

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!)

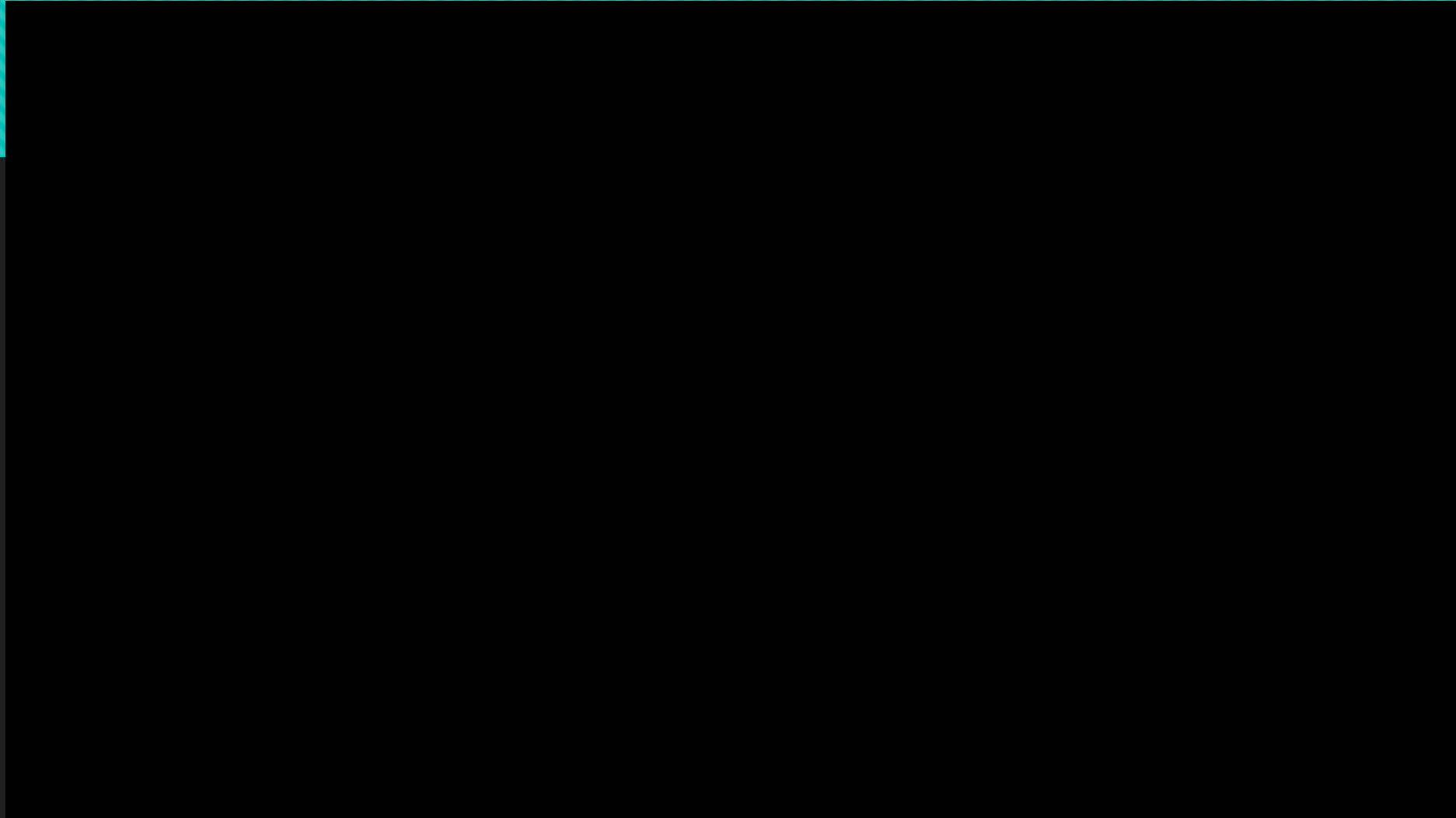
The Octagon Theatre, Bolton



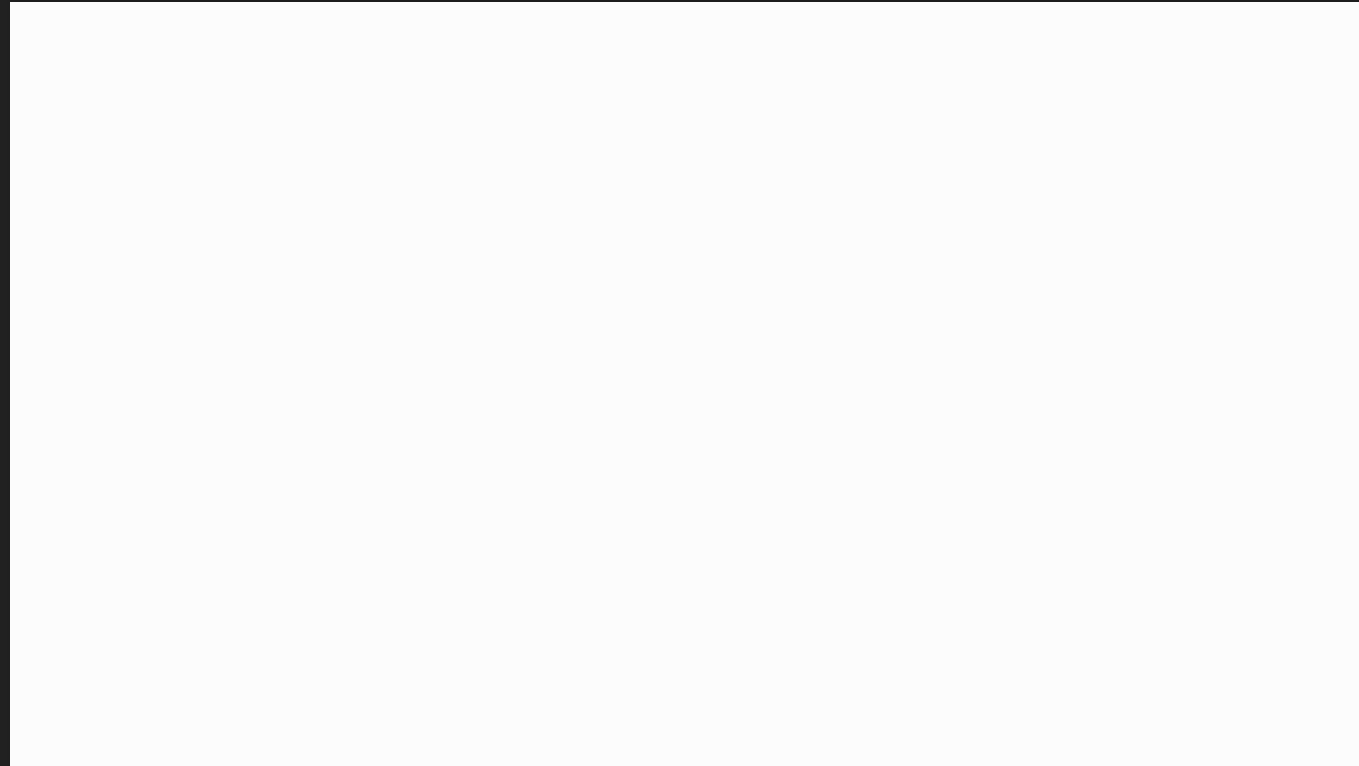
Healthwatch Bolton set out to raise awareness of Young Carers in Bolton firstly by producing a written report on what young carers told us & then using their experiences to produce a song & hold an event on 16th January 2018. The sell out event saw much media attention and was supported by celebrities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

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 [@HiWBolton](#)

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



<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





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.

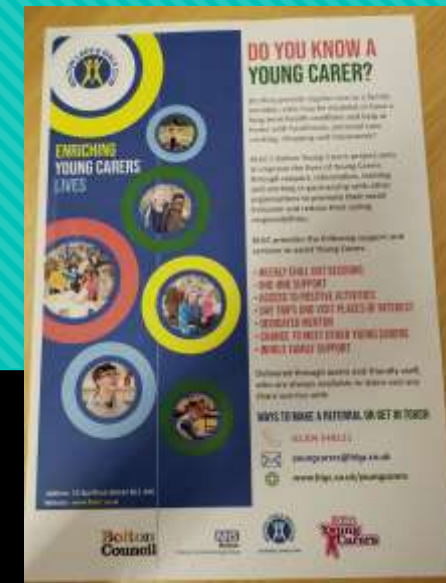
A whole family approach to provide activities, information, support and advice and will work to increase wider community support networks.

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

[illegible]

Over to Schools Award should be the guide in conjunction with the Award Pack, available for download from our website www.aawards.co.uk

For supporting schools
better to value the
study guide written by The
Society and Gospel Lit-
erary Society, implement and
share that they are
towards the young.

[illegible]

schools, smoking is not
toward a more "drug
free" school. Seward should
use this guide in conjunction with
the Award Pack available for

Downloaded from <http://ash.sagepub.com> at
UNIVERSITY OF CALIFORNIA LIBRARY on June 11, 2015

can be directed to shengqiang@hkg.hk

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

Schools intending to work towards a Green Flag Award should use this guide in conjunction with the Award Pack, available for download from our website and series of requests for support can be directed to youngcare@nhs.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.



Here is a brief outline of working models containing the 3 main standards of the model, which are:

1. UNDERSTAND
2. DESIGN
3. IDENTIFY
4. DESIGN
5. IDENTIFY

The focus is on the Standard Two, in covering the elements of the design process. The model is a conceptual analysis, because you know that there is a 'best' and should analyze it. The model contains a commitment to whole school working.

Source Award: Standard One: UNDERSTAND

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

In Boston, the Standard Free Schools are asked to endorse three things, the first of which is: "There are no state or staff members." The other part of the essential mission asks that "the working world leads are clearly identifiable for public families and staff."

active your school. Standard Free asks to ensure that information on the impacts of caring, and how to identify and support young Carers, is centrally accessible to all school staff

Bolton Council

Browse Award: Standard Free LISTEN

NH

But, the supply side can be improved by best practice with good materials from the Step-by-step Guide (see B. Tait, 1 and 2).

Source: Award Standard Fee
 (1992/93)

Learning to read, by sharing knowledge about disability, stress and young carers throughout the school.

BGC can offer guidance for a whole school programme, as well as the one-to-one help the awareness of what it's about Young Career.

Young Cancer are Being Identified

within your school. Standard 2b asks us to ensure that information that impacts on caring, and how charity and goodwill, young care leavers are provided with a safe environment.

Discriminant Function	Accuracy	Standard Error
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your career in your school instead of crowded with and more and space to talk if they no standard hour is looking for you of "drop-in" sessions as available for Young Career and time sessions are advertised in Career. Depending on the size set up of your school this may weekly group sessions or an open-door policy.

Young Carers are usually within the school, and rights to other resources and venues outside the school. Young

imposed by the Government. The
Government has been a
great success in the
past and we are sure
that it will continue to
be so in the future.

Bolton

Council



Chemical Engineering

Executive Director

**Bolton
Council**

NH

Chemical Communications, Inc.



Excluding ground

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!