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NP15 1GA

County Hall
Rhadyr
Usk
NP15 1GA

Wednesday, 15 March 2017

Notice of meeting / Hysbysiad o gyfarfod:

Joint Select Committee

**Thursday, 23rd March, 2017 at 2.00 pm,
County Hall, The Rhadyr, Usk, NP15 1GA**

N.B.

*A pre- meeting will take place at **1.00pm**.

*A group of Young Carers has been released from school to help answer some of the questions that may arise during scrutiny of the Young Carer's Strategy. The Chairman of the Council will welcome the group in his Office at 1.30pm. Committee Members are also invited to engage informally with the Young Carers from 1.30pm in the Chairman's Office.

AGENDA

Item No	Item	Pages
1.	Election of Chair	
2.	Appointment of Vice-Chair	
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Paul Matthews

Chief Executive / Prif Weithredwr

MONMOUTHSHIRE COUNTY COUNCIL
CYNGOR SIR FYNWY

THE CONSTITUTION OF THE COMMITTEE IS AS FOLLOWS:

County Councillors:

R. Chapman
R. Edwards
P. Farley
M Fowler (Parent Governor Representative)
L. Guppy
R. Harris
M. Hickman
D Hill
D Hudson
D. Jones
P. Jones
P. Jordan
K Plow (Association of School Governors)
M. Powell
P. Watts
S. White
A. Wintle
D. Blakebrough
P. Clarke

Public Information

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Watch this meeting online

This meeting can be viewed online either live or following the meeting by visiting www.monmouthshire.gov.uk or by visiting our Youtube page by searching MonmouthshireCC.

Welsh Language

The Council welcomes contributions from members of the public through the medium of Welsh or English. We respectfully ask that you provide us with adequate notice to accommodate your needs.

Aims and Values of Monmouthshire County Council

Sustainable and Resilient Communities

Outcomes we are working towards

Nobody Is Left Behind

- Older people are able to live their good life
- People have access to appropriate and affordable housing
- People have good access and mobility

People Are Confident, Capable and Involved

- People's lives are not affected by alcohol and drug misuse
- Families are supported
- People feel safe

Our County Thrives

- Business and enterprise
- People have access to practical and flexible learning
- People protect and enhance the environment

Our priorities

- Schools
- Protection of vulnerable people
- Supporting Business and Job Creation
- Maintaining locally accessible services

Our Values

- **Openness:** we aspire to be open and honest to develop trusting relationships.
- **Fairness:** we aspire to provide fair choice, opportunities and experiences and become an organisation built on mutual respect.
- **Flexibility:** we aspire to be flexible in our thinking and action to become an effective and efficient organisation.
- **Teamwork:** we aspire to work together to share our successes and failures by building on our strengths and supporting one another to achieve our goals.

Nodau a Gwerthoedd Cyngor Sir Fynwy

Cymunedau Cynaliadwy a Chryf

Canlyniadau y gweithiwn i'w cyflawni

Neb yn cael ei adael ar ôl

- Gall pobl hŷn fyw bywyd da
- Pobl â mynediad i dai addas a fforddiadwy
- Pobl â mynediad a symudedd da

Pobl yn hyderus, galluog ac yn cymryd rhan

- Camddefnyddio alcohol a chyffuriau ddim yn effeithio ar fywydau pobl
- Teuluoedd yn cael eu cefnogi
- Pobl yn teimlo'n ddiogel

Ein sir yn ffynnu

- Busnes a menter
- Pobl â mynediad i ddysgu ymarferol a hyblyg
- Pobl yn diogelu ac yn cyfoethogi'r amgylchedd

Ein blaenoriaethau

- Ysgolion
- Diogelu pobl agored i niwed
- Cefnogi busnes a chreu swyddi
- Cynnal gwasanaethau sy'n hygyrch yn lleol

Ein gwerthoedd

- **Bod yn agored:** anelwn fod yn agored ac onest i ddatblygu perthnasoedd ymddiriedus
- **Tegwch:** anelwn ddarparu dewis teg, cyfleoedd a phrofiadau a dod yn sefydliad a adeiladwyd ar barch un at y llall.
- **Hyblygrwydd:** anelwn fod yn hyblyg yn ein syniadau a'n gweithredoedd i ddod yn sefydliad effeithlon ac effeithiol.
- **Gwaith tîm:** anelwn gydweithio i rannu ein llwyddiannau a'n methiannau drwy adeiladu ar ein cryfderau a chefnogi ein gilydd i gyflawni ein nodau.



SUBJECT:	Monmouthshire Young Carers Strategy 2017-20
DIRECTORATE:	Social Services
MEETING:	Joint Meeting of Adults and Children and Young People's Select Committees
DATE:	23rd March 2017
DIVISION/WARDS AFFECTED:	Social Services/all wards

1. PURPOSE:

- 1.1 To gain the approval of Select Committee, for the publication of the Monmouthshire Young Carers Strategy 2017-2020.

2. RECOMMENDATIONS:

- 2.1 That the Select Committee approves the publication of the strategy.
- 2.2 That Select Committee approves the strategy as a monitoring and evaluation tool for service provision and future planning of services for carers and service providers.

3. KEY ISSUES:

What is the Monmouthshire Young Carers Strategy?

- 3.1 The strategy will bring a voice to and visibility of young carers in Monmouthshire. This strategy is the tool by which we can ensure the young carer's voice is heard to instigate change, action and improvement for their lives of young carers. This is the first strategy young carers have had in Monmouthshire.

Outcomes for Carers

- 3.2 The Strategy focuses on achieving improved outcomes for young carers, and to minimize the reliance placed upon young carers in providing inappropriate and disproportionate, health, wellbeing and social care for the person they are caring for. By minimising the level of care that young carers undertake they will have the ability to develop as a child and young person in their own right, so that when they reach adulthood they can feel confident that the choices they make will not have a negative impact on the cared for. The outcomes identified are to provide preventative mechanisms so the cared for needs do not engulf that of the young person.

Outcomes for Service Provision

- 3.3** The strategy will shape a cohesive and collaborative partnership that ensures the earliest identification and support of young carers in Monmouthshire over the next 3 years. The strategy has clearly defined 8 themes, identified and agreed by young carers, which offer young carer focussed outcomes.
- 3.4** This document will be used in partnership with young carers, service providers (both statutory and third sector) and commissioners as a tool to identify where ownership is placed in providing long term sustainable plans to meet the needs of young carers, and for the provision of care planning. The strategy will be used as a monitoring tool for current and future service provision.

4. REASONS:

4.1 The rationale for the strategy is as follows:

- The strategy will focus on achieving improved outcomes for all young carers, no matter from which organisation/sector they will receive it.
- It clearly defines 8 key themes, as agreed by young carers, with outcomes that the Monmouthshire Young Carers Partnership can collaboratively use as a template for the earliest identification of young carers, in order that they may receive timely and appropriate support.
- It is the first strategy for young carers in Monmouthshire that will provide a cohesive overview and understanding as to the life of a young carer and their needs.
- It will act as a monitoring template for the provision, delivery and shaping of support for young carers and subsequent services.
- It will be used to identify hidden young carers and therefore provide Monmouthshire with a better picture of the numbers of carers within the county, enabling better future planning for young adult carers.

5. RESOURCE IMPLICATIONS:

5.1 The resource implications are as follows:

- The financial costs of printing the Strategy is circa £2000. Provision has been made to ensure that this can be met from carers' budget.
- Future reprinting costs will be inbuilt into future financial budgets.
- The production of the strategy will allow for proactive monitoring, consultation and an engagement process with young carers and partners.
- The Young Carers Project contract currently sits within the Public Service Board, Chief Executive Dept. However, with changes in legislation, young carers are entitled to a "carer's assessment", these being undertaken by the Carers Team in Social Services. As a result of this strategy, there will be identified un-met need for both the young carer and cared for, which could have future budgetary and service delivery implications for Children's Services and Adult Services.

6. FUTURE GENERATIONS EVALUATION SUMMARY

- 6.1** Following a survey in 2010, the BBC estimated there were around 700,000 young carers in the UK, which means that in every school or college there is a young carer. The 2011 census identified 195,000 young carers in the UK with 178,000 of those young carers coming from England or Wales.
- 6.2** With such variances in the data on the number of young carers known in the UK, it would therefore correlate that regional and locality data would too be inaccurate. What is known, is that in Monmouthshire, the Young Carers Project in Monmouthshire is currently supporting 130 young carers. There is a recognition by Monmouthshire County Council and partner organisations that there are many more young carers we do not know of, and many children and young people who do not recognise themselves as a young carer. This strategy will help us to find those hidden young carers, work in different ways and allow us to build a better of picture of young carers in Monmouthshire.
- 6.3** The strategy is a result of consultation with young carers, who agreed the 8 main themes that were of most importance to them as a young carer. All known young carers were invited to the engagement event and approximately 30 young carers attended. The draft strategy has been circulated to all young carers known to the young carer's project, during the consultation period.

7. CONSULTEES:

- 7.1** The Monmouthshire Carers Strategy 2017-20 has been produced through consultation with:
- ❖ A collaborative and consultative engagement event on 27th October 2016.
 - Attendees included Young Carers, social care & education professionals, third sector, elected members and health.
 - ❖ Draft documents were circulated for comments and views via:
 - Providers of services for Young Carers, both internal and external stakeholders
 - Monmouthshire Carers Strategy Group
 - Young Carers Project
- 7.2** Monmouthshire young carers' have identified their needs that will maintain their own sense of health and wellbeing and the support they require to adequately meet the needs of those they care for. This strategy will help shape how partners work together to support young carers in Monmouthshire.

8. **BACKGROUND PAPERS: (attached)**
The Monmouthshire Young Carers Strategy 2017-20.

9. **AUTHOR:**
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This document is still in draft format. Once it is submitted to the printers they will design and format the document, adding the appropriate page numbers and graphics.

The front cover has been designed by Eleanor Beer, a graphic facilitator who visually represented the Themes and priorities agreed by young carers and partners at the collaborative consultation event.

Quotes will be contained in bubbles to emphasise the essence of comments made regarding themes.

The Monmouthshire Young Carers Strategy 2017-20

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- Monitoring
- Review
- Looking towards the next strategy

Useful Contacts

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Foreword

INCLUDE PHOTO OF COUNCILLOR GEOFF BURROWS

I am very pleased to be able to offer a few words in respect of this very important document.

A great deal of effort has been put into reaching out to young carers in Monmouthshire. Establishing who they are and ensuring as much support as possible is provided to enable them to carry out their role as Carers and being sure that the impact on their education is mitigated as far as possible.

It is no ones fault that there are young Carers, it is a fact of life that through many circumstances that this is the outcome. It is our responsibility though, to do absolutely everything we can to help them through this period of their lives and just as importantly, giving them the space to be able to be what they should be, children.

I listened this morning on the TV to a very young carer who looks after her mother and who wants to be an actress when she grows up. She was asked what is it like to be a carer, she replied that it is like being an actress in a role, but with proper actresses they get to stop, but this role goes on for ever and ever.

Thank you to everyone who give their time and effort in helping our young Carers in Monmouthshire. To the Carers themselves, words can't describe the respect and pride we have for what you do.

County Councillor Geoff Burrows
Cabinet Member for Social Care Safeguarding and Health.
Carers Champion.

Introduction

This is the first strategy developed solely for young carers in Monmouthshire. In previous years young carers were included in the overarching Carers Strategy which predominately focussed on adult carers. Since the introduction of The Social Services and Well-being (Wales) Act 2014 young carers now have the same right to access an assessment as those of an adult. It is therefore only right that a young carer's voice is one that is heard on an equal footing as those of an adult.

This strategy marks the beginnings of new ways of working together to support young carers in Monmouthshire. The strategy will bring to light the importance of recognising the rights that all children and young people have under the United Nations Convention on the Rights of the Child (UNCRC).

The United Nations Convention on the Rights of the Child defines a child as "a human being below the age of 18 years". However this strategy has a number of priorities that reach beyond the ages of 18 as there is a recognition that many young carers are still adapting from the transition of that of a child to one of an adult through to their early 20's.

This strategy is designed to be one that is reflective, relevant, flexible and responsive to the changing needs of young carers. It is for these reasons the strategy has not been set out as a task and finish plan. It does however reflect the views of young carers, what the outcomes will be for them, and how we are going to work together to achieve those outcomes.

What remains core however, is that the strategy ensures young carers remain the focus and at the heart of how all partners work together in the early identification and support they offer young carers.

Changes in Legislation and What that means for Young Carers

With the implementation of The Social Services and Well-being (Wales) Act 2014 young carers accessing an assessment will have more of a say in the care and support they receive. This will mean different conversations with young carers, their families, the people they care for and those agencies and partners who will be providing that support.

Who is a Young Carer?

In the Social Services and Well-being (Wales) Act 2014 the Welsh Government has defined a carer as a person: who is providing or intends to provide care for:

- An adult or disabled child who is ordinarily resident in the authority's area, or
- Any other child or disabled child who is within the authority's area

The Act also requires local authorities to provide support to young and young adult carers and to take into account the transitions young and young adult carers make from school to further education, higher education, and employment.

**There is no age barrier to becoming a carer!
A young carer is still a carer!**

Recognising and Supporting Young Carers.

For many young people trying to put into words what is going on in their life is not always easy. Even if they can put it into words saying it in a way that other people understand and relate to can still be a challenge. For young carers it can be doubly difficult because they are undertaking a caring role they may not understand, recognise, or have someone to talk to about it. The earlier someone knows they are a young carer the earlier they can ask for help.

The earlier someone recognises a child or young person is a carer then the earlier that young carer can get help and support.

Young Carers in Monmouthshire

Following a survey in 2010, the BBC estimated there were around 700,000 young carers in the UK. The 2011 census identified 195,000 young carers in the UK with 178,000 of those young carers coming from England or Wales. However, the 2011 were defined a young carers as being aged 5-17 whereas since 2016, in Wales, the definition of a carer and young carer is the same and is therefore age blind. These statistics highlight the variances and lack of comparable data for the true number of young carers in the UK, and conversely in Wales. It would therefore correlate that regional and locality data would too be inaccurate.

Following a survey in 2010, the BBC estimated there were around 700,000 young carers in the UK. The 2011 census identified 195,000 young carers in the UK with 178,000 of those young carers coming from England or Wales. These statistics highlight the variances and lack of comparable data for the true number of young carers in the UK, and conversely in Wales. It would therefore correlate that regional and locality data would too be inaccurate.

What is known is that in Monmouthshire, at the time of going to print, the Young Carers Project was supporting 130 young carers, and the 2011 Census estimated there were 20,006 under 18's living in Monmouthshire. It should be noted that the 2011 census defined a young carer as being aged 5-17 whereas since 2016, in Wales the definition of a carer and young carer is the same and also age blind.

Using the Monmouthshire data it would indicate that only 0.65% of under 18's were being identified as young carers. Therefore there is a recognition by Monmouthshire County Council and partner organisations that there are many more young carers we do not know of, and many children and young people who do not recognise themselves as a young carer. This strategy will help Monmouthshire County Council, partner organisations and individuals to find those hidden young carers by working in different ways, so we can therefore paint a more accurate picture of young carers in Monmouthshire.

What we do know about Young Carers in Monmouthshire

Some children and young people said they liked being a young carer because it made them feel they "have done something good". This doesn't however detract from the life of a young carer in Monmouthshire and that the range of support they give is varied

and has an impact upon them personally. It is demanding on their time, emotions, understanding, capabilities, health and well-being and education. For some young carers there is a change in the family dynamics. Rather than being recognised solely as a child their caring role can overshadow and overlap this recognition and their role as child/young person changes. They are someone who has listen to others worries; think about finances; make sure medication is collected and taken and in some instances they take a back seat because they can't have equal family time due to the needs of the person being cared for, in essence they become a Young Carer.

How the Strategy was Produced

We applied the same methodology to producing this strategy as the same one we applied to the adult strategy, Monmouthshire Carers Strategy 2016-19, because it worked. It worked because the writing of the strategy was turned on its head and with the consultation moved to the front the process and the writing to the end. To do that we adapted a methodology from the King's Fund called "Community Orientated Primary Care". To make it work for children and young people we drew upon the expertise and knowledge of those who knew young carers and children better than we (The Monmouthshire Carers Project) did. Through all stages of planning the Monmouthshire Carers Project worked with young carers, the Young Carers Project, grass-root workers and professionals.

The first part of this methodology was to ask young carers and those who supported young carers to tell us what mattered the most to them, tell us what they did, what support they had and anything else they wanted us to know about being a young carer. The reason this worked so well was because of how young carers were engaged.

All young carers were invited to an event at Hilston Park, Monmouth on 27th October 2016 and on the day 34 young carers and 30 adults attended, the latter ranging from social care professionals, community members, elected members and the third sector. The day was designed to be interactive, fun, engaging and most importantly one where everybody was equal. Hilston Park designed an activity programme that complemented group discussions, and was accessible to all regardless of age and ability.

Comments, themes and key points were captured and summarised by a graphic facilitator, Eleanor Beer bringing discussions to life in a way that everyone could relate to by picturing themes. The second stage moved into prioritising needs and everyone voted on the key themes in order of their own priorities. The key themes contained within this strategy are now the mainstay of how we will all work together in Monmouthshire to support our Young Carers.

1. Young Carers and their Education

Young people spend the greatest proportion of their day in a learning environment and it is here that young carers felt they should be getting the greatest support for and earliest identification of their caring role.

Young Carers Said

Young carers can often be caring for relatives without their teachers' or tutors knowledge. If they are not identified and supported, their caring role can seriously affect their future wellbeing, life chances and levels of aspiration. Research from The Carers Trust has shown that around one in 20 young carers miss school because of their caring responsibilities. The caring role can limit a young person's ability to fully participate in school/college life, their attendance maybe low or sporadic and attending school/college on time can be difficult. Most importantly their ability to keep up with their own education is a major challenge as they juggle it with their caring role.

Young carers often experience stress and fatigue and will often find it more difficult to concentrate in class. Young carers are more likely to experience bullying which can be down to many different factors including being seen as isolated or different which can lead to them being teased or ostracised because of their family's circumstances or problems. Trying to cope as a young carer when coupled with bullying will make their life in school/college even harder. For some they may become withdrawn, depressed or over sensitive.

What are we going to do?

- Work with partners in education to integrate YC's awareness into the whole learning programme
- To have a designated YC lead in each school or further education establishment in Monmouthshire
- Each school/college to have one designated point of contact for Young Carers, so one person can tell all that need to know about the young carer
- Work in partnership with education so young carers will have flexibility to continue with their education and caring role
- To work with partners in Education to commit to adopting the Carers Trust and Children's Society Young Carers in School Award.

What will be the outcome for Young Carers?

Through early identification, intervention and support in schools/colleges young carers will have the same access to education and career choices as their peers.

2. Time Away from Caring/Chill Time

Young carers don't find it easy to switch off from their caring role to enjoy their own time in the way they want. They recognise they need this time to relax and be their own person but the caring dynamics within the family didn't always make it easy or practical.

Young Carers Said

Many young carers felt that their caring responsibilities limited their opportunities and ability to take part in an active social life or have their own interests outside the home. They did not feel they had enough of their own free time to relax. In some instances the home environment made it difficult for young carers to have their own space to take time away from caring, or have friends round as they felt they were always on call. Many young carers just wanted time alone with their parents.

Some young carers felt guilty about leaving the cared-for person at home to go out with friends or take part in activities. Even when they were having their free time, some young carers felt unable to fully relax and enjoy themselves because they felt anxious and concerned that something might happen to the cared-for person in their absence.

Finances and transport proved to be a problem in allowing a young carer time away from caring. For those families on low incomes this severely restricted opportunities for a young carer to access activities. For older young carers, they didn't find it easy to get a part-time job as there wasn't always someone else to help out with caring. With time being of the premium it wasn't always easy to get the cared for in the car, or find someone to look after the cared for when a young carer wanted to go somewhere. Lack of finances and transport for young carers greatly reduced their ability to take time away from their caring role.

What are we going to do?

- To work with families and partners to look at ways to free the young carer's time up, so they can have more of their own time away from the caring role
- To look at flexible respite options for families to allow a young carer to have their own time/family time
- To have an annual Young Carers Rights Day, whereby young carers can have their day away from the caring role to meet other young carers, organisations and support agencies in a fun, relaxed and safe environment.
- To offer young carers training so they can provide peer to peer support to other young carers to feel confident in articulating to others the need for their own time

What will be the outcome for Young Carers?

Young Carers will feel confident and supported to have time to pursue their interests and social life away from the caring role.

3. Mental Health

Young carers recognise there are two sides to the coin with mental health, their own mental health needs and those of the person they care for. In some instances the primary illness/disability significantly affected the mental health of both the young carer and the cared for. Being unsupported with mental health illnesses for both the young carer and cared for markedly affects independence, coping and/or parenting ability.

Young Carers Said

Their own mental health needs aren't always recognised and taken into account and they therefore find it difficult to know who to talk to and get help from for themselves. Mental health professionals were not always aware their patients were also parents and that there might be a young carer involved in the parent's care.

Young Carers said they didn't know who to talk to about mental health illness regarding the person they care for. When things were explained to them and the person they care for, neither of them fully understood what was being discussed. As young carers were regarded as a child/young person professionals didn't recognise them as having a caring responsibility and therefore didn't include them in conversations about the cared for. Young carers said they wanted to be included because they were the ones who had to cope with the effects of mental illness on a daily basis.

Changes in mental illness sometimes fluctuated and changed rapidly so there was a sense of lack of control and a daily routine for young carers and their family. This led to anger and frustration because of not knowing what was going on and not knowing how to cope.

What are we going to do?

- Offer training for
 - Age appropriate Mental Health First Aid Training
 - Mental health awareness
- Create better links to raise the awareness of and support for young carers with
 - Children and Adolescent Mental Health Services - CAMHS
 - Primary Care Mental Health Services PCMHs
 - Health and Social Care Professionals
- Provide a range of information to support young carers
 - On- line
 - In leaflets
 - Through schools and colleges

What will be the outcome for Young Carers?

Young carers will be able to access support for their own mental health needs and be recognised, included and supported when their young carer role is affected by mental health illness.

4. Educating Others About Young Carers

Do people really understand the terms young carer and what that means? Professionals and adults tend to focus on the adult or child with the disability or illness, yet they are in a prime position to identify that there may be a child or young person providing care. As a result the needs of the child or young person may go unnoticed. It is everybody's responsibility to identify and support young carers and those they care for.

Young Carers Said

They didn't think others really knew what young carers did and how their lives were different to children/young people who didn't have a caring role. They felt people weren't aware of the level of responsibility young carers undertook and if they did know they could help lessen the impact of that child's/young person's caring role.

For those young carers whose families were with a housing provider be it rented or a housing association, there wasn't an acknowledgment of the impact the caring role had on the upkeep and maintenance of their property. Many families found it difficult to keep up with the day to maintenance because of the demands of the caring role. There was also a higher proportion of families facing a negative financial impact where there was a caring responsibility. They found specialist equipment expensive to buy, there was a reduction in income due to combing the caring role with a job and for some working wasn't viable because there was no replacement care to allow the adult(s) to work, and young carers to find a part-time job.

What are we going to do?

- Explore options so young carers are
 - Recognised as carers by emergency services
 - Are supported by housing providers
- Setting up a young carers group to
 - Produce appropriate information leaflets for professionals about young carers
 - Awareness raising training sessions run by YC's
 - For professionals
 - For schools during Inset days

What will be the outcome for Young Carers?

Young carers will be recognised and supported by professionals, agencies and individuals so they can make a positive impact to the caring role.

5. Health and Wellbeing

Young Carers feel proud of their caring role and how it helped those around them. They felt it had a range of positive impacts, including developing their emotional and listening skills and gave them empathy and an understanding of others. Conversely the caring role can have a negative impact upon a young carers own health and wellbeing as it wasn't always recognised or prioritised by themselves or others.

Young Carers Said

As young carers were busy looking after someone else they didn't always make the connection that they too have their own health and wellbeing needs. They said the caring role had a great impact upon the quality and amount of sleep they need. Young carers also worried about how they were going to get things done such as practical jobs around the house or being physically able to move someone around. They felt stressed because of not having their own time and in some instances they had to listen to the cared for whilst not having the opportunity to download themselves to others.

Not understanding what was going on and other people not understanding made young carers feel angry and frustrated. When they got emotional and upset as young carers they wanted to talk to others about it. For some young carers they had physical injuries from repeatedly having to support or move someone with poor mobility.

What are we going to do?

- Provide training on how Young Carers can look after themselves including:
 - Anxiety – coping techniques
 - Pain management – coping techniques
 - Managing stress within the family
 - First Aid
- Signpost to appropriate on-line resources for health and wellbeing
- Link in with partner agencies, including Leisure Centres and Health, to offer young carer friendly health and wellbeing support/training
- To offer all young carers discounted access to Monmouthshire County Council Leisure Services

What will be the outcome for Young Carers?

Young carers will recognise the importance and be supported to manage their own health and well-being.

6. Medical Support/Medication

It isn't uncommon for young carers to help with medication be it reminding/checking that it has been taken and/or helping to administer it. Sometimes the young carer will have to collect the medication and they aren't always aware what the medication does and how it affects the person taking it. Young carers, some at a very young age, come into contact with a range of medical professionals because of their caring role. It is important that young carers are heard and included by healthcare professionals as it is the young carer who lives with their caring role on a daily basis.

Young Carers Said

Not all young carers were allowed by their pharmacy to collect medication and this was especially difficult if their parents weren't able to collect it because they were in work. This led to stress and anxiety for the family because of getting medication on time. When collecting medication pharmacy staff did not explain what the medication was for and how the medication could affect the person being cared for. For many young carers they didn't know if the side effects were normal, if it was the illness making the cared for behave in a certain way or if the carer for was getting worse despite the medication.

Young carers came into contact with a range of health professionals who didn't talk to them in a language they understood. Young Carers were also excluded from conversations despite the fact they had a caring role, and if they were the primary carer they did not know what was going on. It was as if they were expected to care but

not considered and treated as an equal partner in care. Young Carers didn't always understand the condition of the person they were caring for and it wasn't explained to them and the cared for in a way they both understood.

What are we going to do?

- Through the Carers Trust work with pharmacy students to provide information and training on young Carers Work
- Work with community pharmacies to be young carer aware so they are confident in supplying dispensed medicines appropriately to a young carer
- Work with health professionals to provide to age appropriate information to young carers on health conditions and medication
- Work with community pharmacies to provide collection/delivery options for young carers
- To have closer links with GP surgeries so they are more young carer aware
- Look at signposting to appropriate medical links
- Provide training to health professionals on the importance of identifying and supporting young carers
- To establish links within health who can talk to young carers about their caring role

What will be the outcome for Young Carers?

That young carers will be treated by health professionals as equal partners in care and that health professionals will maximise their resources and knowledge to reduce the level of health care provided by a young carer.

7. Information & Communication

The reoccurring theme that always comes up from young carers is the way in which others, especially professional adults, communicate with them. In some instances professionals didn't communicate with them as they didn't recognise the role of a young carer. However, young carers see the right information and the way in which it is conveyed to them as being key to their understanding.

Young Carers Said

They wanted information in a language that was relevant to them and the person being cared for and it needed to be appropriate to both their levels of understanding. Young carers wanted information in a range of options including apps. They especially wanted to be included in conversations and be listened to and respected by professionals so they could feel confident to ask questions.

What are we going to do?

- Work with partners so they provide age appropriate information

- Work with partners so they give young carers the right information at the right time
- Making website information for and about young carers in Monmouthshire more accessible for both young carers and professionals
- Encourage partnership sharing of information for young carers
- Develop a Young Carers Newsletter
- Produce an information leaflet to leave with young carers after an assessment

What will be the outcome for Young Carers?

Young carers will have access to age appropriate information to help them in their caring role and will be included in age appropriate conversations about their caring role.

8. Future Planning

Young carers tend to think about their future when they are around 16, as they are making choices about their education or careers prospects. For younger carers future planning tends to be more immediate centring around what they will do when they get home, get up or when they're at home. Young carers post 15 tend to think how their future choices will fit in with caring and the impact it will have on the cared for. Young carers thinking of their choices and aspirations for future are greatly limited in comparison to their peers who do not have a caring role.

Young Carers Said

For young carers the day to day life of caring and balancing school or college didn't always give them time or space to even to think about future planning. What was the same for all young carers was worry. Worrying about what would happen when they weren't there to care. For those embarking upon or already in University caring was always in the back of their mind. Some young carers didn't want to think about University because they didn't want to leave the caring responsibility to someone else, or there simply wasn't anyone else who could help. Career prospects were difficult to think about because young carers didn't know how they could fit a job in around caring, which potentially limited their choice and ability to work.

What are we going to do?

- Work with partners to look at what support the cared for can receive
- Create better links with the family to see where additional support can come from
- Work with young carers to explore their options outside of the caring role
- Better links with Department of Work and Pensions
- Prepare young carers earlier on in their education to think about and plan for the transition into further/higher education and work
- Work with key agencies to prepare for the transition phase from child services to adult services

- Provide training and support for young carers to become positive roles for peer support

What will be the outcome for Young Carers?

Young carers will be supported as young as possible to feel confident to have choices to plan and undertake their future aspirations.

Implementation of the Monmouthshire Young Carers Strategy 2017-20

Next Steps

In collaboration with carers and partners Monmouthshire County Council will use the key themes as their action plan, and for some of those themes there is already work underway, for others this strategy will be the starting point. The Carers Strategy Group will work together on common and shared objectives, for other themes the Monmouthshire Carers Project will work with young carers, carers groups and partner organisations. This strategy is the tool by which we can ensure the young carers' voice is heard to instigate change, action and improvement for their lives.

Monitoring

To ensure we are doing what young carers have asked, and that we are doing it right there are a number of ways we can do this. The Carers Strategy Group formally reports and records what it is doing, how it is doing and how well it is doing and at those meetings there will be regular updates on the strategy. We will work alongside the Young Carers Project and partners who support young carers to ensure the themes within this strategy are discussed, monitored and recorded. The Young Carers Project will ask carers for their feedback on the themes and in turn will provide updates. At young carers' events we will ask for feedback. We will ask our partners, internal and external for feedback. All of this data will provide us with a wealth of information that allows us to monitor how well the strategy is going.

Review

Through the whole monitoring process we will be reviewing what is going well, what is not going so well. We don't want to waste valuable resources on something that is going to produce small effect, when those resources might be best used elsewhere for greater effect. At the end of the 3 year strategy we'll look at what worked well what didn't, lessons learned and how to take best practice and the right young carers support forward, into the next strategy.

Looking towards the next strategy

The next strategy is always on the horizon. When we have a year left to run on this strategy we'll start to plan for the new one. We won't know the form and function of it

yet, as we can't predict that. What we do know is the next strategy will build on the firm foundations that this one has laid, as have previous years, and a young carer will always remain at the centre, and that the voice of Monmouthshire young carers will be one that is heard.

Useful Contacts

Young Carers Project

Carers Trust, South East Wales

<https://www.carers.org/local-service/south-east-wales>

01495 769996

Monmouthshire Carers Team

01600 730513

www.monmouthshire.gov.uk



<p>Name of the Officer Kim Sparrey</p> <p>Phone no: 01600 730513 E-mail: kimsparrey@monmouthshire.gov.uk</p>	<p>Please give a brief description of the aims of the proposal</p> <p>To implement the Monmouthshire Young Carers Strategy 2017-20 and a précised version for young carers. The strategy will shape a cohesive and collaborative partnership that ensures the earliest identification and support of young carers in Monmouthshire over the next 3 years.</p>
<p>Name of Service</p> <p>Monmouthshire Young Carers Strategy 2017-20</p>	<p>Date Future Generations Evaluation form completed</p> <p>31st January 2017</p>

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Does your proposal deliver any of the well-being goals below? Please explain the impact (positive and negative) you expect, together with suggestions of how to mitigate negative impacts or better contribute to the goal.


Well Being Goal	Does the proposal contribute to this goal? Describe the positive and negative impacts.	What actions have been/will be taken to mitigate any negative impacts or better contribute to positive impacts?
<p>A prosperous Wales Efficient use of resources, skilled, educated people, generates wealth, provides jobs</p>	<p>The strategy has identified how local population needs are to be met, and where ownership lies to meet those needs. This will provide opportunities for improved and stronger links within Education through early identification and intervention in schools/colleges. This will ensure young carers have the same access to education and career choices as their peers.</p>	<p>Young carers often say they are not recognized as or asked if they are a young carer. They cite education as being their primary and main contact where their identification should be made, understood and supported. Stronger links and partnership working with education will embed sustainable best practice into the fabric of schools/colleges in supporting young carers.</p>



Well Being Goal	Does the proposal contribute to this goal? Describe the positive and negative impacts.	What actions have been/will be taken to mitigate any negative impacts or better contribute to positive impacts?
A resilient Wales Maintain and enhance biodiversity and ecosystems that support resilience and can adapt to change (e.g. climate change)	The Strategy is designed to support young carers in their caring role and is not focused on biodiversity and ecosystems.	Where new initiatives are introduced to enhance biodiversity and ecosystems there is potential to share this through young carer groups.
2020-2025 A healthier Wales People's physical and mental wellbeing is maximized and health impacts are understood	Young Carers often don't prioritise or recognize their own health and wellbeing often putting the cared for and family's health and wellbeing before theirs. This can have a detrimental effect on young carers. Mental health had two meanings for young carers their own and the person they looked after. Both could be intertwined but the main message was the young carers mental health was not always being recognized or supported, and if the person they supported had mental health illnesses the young carer wasn't being recognized as being part of the caring role. The strategy has committed to provide an outcome of improved identification and timely support for young carers within Primary Care Mental Health Services, Child and Adolescent Mental Health Services, and with Health and Social Care Professionals.	The partnership will work collaboratively to provide young carers with training, coping techniques and opportunities to discuss their own health and wellbeing. Links will be made with the appropriate mental health agencies to offer training and age appropriate literature on the identification and support for young carers.
A Wales of cohesive communities Communities are attractive, viable, safe and well connected	The Strategy will bring a voice to and visibility of young carers in Monmouthshire. This will allow them to feel confident to look towards their community for support and in turn the community will know how to support them.	Young Carers will have their own Young Carers Rights Day, which will be reflective of the ethos of Carers Rights Day which adult carers currently participate in. This will allow young carers and partners to talk, share, connect and learn together in a fun and equalizing environment.
A globally responsible Wales	Carers are estimated to save the UK health and social care £119 billion a year (Carers Trust). The	

Well Being Goal	Does the proposal contribute to this goal? Describe the positive and negative impacts.	What actions have been/will be taken to mitigate any negative impacts or better contribute to positive impacts?
Taking account of impact on global well-being when considering local social, economic and environmental wellbeing	strategy recognizes local population needs and supporting young carers will allow Monmouthshire to be responsible for their (young carers) social and economic wellbeing.	
A Wales of vibrant culture and thriving Welsh language Culture, heritage and Welsh language are promoted and protected. People are encouraged to do sport, art and recreation	The strategy will raise the profile of young carers, and once a young carer is identified and supported by the Young Carers Project, they will be eligible for a 25% discount at all Leisure Centres within the County. The strategy will be available in the Welsh language, as will any other supporting literature.	Young carers currently have access to and will continue to have access to recreational activities facilitated through/by the Young Carers Project.
A more equal Wales People can fulfil their potential no matter what their background or circumstances	The Social Services and Well-being (Wales) Act does not categorise carers by age, someone is a carer regardless of their age. Young carers however still have differing legal rights by nature of them being a child. So this strategy whilst promoting the equality of identification, and timely support does allow for flexibility to reflect the age, capability and ability of a young carer. This strategy was written for young carers by young carers.	Adult carers have their own strategy which runs from 2016-19.

2. How has your proposal embedded and prioritised the sustainable governance principles in its development?

Sustainable Development Principle	Does your proposal demonstrate you have met this principle? Describe how.	If not, what has been done to better meet this principle?
 <p>Balancing short term need with long term and planning for the future</p> <p>Long Term</p>	<p>The strategy has been developed to cover a 3 year cycle. This will allow for cultures, relationships, networks and services to evolve and adapt to changes that centre on young carers. Young carers provide a short-term, often unreasonable solution to the health and caring wellbeing of the UK and worldwide population. However, the strategy hopes to minimize the reliance upon young carers in providing that solution, by giving partners the tools to take long term ownership in the caring role, which will allow young carers to have time to be a child/young person.</p>	<p>The Young Carers Project has been in place 12 years plus, and has been reconfigured so the support it offers is not one that makes a young carer service reliant. The strategy will give the Young Carers Project focus as to where and how they can best support a young a carer individually and as a collective. The strategy naturally places ownership upon certain sectors of health, local authorities and adults so they can ensure long term plans meet the needs of young carers, and care planning.</p>
 <p>Working together with other partners to deliver objectives</p> <p>Collaboration</p>	<p>The strategy was developed through collaborative partnerships. The outcomes identified in the strategy will be delivered by and in agreement with young carers, education, health and social care professionals/providers, Young Carers Project, third sector, carers assessment officers, the Carers Strategy Group, Monmouthshire Carers Project and carer organisations.</p>	<p>An internal and external partnership group has already been established, with the flexibility for ad-hoc membership. Current membership comprises of the carers team, partnership team (who commission young carers project), TAF, childrens services to ensure young carers are supported.</p>

Sustainable Development Principle	Does your proposal demonstrate you have met this principle? Describe how.	If not, what has been done to better meet this principle?
 <p>Involving those with an interest and seeking their views</p> <p>Involvement</p>	<p>The Monmouthshire Carers Strategy 2017-20 has been produced through consultation with:</p> <p>A collaborative and consultative engagement event on 27th October 2016.</p> <ul style="list-style-type: none"> Attendees included Young Carers, social care & education professionals, third sector, elected members and health. <p>Both draft documents were circulated for comments and views via</p> <ul style="list-style-type: none"> Providers of services for Young Carers, both internal and external stakeholders Monmouthshire Carers Strategy Group Young Carers Project <p>Monmouthshire young carers' have identified their needs that will maintain their own sense of health and wellbeing and the support they require to adequately meet the needs of those they care for. This strategy will help shape how partners work together to support young carers in Monmouthshire.</p>	

Sustainable Development Principle	Does your proposal demonstrate you have met this principle? Describe how.	If not, what has been done to better meet this principle?
 <p>Putting resources into preventing problems occurring or getting worse</p> <p>Prevention</p>	<p>Carers have identified the 8 themes they prioritised to meet their needs and those agencies, individuals and organisations that could help them in both their caring role, and also that as a child/young person. The outcomes identified are to provide preventative mechanisms so the cared for needs do not engulf that of the young person. The strategy is designed so that partners works together to ensure they do the most they can to minimize the impact of the caring role for the young carer.</p>	
 <p>Considering impact on all wellbeing goals together and on other bodies</p> <p>Integration</p>	<p>The strategy has identified how young carers needs are to be met. The Monmouthshire Carers Project will be the driver in moving this strategy forward, with an expectation that when all agencies and partners have the right tools and training they will take ownership of their area of work. From that sustainability will be created, so that good practice becomes implicit in supporting young carers. The statutory and third sector providers are committed to ensure that young carers receive the right support at the right time, wherever it is accessed. They have agreed to work together for young carers, by sharing data, knowledge, skills and expertise. This will strengthen each organisations expert knowledge of young carers, to produce the outcomes identified in the strategy.</p>	

3. **Are your proposals going to affect any people or groups of people with protected characteristics?** Please explain the impact, the evidence you have used and any action you are taking below. For more detailed information on the protected characteristics, the Equality Act 2010 and the Welsh Language Standards that apply to Monmouthshire Council please follow this link: <http://hub/corporatedocs/Equalities/Forms/AllItems.aspx> or contact Alan Burkitt on 01633 644010 or alanburkitt@monmouthshire.gov.uk

Protected Characteristics	Describe any positive impacts your proposal has on the protected characteristic	Describe any negative impacts your proposal has on the protected characteristic	What has been/will be done to mitigate any negative impacts or better contribute to positive impacts?
Age	Monmouthshire has an aging population, that is living longer with more complex health needs. However, this reality has in some parts unintentionally overshadowed the existence and needs of young carers within the county. As legislation recognises there is no age barrier to being a carer, this strategy will bring to the forefront young carers in Monmouthshire.		The strategy recognizes and makes provision for the development changes, both personally and educationally that a young carer will go through before reaching adulthood. Young Carers have their own version of the full strategy which will allow them to articulate to others, and to understand themselves the impact caring has on their lives.
Disability	Young carers identified that the focus was on the cared for and they were not recognized as a partner in the delivery of care. In this instance the disability of the cared for is seen as the primary concern, and not that of the young carer.		The outcome within in the strategy is that health and social care professionals will recognize and take into account the needs of the young carer, with equal merit to those of the person they care for with a disability.
Gender reassignment	The young carers strategy is an inclusive strategy for all young carers.		
Marriage or civil partnership	A young person can marry at 16 with parental consent. This strategy will still have the same merit for a young carer if they marry under the age of 18.		
Pregnancy or maternity	All young carers will be supported through the relevant, age appropriate agencies.		All young carers are treated with equal regard.

Protected Characteristics	Describe any positive impacts your proposal has on the protected characteristic	Describe any negative impacts your proposal has on the protected characteristic	What has been/will be done to mitigate any negative impacts or better contribute to positive impacts?
Race	The young carers strategy is for all young carers therefore all young carers will be supported.		If the need arises for translation services to be provided that will be sought as and when is needed.
Religion or Belief	The young carers strategy is for all young carers therefore all young carers will be supported.		All young carers are treated with equal regard.
Sex	The young carers role is not confined to one sex.		This strategy works to identify and support all young carers regardless of their gender. The services offered are gender neutral.
Sexual Orientation	The young carers strategy is for all young carers therefore all young carers will be supported.		All young carers are treated with equal regard.
Welsh Language	The strategy and other carers information will be made available in the Welsh language.		

4. **Council has agreed the need to consider the impact its decisions has on important responsibilities of Corporate Parenting and safeguarding. Are your proposals going to affect either of these responsibilities?** For more information please see the guidance <http://hub/corporatedocs/Democratic%20Services/Safeguarding%20Guidance.docx> and for more on Monmouthshire's Corporate Parenting Strategy see <http://hub/corporatedocs/SitePages/Corporate%20Parenting%20Strategy.aspx>

	Describe any positive impacts your proposal has on safeguarding and corporate parenting	Describe any negative impacts your proposal has on safeguarding and corporate parenting	What will you do/ have you done to mitigate any negative impacts or better contribute to positive impacts?

Safeguarding	The strategy recognizes that young carers have have a different legal status to that of adult carers, as they are defined as a child under United Nations Convention on the Rights of the Child. Therefore agencies will work within, and co-operate collaboratively to ensure that safeguarding measures are adhered to.		Through the partnership training will be offered on safeguarding.
Corporate Parenting	n/a		

5. What evidence and data has informed the development of your proposal?

Following a survey in 2010, the BBC estimated there were around 700,000 young carers in the UK, which means that in every school or college there is a young carer. The 2011 census identified 195,000 young carers in the UK with 178,000 of those young carers coming from England or Wales. With such variances in the data on the number of young carers known in the UK it would therefore correlate that regional and locality data would too be inaccurate. What is known is that in Monmouthshire, at the time of going to print, the Young Carers Project in Monmouthshire is supporting XXXXXXXXXX number of young carers. There is a recognition by Monmouthshire County Council and partner organisations that there are many more young carers we do not know of, and many children and young people who do not recognise themselves as a young carer. This strategy will help us to find those hidden young carers, work in different ways and allow us to build a better of picture of young carers in Monmouthshire.

The strategy is a result of consultation with young carers, who agreed the 8 main themes that were of most importance to them as a young carer. All known young carers were invited to the engagement event circa 30 attended, and the draft strategy has been circulated to all young carers known to the young carers project, during the consulatation period.

6. SUMMARY: As a result of completing this form, what are the main positive and negative impacts of your proposal, how have they informed/changed the development of the proposal so far and what will you be doing in future?

In collaboration with young carers and partners Monmouthshire County Council will use the key themes as their action plan. For some themes there is already work underway, for others this strategy will be the starting point. The Carers Strategy Group will work together on common and shared objectives, for other themes the Monmouthshire Carers Project will work with young carers, Young Carers Project, The Partnership Team, young carers groups and partner organisations. This strategy is the tool by which we can ensure the young carers voice is heard to instigate change, action and improvement for the lives of young carers.

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7. ACTIONS: As a result of completing this form are there any further actions you will be undertaking? Please detail them below, if applicable.

What are you going to do	When are you going to do it?	Who is responsible	Progress

8. MONITORING: The impacts of this proposal will need to be monitored and reviewed. Please specify the date at which you will evaluate the impact, and where you will report the results of the review.

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The impacts of this proposal will be evaluated on:	31st March 2018 31st March 2019 31st March 2020
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9. VERSION CONTROL: The Future Generations Evaluation should be used at the earliest stages of decision making, and then honed and refined throughout the decision making process. It is important to keep a record of this process so that we can demonstrate how we have considered and built in sustainable development wherever possible.

Version No.	Decision making stage	Date considered	Brief description of any amendments made following consideration
1			
	<i>e.g. budget mandate, DMT, SLT, Scrutiny, Cabinet etc</i>		<i>This will demonstrate how we have considered and built in sustainable development throughout the evolution of a proposal.</i>

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SUBJECT:	Safeguarding Progress Report
MEETING:	Council
DATE:	20th March 2017
DIVISIONS/WARDS AFFECTED:	All

1 PURPOSE

- 1.1 To provide Cabinet members with a review of safeguarding progress

2 RECOMMENDATIONS

That members:

- 2.1 Note the progress and challenge the self-assessment of the Whole Authority Safeguarding Co-ordinating Group (WASCG);
- 2.2 Support the intention to focus the safeguarding programme approved by the Council in July 2016 against five key priority areas.

3. KEY ISSUES

- 3.1 A Safeguarding Strategy and Activity Programme were endorsed by the Cabinet and approved by the Council in July 2016. This include a Strategy to steer the Safeguarding policy, changes to the WASCG terms reference and membership to ensure senior accountability and for whole authority safeguarding, and a programme of safeguarding activity supported by a measures scorecard.
- 3.2 These have provided direction to drive safeguarding standards and activity. WASCG has reviewed the original 19 sections of the activity programme into five clear priorities to better articulate and focus the programme. This report recommends that Cabinet members endorse this renewed programme to support clarity of safeguarding priorities and to facilitate future measurement and reporting. The five priorities are:
1. Good governance
 2. A safe workforce
 3. A preventative approach
 4. Robust protection
 5. Safe services – delivered through commissioning arrangements, grants, partnerships and volunteering

3.4 These priorities are used to report on the progress against the programme agreed by Council. The progress report is set out in detail in Appendix 1.

3.5 An revised safeguarding policy will be presented to the Council in early 2017/18 and subsequent reports on whole authority safeguarding will be brought at mid and end of financial / reporting year in line with other Council reports.

3.6 **A Summary of Progress and Priorities:**

- Governance through WASCg has been strengthened through Chief Officer membership and explicit links to DMTs. Safeguarding adults at risk has been integrated into WASCg and the safeguarding programme. The SAFE self assessment against standards for safeguarding children is well established and has been revised so standards include safeguarding adults at risk. The next round of SAFEs will support self-evaluation against all aspects of safeguarding.
- There are real strengths in safeguarding culture, knowledge and practice; however, there is still work to do to ensure this is embedded as well as it should be in all parts of the Council. This is evident through external and internal audit reports and the SAFE assurance processes. The areas for further development are highlighted in the progress report; particularly there is a need to baseline understanding of safeguarding adults at risk as well as children and ensure SAFEs are in place across the board.
- Really good information systems across all safeguarding priorities need further developments; for example, whilst safe recruitment is accurately recorded and monitored, there is further work to do to ensure all parts of the Council accurately record training requirements and achievement for the whole workforce.
- There is a strong preventative approach in place across the Council and partner agencies. There is evidence that adult and child protection systems are working effectively; particularly a CSSIW review of the front door of Children's Services found positive progress since the previous inspection in 2014. Whilst there is much to do, there is a well-developed improvement programme.

4. **REASONS**

To ensure progress on the safeguarding so that improvement on whole authority safeguarding is measured and secured.

5. **RESOURCE IMPLICATIONS**

Responsibility for safeguarding is absorbed within day to day business activities therefore no additional resource implications are identified as part of this report.

6. **WELLBEING OF FUTURE GENERATIONS IMPLICATIONS (INCORPORATING EQUALITIES, SUSTAINABILITY, SAFEGUARDING AND CORPORATE PARENTING**

The review of progress is to assure the Council around the level of safeguarding standards of practice which is essential to the well-being of future generations.

7. CONSULTEES:

The Whole Authority Safeguarding Coordinating Group.

8. BACKGROUND PAPERS:

Monmouthshire County Council Safeguarding Strategy
Whole Authority Safeguarding Coordinating Group (WASCG) terms of reference
WASCG programme of actions

9. AUTHORS: Claire Marchant, Chief Officer Social Care and Health
Jane Rodgers, Head of Children's Services and Safeguarding

10. CONTACT DETAILS:

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