<p>Ongoing</p> <ul style="list-style-type: none"> <li>• Playback Theatre residential, particularly aimed at sibling carers took place.</li> <li>• Two more residentials booked with Playback for 2023 with different focus</li> <li>• New groups starting in 2023</li> </ul>
2.3	Ensure GP practices meet requirements of GP Quality Markers (as per Torbay Carers Strategy 21-24)	Work with GP-based Carer Support Workers to ensure Practices are Young-Carer friendly. Ensure Young Carers / YACS know what GP practices offer. Pilot within 2 Surgeries – work with surgery teams and Young Carers who are registered with these surgeries.	<p>March 2024</p> <p>March 2024</p>	<p>Carers Services/ YCS/ GP CSWS</p>	<p>Ongoing</p> <p>Pilot at Compass House and to be restarted at Pembroke Surgery (suggested by Young Carers – to be progressed). CSW from Compass House to attend YAC Operational Group.</p>
2.4	Improve opportunities and support to Young Carers under 25 in	Support Young Carers under 25 into employment including Set and achieve target for NEET Carers.	<p>2022</p> <p>2023</p> <p>2024</p>	<p>Carers Services, Youth Trust, Careers</p>	<p>Target to be set with CSW and monitored via Youth Trust Apricot database</p>

	employment or wishing to seek employment	Enhance links with partners who support Carers into work Brixham YES, Eat that Frog, JobCentre, Careers SouthWest		South West and partners	
2.5	South Devon College to maintain information, advice and support services for Young Carers under 25	Continue support from South Devon College Learning Support Lead (Young Adult Carers), Young Adult Carer Services and Youth Trust.	Ongoing	South Devon College, Young Carers and YAC Service	Ongoing
2.6	Support Young Carers Under 25 to engage in age-appropriate activities provided by wider community	Increase numbers of Young Carers joining opportunities provided by Torbay Youth Trust and partners. (Measure via feedback from YCs and data where available.) Work with partners re barriers to Young Carers Under 25 joining wider events e.g. transport needs and costs.	2022 - 10 2023 2024 Ongoing	YC Service, YAC Service and Partners	<ul style="list-style-type: none"> <li>Monitored via quarter report to Ch Serv. Apricot database now capturing engagement</li> <li>Closer links are being built and more tailored plans for young carers that clearly show when this is an action identified at assessment.</li> </ul>
2.7	Skills based training to be available to Young Carers	Cookery, First Aid, budgeting, safe caring practices, stress-busting, mindfulness etc to be built into ongoing programmes, some specifically targeted at transition age.	2022 2023 2024	YC Service, YAC Service and Partners	Ongoing  Cookery during Summer holidays in conjunction with SDC/Lions/Rockfish. Tallships week included focused skills based training. Skills based Activities planned for YAC sessions.
2.8	Ensure support of Young Carers' Under 25 mental health needs	Target support re Young Carers emotional well-being (Mindful Mammals, My/Self Project, DNA-v model, self-expression through art, drama and music) Ongoing training for staff and volunteers to include Youth Mental Health First Aid (+ other relevant training to ensure good practice in supporting YCs' emotional needs). Maintain list of resources / support incl. referral processes	Dec 22  March 25  Ongoing	YC Service, YAC Service and Partners	Ongoing  (Variety of projects such as Imagine This Festival, art exhibition, creative opportunities etc). Youth Trust received £120k to embed therapeutic insight in to all practice areas Magic Mindful Mammals pilot project took place with two local primary schools supporting. Excellent feedback

### 3.Young Carers Under 25 Assessments Proportionate to Need, including Whole Family Approach

	Priority	Target/Service Standard	Timescale	Responsible	
3.1	Ensure response to YCs under 25 is appropriate to level of need, person- centred, and outcome focused. Preventative approach with early access to support and information.	Referral process, assessment process, information and advice etc are clear and accessible to all. Seek feedback from Young Carers under 25 who use the YAC or YC service. Young Carers assessments offered to children and young people with an identified caring role in line with statutory requirements, to monitor and report against agreed assessment numbers offered and within agreed timescales	March 2022  Monitor quarterly	Young Carers Services/ Young Adult Carers Services  Young Carers Services/ Young Adult Carers Services /Childrens Services	Ongoing  Ongoing  Monitored quarterly  New tools being piloted to make the assessment process more young person friendly.
3.2	Maintain offer of activities and events through YC / YAC Services and also signposting.	Regular activities and events across the year to support Young Carers under 25, including using charitable funds. Also signposting to other organisations.	Ongoing	Carers Services/ Youth Trust/ other organisations.	Ongoing  Monitored via Youth Trust contract monitoring
3.3	Ensure Whole Family Approach (WFA) is embedded, addressing the needs of Young Carers Under 25 (as per Torbay Carers Strategy 21-24)	Include WFA in induction and awareness training with - Adult Social Care (ASC) teams - zone / specialist - Children's Services - Devon Partnership Trust Meet targets of referrals to YC and YAC Services by - Adult Social Care - Mental Health (MH) - Substance Misuse (SM) Services Measure referrals from YC services into ASC.	2023  2022 - 5 2023 2024	Adult Services / Children's Services / DPT  Youth Trust Children's Services ASC / MH / SM Steering Group Youth Trust	Please see response to 1.9 which also covers this area.



3.4	Whole Family Approach - linking Young Carers Service with Adult Social Care	Develop robust communication pathways, including data sharing agreements, for YC Service to Adult Social Care so that a YC Needs Assessment triggers reassessment of need for adult being cared for.	July 2022	Young Carers Services / Adult Social Care	Ongoing
3.5	Whole-family Approach – Signposting	Measure number of families needing additional support referred to other organisations eg Early Help	Ongoing.	YC Service/YAC Service and others.	Ongoing
3.6	Whole-family Approach – Activities	Run six activities per year which support ongoing relationships with families and peer support for parents.	2022 2023 2024	YC Service/YAC Service and others.	Ongoing
3.7	Safeguarding Young Carers Under 25 - provide quality-assured services that effectively assess risk and direct support to the appropriate level and area of need	Ensure staff supported and trained around agency Safeguarding processes. Immediate safeguarding supervision/case discussion regarding any safeguarding concerns and support with referrals to Children’s Services. Inclusion in MASH/Strategy meeting enquiries and feed- back for Torbay families/Young People via generic email. Regular safeguarding supervision with opportunity to discuss individual cases alongside wider emerging/ identified themes, updates from partner agencies / MACE. Clear links to Safeguarding Policies to be established on YAC Service information.	Ongoing  Ongoing  Quarterly  Ongoing  2022	YAC Service, YC Service YAC Service, YC Service Safeguarding Nurse Practitioner YAC / YC Service Safeguarding Nurse Practitioner, TSDFT Safeguarding Children Team YAC Service	Ongoing  Ongoing  Quarterly  Ongoing  Ongoing  In process
3.8	Safeguarding - ensure that young people who use the Young Carers under 25 services are clear about involvement around	Service staff to ensure clear information around safeguarding processes available to young person at point of contact. Also to include parents/parent guardian as appropriate	Ongoing	YC / YAC Service Staff	Ongoing

	safeguarding..				
3.9	Transitions - ensure Young Carers Under 25 are supported through transitions.	<p>Review processes to ensure smooth transitions from:  Primary School to Secondary School/ College;  School/ College to further education/Employment;  YC Service to YAC Service  Young Adult Carers Services to Carers Support for over 25</p> <p>Set and achieve targets for numbers of Young Carers of transition age (16 – 18) to be identified at S Devon College  with YAC service  with YC service</p> <p>Link with partners around support for Young Carers Under 25 transitioning through their services eg. CAMHS to DPT, Children’s Social Services to Adult Social Care Services (including Transitions Team).  Maintain transition events and staff link drop-ins between YC and YAC Services for year 11 cohort and year 13 cohort.  Develop Transitional assessment tool for 14+ YCs.  Measure numbers of statutory transition assessments for Young Carers aged 14+</p>	<p>December '23</p> <p>2022 - target is 200</p> <p>2023</p> <p>2024</p> <p>Ongoing</p> <p>Ongoing</p> <p>March 22 2022</p> <p>2023</p> <p>2024</p>	<p>YC / YAC Service/ S Devon College/ Universities/ Careers South West</p> <p>SDevon College, YAC service, YC service</p> <p>CAMHS/DPT /Adult Social Care Transitions Team</p> <p>Young Carers/Young Adult Carers Services  YC / YAC Service  YC / YAC Service</p>	<p>In process</p> <p>In process</p> <p>In process</p> <p>As the tool for the statutory transition assessments is being developed, current transitional assessments are taking the form of reviews of young carers need and the joined-up transition work through YC/YAC/SDC</p>
3.10	Life and learning Transitions – to ensure Young Carers under 25 are supported around	Continue skills-based training/ support around key areas eg finances/ cooking on a budget/ car maintenance/ understanding medication/ understanding GP practices.	Ongoing	YAC and YC Services with partner agencies.	Ongoing (eg Tall ships week focused on range of life skills such as team work, cooking, confidence building etc)

	life learning skills	Identify with Young Carers under 25 (individually and via Operation Groups) key life learning transition outcomes they wish to achieve, and work with them to ensure signposting, support and training is available	Ongoing		<ul style="list-style-type: none"> <li>Annual young carers cookery summer school</li> </ul>
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#### 4. Involvement of Young Carers Under 25 in service delivery, evaluation and commissioning

	Priority	Target/Service Standard	Timescale	Responsible	
4.1	Ensure local and national reports about Young Carers Under 25 are used to develop services that affect them.	Continue to use Carers UK, Carers Trust, Children's Society Include Project reports and other information as appropriate to develop support to Young Carers Under 25.	Ongoing	Young Carers Services and Young Adult Carers Services.	Ongoing
4.2	Ensure genuine Young Carer under 25 representation (involve on 'my terms') in Carers Services and Youth Trust meetings / developments, with associated support and training as required.	<p>Young Carers under 25 Strategy meeting to have strong Carer Representation (co-chair if possible).</p> <p>Young Carers under 25 involved in Signposts newsletter, Website, Facebook, leaflets and comms;</p> <p>In all Carers projects.</p> <p>Maintain YAC Operational Group (led by YACs)</p> <p>Enhance involvement of Young Carers and their families in YC services.</p> <p>Continued Development of Flashlight Project and young leaders' group.</p> <p>Engage in regional / national opportunities</p> <p>YC / YAC involvement in all service recruitment.</p> <p>YC involvement in Youth Forum.</p>	Ongoing	Young Carers Services and Young Adult Carers Services. Children's Society Include.	<p>Ongoing</p> <ul style="list-style-type: none"> <li>YACs on YAC Operational Board</li> <li>2x YAC Carer Evaluators</li> <li>YAC attendance at Carers Strategy Board</li> </ul> <ul style="list-style-type: none"> <li>Young Carers involved in national Children's Society research project</li> <li>Young Carer embedded in Youth Trust paid staff team</li> <li>Young carers presentation at Cabinet</li> <li>Young Carers on Youth Trust decision making Youth Forum</li> </ul> <p>Further developments in process</p>

4.3	Peer Group for Carers 25 -35, to support transition from YAC Service	Continue Takota group providing peer support to Carers 25 -35	Ongoing	Takota	Ongoing
4.4	Young Adult Carer Evaluators as part of pool of Carers trained to evaluate services for Carers Services	Ensure there are at least 3 YACs who are part of Carers Services 'pool' of Carer Evaluators. Undertake a minimum of one service evaluation every 2 years which looks specifically at support to Young Carers under 25. (To be chosen by Young Carers under 25 Strategy Board.)	Ongoing T.B.C	Carers Services YC<25 Strategy Board. Evaluation to be undertaken by Carers Services Evaluators	2 at present. Plans in place to recruit a third YAC Carer Evaluator during next quarter.

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