

HEALTHWATCH BOLTON YOUNG CARERS SHOWCASE

#Getreadytosing

OVERVIEW

- This session will take you through our recent project focused on young carers.
- You will have the opportunity to see our unique way of engaging with young carers, lots of pictures and creative media showing our work and an alternative and very exciting way to report our findings in addition to a standard 'report'
- Ongoing impact will also be shared which will help to demonstrate the longevity of such projects and how impact is not always instantaneous

PROJECT OVERVIEW

- Following the closure of the young carers support service Healthwatch joined the local Carers Partnership group
- A young carers sub committee was established and Healthwatch was a member of this group to ensure the voices of young carers was heard
- Healthwatch agreed to engage with young carers to find out their experiences and what life was like for them and establish if there was a need for support
- Work with relevant stakeholders to help shape a new service

ENGAGEMENT – First thoughts

- Do young carers exist in Bolton?
- How will we find and encourage them to engage with us?
- How will we encourage the partnership group to accept that speaking to young carers in the first instance is vital
- What is a young carer?
- Is the term 'young carer' known and understood by young people?

HOW WE ENGAGED...

- Variety of methods and options to increase accessibility
 - A day in the life of
 - Online survey
 - Service providers
 - Schools
 - Poems
 - Diary entries
 - Drawings
 - Face to face, online, over the phone, 1:1 and group settings, parents and young people
- Over the space of 3 months
- Essential to engage with parents
- Schools knew less than we anticipated
- Local youth provisions don't ask if people are carers
- 'Young Carers' was not a term that was recognised
- Having a variety of methods to engage proved vital
- Making it relevant to the young people

The Project!

HEALTHWATCH BOLTON WANTED TO SPEAK TO YOUNG CARERS AND FIND OUT ALL ABOUT THEIR LIVES. WE WANTED TO FIND OUT ABOUT THEIR CARING ROLES AND WHAT, IF ANY, IMPACT THIS HAD ON THEIR PHYSICAL AND MENTAL HEALTH, EDUCATION, SOCIAL LIFE AND FUTURE ASPIRATIONS.



INVOLVING THE KIDS

Over a space of 2 months we were able to meet up with 13 young people and their families! All of them wanted to be involved in the project and share their stories. They were keen for people to learn more about the roles of young carers and how this impacted upon their lives.



Making it relevant

The kids were so keen to get their messages out there, they wanted to ensure it was done in a way which was relevant to them! This is where the idea of a SONG came up!

We spoke to a local singer songwriter @JCasperMason who was keen to help. Casper agreed to write a song based upon the experiences of these families and better still speak to producers, musicians and photographers with an aim of making this bigger and better than we ever imagined!



SHARING OUR EVIDENCE

The young people decided they would like to share their experiences with as many people as possible

They thought it would be a great way to get various stakeholders and commissioners in the room together
SO.....

YOUNG CARERS SPEAK OUT!

January 16, 2018 6pm - 9pm
YOUNG CARERS SHOWCASE EVENT
(SOLD OUT!)

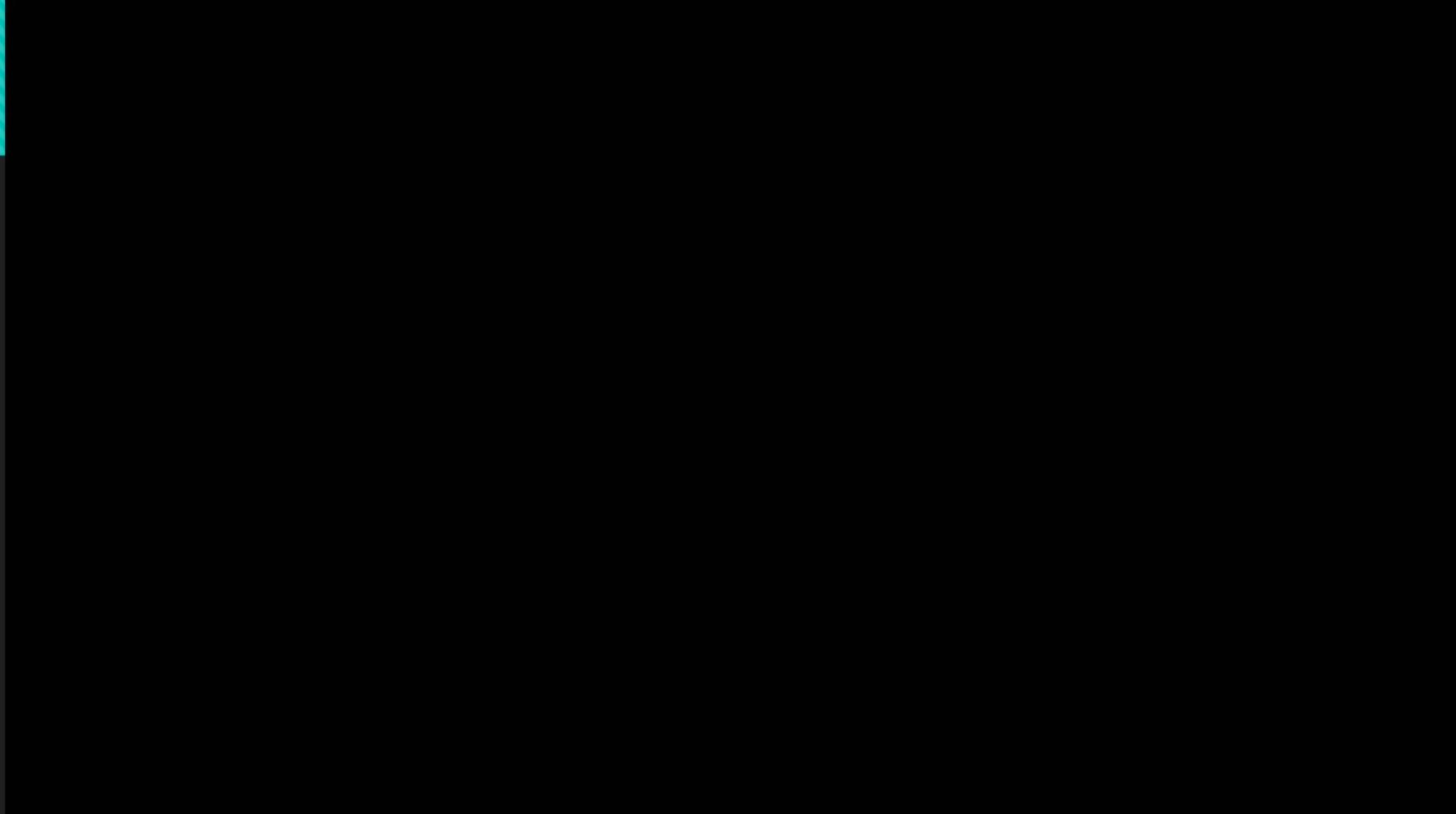
The Octagon Theatre, Bolton



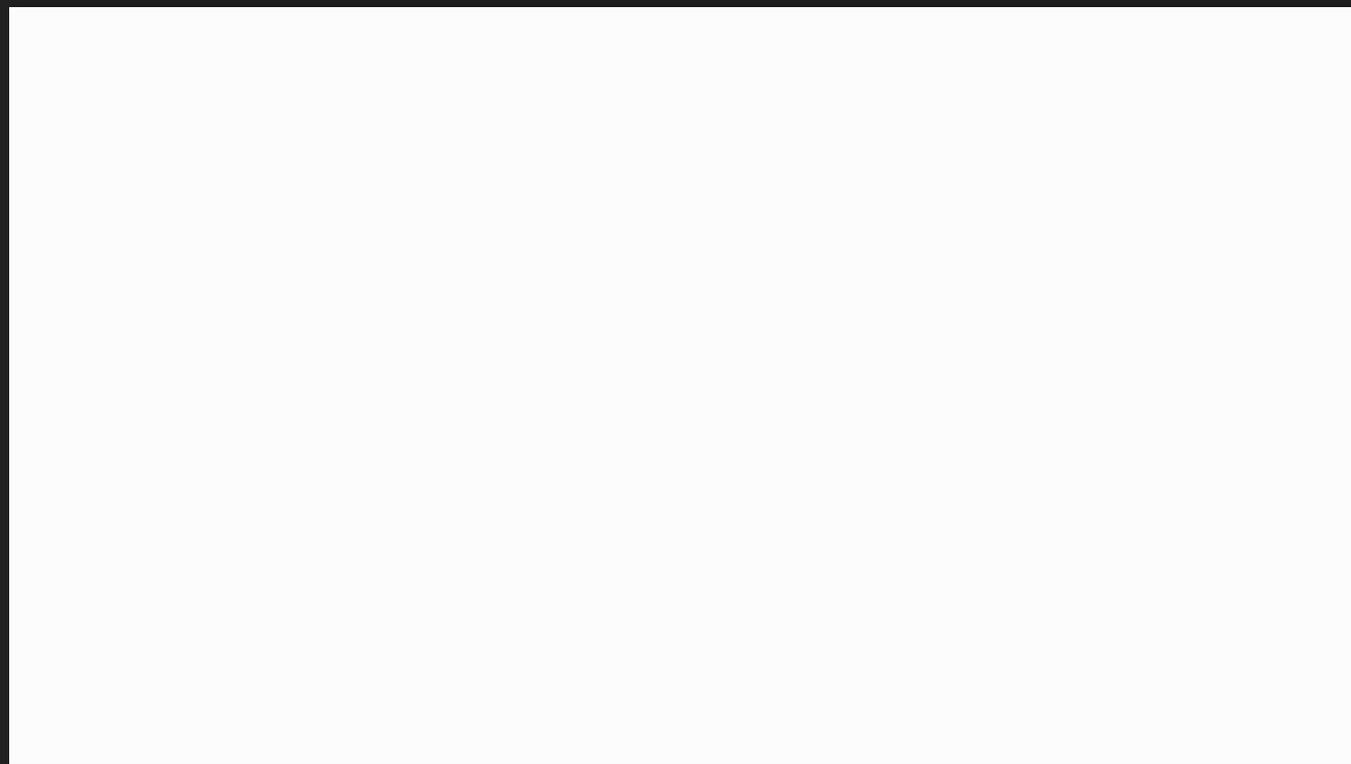
Healthwatch Bolton set out to raise awareness of Young Carers in Bolton firstly by producing a written report on what young carers told us & then using their experiences to produce a song & hold an event on 16th January 2018. The sell out event saw much media attention and was supported by celebrities and local services alike!

With over 100 people in attendance the audience were able to take in the sounds of local singer songwriter Casper Mason who performed live on the night, hear first hand from young carers themselves, get an outline of our main report and see the PREMIER of our CHARITY single!

ON THE NIGHT – WHAT WE PRESENTED



ON THE NIGHT – WHAT WAS CREATED



Bolton Wanderers video: had over 2.9k views



CREATIVE ARTWORK



CHARITY SINGLE 'GROWING OLDER'



EVENT SUCCESS

FOLLOWING THE EVENT WE HAD SOME FANTASTIC FEEDBACK

Check out the following links for articles about the evening:

<http://bit.ly/2DebHvs>

<http://bit.ly/2rIHNOv>

<http://bit.ly/2FkpYr4>



We received over 100 pledges on the evening itself



To watch a short video made by Bolton Wanderers following the event: <http://bit.ly/2EfROpj>

Quotes

"What a fantastic night it was and a brilliant turnout. what an emotional but inspiring event. I hope this event gets the acknowledgement that it deserves and gives help and support to all those family's and young carers."
(Heidi, mother of young carer)

"I just want to say a huge thank you, we have been recognised loads today but it wouldn't have been possible without you, thanks."
(Young carer, aged 13)

"WOW! WHAT AN EVENT LAST NIGHT!"
(PHIL, HEALTHWATCH ENGLAND COMMITTEE MEMBER)

"Thank you so much, we couldn't have asked for the info of bringing home what young carers do in a better way. it was a perfect sentiment."
(Lesley, mother of young carer)

"What a fantastic event and some really powerful stories. I enjoyed meeting some of the young carers and their families."
(Hate, healthwatch England Engagement lead)

Some stats...

Individual members of the public made their own videos on Facebook raising awareness of National Young Carers day and directing people to download the record 'Growing Older'. These totalled: 1,048 views

Throughout the project we have been lucky enough to have received a huge amount of support. In total this accumulated to:

- 44,202 people reached via our tweets
- 867 people made comments about our tweets
- 128 re-tweets
- 234 likes on @HWBolton

THE RECORD 'GROWING OLDER' HAS BEEN VIEWED 131,666 TIMES VIA FACEBOOK & LISTENED TO OVER 17,500 TIMES ON SPOTIFY

2 of the speeches that were presented at The Showcase Event were shared on-line by parents and Healthwatch. These were from 7yr old Scarlett and 15yr old Angel. Combined these achieved 3,937 views

NEXT STEPS...

HEALTHWATCH BOLTON WILL CONTINUE TO WORK IN PARTNERSHIP WITH THE LOCAL AUTHORITY AND OTHER PARTNERS TO MONITOR THE RECOMMENDATIONS IN OUR REPORT!

Healthwatch Bolton will provide certificates to the schools to present to the young carers involved.

Healthwatch Bolton will also be involved with the Young Carers Partnership group in Bolton to monitor

Charity Contact Details:



<http://www.kidz2gether.org.uk/>
Tel: 01204 669821
✉ info@kidz2gether.org.uk
Registered Charity No. 1162779

<http://www.autismaware.co.uk/>
✉ AutismAwareUK@hotmail.co.uk
Registered Charity Number 1154287

REPORT

A copy of the report written by Healthwatch can be found at:
<http://healthwatchbolton.co.uk/news/reports/>

NHS England have been in contact and would like to award the young carers involved aged 16yrs and over a 12 month fully funded Young Carers Champion Programme! Here they will meet with other young carers nationally and discuss both local and national issues as well as enjoy 3 residential trips!



GROWING OLDER

SUPPORTING [#AUTISMAWAREUK](#) [#Kidz2gether](#) & [#YOUNGCARERS](#) Check out the full video today! <https://youtu.be/Uex76aglw20>

Please share the message and help two amazing charities. Song available on iTunes, amazon, apple music, Spotify and many more. in partnership with [@HWBolton](#)



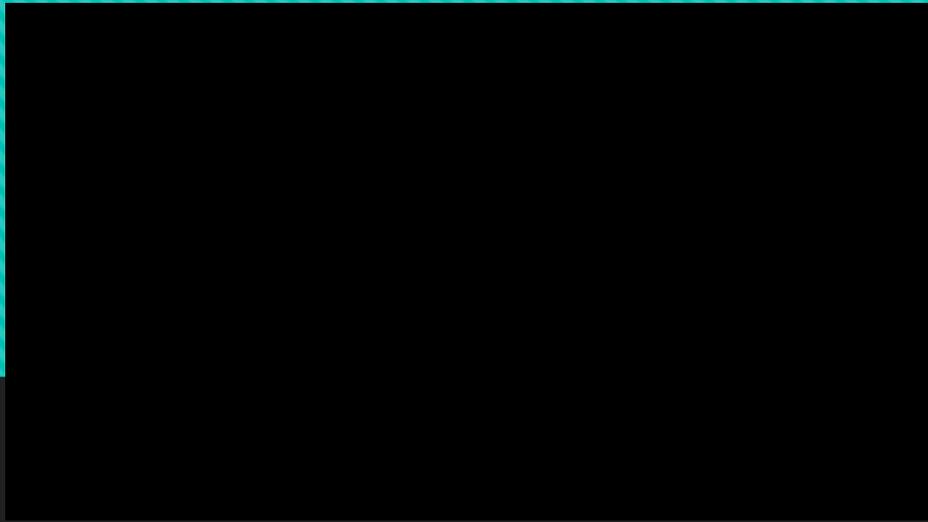
<http://www.healthwatchbolton.co.uk>
Tel: 01204 394603
✉ info@healthwatchbolton.co.uk
Registered Charity number 1157070

WHAT HAPPENED NEXT...



- We are hugely proud of one of the young carers who since working with us has felt confident enough to go from strength to strength. After speaking with the college she attended they were better able to support her to achieving her goals and she has since become a valued member of the college and is proactive in helping to raise awareness of young carers within the college.



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- 'Young Voices' was established and is a new and creative radio project at Bolton FM for young carers aged 10-18yrs.
 - It aims to empower young people to shape their world and lead change by providing them a safe space in which to explore ideas, push their learning and create something new. Tailored workshops at the radio station allow them to develop communication skills whilst reducing social isolation and facilitating peer support.
 - This project is being funded by Dragon's Den at Greater Manchester Mental Health Foundation Trust who have just launched a Carer Friends and Family Strategy – the first of its kind for the Trust.
 - On 31st January 2019 2 of the young carers (1 of which was involved in our engagement project) took over the radio station for 2hrs to raise public awareness of the challenges faced by young people because of their caring role, and to ask listeners to pledge their support for the town's young carers. As part of their show the 2 young carers highlighted their experiences as young carers and interviewed local service providers, commissioners and politicians including Chris Green, MP and the Chief Executive of Bolton Council, Tony Oakman.

NHS England were in contact wanting to award the young carers involved aged 16yrs and over a 12 month fully funded 'Young Carers Champion Programme'! Here they would have the opportunity to meet with other young carers nationally and discuss both local and national issues as well as enjoy 3 residential trips! Unfortunately in order to secure a place the young carers needed to be supported by a young carers group or support worker and due to this not being possible at the time the young people were not able to apply. This is however an option for them going forward.



Would You Like to be Part of NHS ENGLAND'S YOUNG CARER HEALTH CHAMPIONS PROGRAMME?

If you are a Young Carer, aged 16 – 24 and would like the opportunity to have a say in how we develop health services for young carers; want to help provide support to your peers and develop your own skills - then volunteer to become a Health Champion

Please contact Paula Cruise by
e-mail paula.cruise@nhs.net

NHS
England



Sadly due to an accident on the evening of our event Mayor of Greater Manchester Andy Burnham was unable to attend however he was really keen to show support for the young carers and asked if we could arrange an alternative day for them to come together and meet.

A number of months later and all the young carers came along and again shared their experiences. This was a fantastic opportunity for the young people and they really felt they were being listened to.

Andy was incredibly impressed with them and offered support in a variety of ways and continued to help us raise awareness by sharing details of our song and the work of the group.

The kids even got to teach him how to 'floss'



June 2019 the new Bolton Young Carers service was launched.

Run by Bolton Lads & Girls Club and aims to improve the lives of young carers through support, information, training and working in partnership with other agencies to promote their social inclusion and reduce their caring responsibilities.

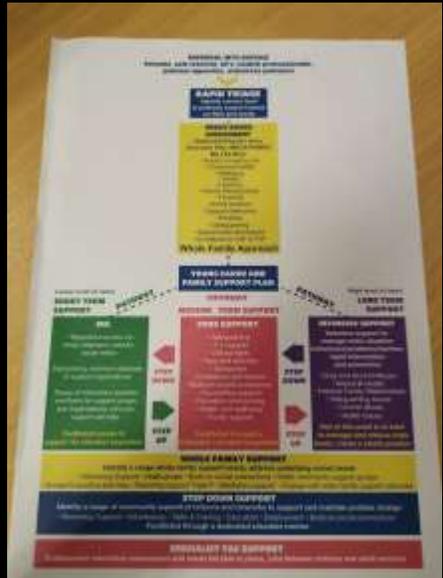
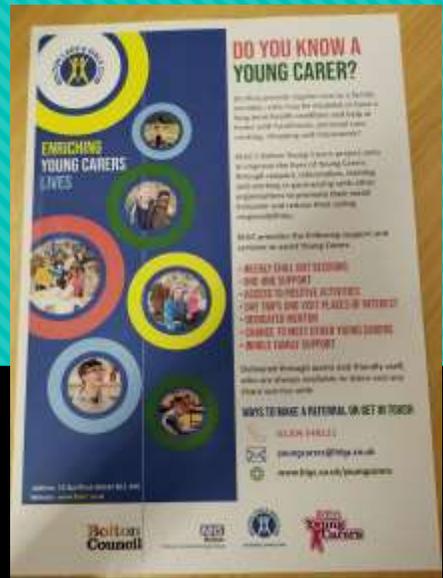
A whole family approach to provide activities, information, support and advice and will work to increase wider community support networks.

Opportunities include weekly chill out sessions, 1:1 support, access to positive activities, day trips and visiting places of interest, dedicated mentors and a chance to meet other young carers.

Workers will engage a range of partner's agencies to identify children and families who would benefit, undertake an assessment of need, provide services to address those needs and review progress to ensure that positive change has happened.

Referrals
In the first month (June/July): 21 YP actively identified and referred into the project

Sources
Schools – 8 (38%)
Social Worker – 4 (19%)
Health – 4 (19%)
Other agencies – 5 (24%)



IDENTIFYING EARLY MEANS AN IMPROVEMENT IN ACHIEVEMENT, ATTAINMENT AND WELLBEING WITH THE RIGHT SUPPORT.

WORKING TOWARDS THE YOUNG CARERS IN SCHOOL BRONZE AWARD

Part of BLGC's Young Carers Award has been designed to support schools to work towards the Young Carers in Schools Bronze Award to help raise the identification and support of young carers in schools as easy as possible. These awards are available to schools that sign up to the Young Carers in Schools Bronze Award to help raise the identification and support of young carers in schools as easy as possible.



We want to support schools to make it as easy as possible for schools to support Young Carers.

We will be supporting schools across Bolton to achieve the step-by-step guide written by the Children's Society and Carers Ltd to help raise, support and protect the young carers working towards the Young Carers in Schools Bronze Award.

Carers in Schools Bronze Award (the award) will support schools to understand and set a target of every lesson includes to address a working strategy and helping to do work towards work towards

- Identify young carers in school
- Support and help young carers
- Support to raise self awareness

The form and resources available can be created to suit your school structure and objectives and are free for download from our website

www.bolton.gov.uk

We will offer schools, information, advice and guidance on the effectiveness of evidence requested to work towards achieving a Bronze Young Carers in Schools Award with examples of good practice and free resources.

The working towards guide breaks down the five standards of the Bronze Young Carers in Schools Award. It highlights the evidence required to achieve each standard, using scenarios from five successful applications.

Designed in consultation with schools, the guide is designed to support schools when applying for the Bronze Young Carers in Schools Award or simply just work towards achieving the standards in school, and provide ideas and examples for in-school changes and support.

Schools intending to work towards a Bronze Young Carers in Schools Award should use this guide in conjunction with the Award Pack, available for download from our website via queries or requests for support can be directed to youngcarers@bolton.gov.uk

Schools are perfectly placed to offer the support young carers need. The step-by-step guide will act as an invaluable resource for schools in providing the right assistance to pupils as and when they need it.



Has a brief outline of working towards achieving the 5 main standards of the award, which are:

- 1 UNDERSTAND
- 2 INFORM
- 3 IDENTIFY
- 4 LISTEN
- 5 SUPPORT

Bronze Award: Standard One UNDERSTAND

There are assigned members of staff with responsibility for identifying, and addressing Young Carers needs.

In Schools for Standard One schools are asked to evidence two things, the first of which is: name and job title of staff members. The other part of the essential evidence is: that the young carers team are clearly identifiable to pupils, parents and staff.

BLGC can supply you with examples of best practice information sheets from the Step-by-Step Guide (You & Your L and I).

Bronze Award: Standard Two INFORM

Achievement is based on sharing knowledge about disability, illness and young carers throughout the school.

The focus is on raising the awareness of pupils, staff and your governing body. The essential evidence requires you to show fully that there is a 'hard to reach' or 'hard to reach' group of staff containing a commitment to whole school working.

BLGC can offer guidance for a whole school commitment as well as how you can raise the awareness of school staff about Young Carers.

Bronze Award: Standard Three IDENTIFY

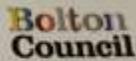
Young Carers are being identified within your school. Staff are able to make that information on the impacts of caring, and how to identify and support young carers, is clearly accessible to all school staff.

Bronze Award: Standard Four LISTEN

Young Carers in your school are listened to, consulted with and given time and space to talk if they need to. Your staff are looking for evidence of 'drop-in' sessions at available times for Young Carers and how these sessions are advertised to Young Carers. Depending on the size and set up of your school this might be a weekly group session or an individual one-to-one policy.

Young Carers in Schools

Young Carers are supported within the school, and supported to other activities and services outside the school. Evidence required for Standard Five at Bronze level, that there is a set of relationships with information about support available within the school, including signposting to community support networks, teamwork, support will give guidance.



Clinical Commissioning System



As part of BLGC's Young Carers a project has been designed to support schools to work towards the Young Carers in Schools Bronze Award which will help make the identification and support of young carers in schools as easy as possible.

Those schools and organisations that sign up to the five main Bolton 'Young Carer Aware' standards (Understand, Inform, Identify, Listen and Support) are able to use the Bolton Young carers aware Kitemark.

The Inspire Women Awards celebrate the huge wealth of outstanding contributions women have made to the wider Bolton area, including surrounding areas of Greater Manchester, Lancashire and Northwest. It's a night of celebration and achievements of women from all walks of life in our diverse and thriving community, showcasing extraordinary examples of courage, triumph, kindness, compassion, transformation, skill and success. Now in its fifth year, the 2019 event played host to heads of industry, business chiefs, community leaders, politicians, entrepreneurs, celebrities and other well-known figures from our regions private, public and voluntary.

This year [one of our Young Carers](#) was nominated for the Young Achiever of the Year Award and we are thrilled to announce that [she won](#). This was a hugely tough category with all nominees thoroughly deserving this achievement. This young lady has gone from strength to strength since she worked with us and attributes that start of her new life to working with us on our project back in 2018. She is now a huge presence within the community in terms of raising awareness of young carers and continues to strive to achieve her dreams. We are extremely proud of all she has and will continue to achieve.



- My amazing colleague Michelle who worked on the project with me was also nominated for volunteer of the year. We are thrilled to announce she was awarded the Highly Commended award and was able to attend the event with her 'Dadio' who is currently undergoing treatment at Christie's for terminal cancer!
- Michelle really is one hell of a women and I am so proud of her and all the work she does within the community!





IT JUST GOES TO SHOW THAT IMPACT ISN'T ALWAYS INSTANTANEOUS AND AT TIMES IT CAN BE DIFFICULT TO PROVE WHY OUR PROJECTS ARE VALUABLE AND WORTHWHILE.

BUT IF YOU PERSERVE AND USE CREATIVE WAYS TO WORK WITHIN COMMUNITIES TOGETHER WE REALLY CAN MAKE A DIFFERENCE!