

Young Carers Update



Welcome to July 2023 Newsletter

We hope you find useful and informative. If there's a colleague or another provider in your network that you think would like to receive the newsletter, please feel free to forward it onto them.

We also need your help in making best use out of this newsletter – please let us know if we have missed any vital information and we can ensure to include this moving forward.

In this update

- The NHS in England at 75: priorities for the future
- Young Carers update – July 2023
- Working Together to safeguard Children 2023 – Consultation
- Engaging Carers from Ethnic Minority Communities - Best Practice Guide
- Hidden Harm
- Plymouth City Council – Targeted support programme for young carers aged, 8-18 years old
- Activities and Events for SEND – Summer 2023
- Barnardo's support for Young Carers
- Time 4 u request for support
- Share your stories & Useful links

The NHS in England at 75: priorities for the future



The following report was recently published on the NHS Assembly Site:

[The-NHS-in-England-at-75-priorities-for-the-future.pdf](https://longtermplan.nhs.uk/The-NHS-in-England-at-75-priorities-for-the-future.pdf) (longtermplan.nhs.uk)

Ahead of the NHS's 75th birthday, [the NHS Assembly](#) has developed an independent report: ***The NHS in England at 75: priorities for the future***. This will help the NHS, nationally and locally, respond to long term opportunities and challenges.

There are multiple references to carers throughout this document including the importance of support and participation of carers.

Young Carers update – July 2023

The team at Plymouth Young Carers recently attended the Young Carers Festival in Southampton, which is a weekend designed to provide opportunities for young people to enjoy a break from their responsibilities, have fun, make new friends and have their voices heard on issues that affect them. In recent years, consultation with young carers has resulted in two changes in legislation to help support their needs and those of their families. The festival has so many incredible activities available such as a roller disco, pamper/chill out zone, radio station, fun fitness classes, a live band on the main stage as well as fireworks and fairground rides.

For many of the young carers, this was their first experience of camping, being away from home and attending a festival. This unforgettable experience has increased their confidence, provided opportunities to try new things and developed their relationships with friends and youth workers.



Views from young carers;

'I had to do a presentation at school, so I spoke about the young carers festival and what we got up to. So many people in

'I missed my mum and dad a lot, but now that I'm home I miss the festival way more than I thought I would and wish I could go back' – Young Carer aged 15

Working Together to safeguard children 2023 - Consultation

The anticipated consultation on the new Working Together to Safeguard Children Statutory Guidance has now gone live, please see the attached letter and these links to the draft guidance and where they fit within the consultation survey - [Working Together to Safeguard Children 2023: draft for consultation \(education.gov.uk\)](https://www.gov.uk/government/consultations/working-together-to-secure-children-2023-draft-for-consultation) and [Working Together to Safeguard Children 2023 - consultation document \(education.gov.uk\)](https://www.gov.uk/government/consultations/working-together-to-secure-children-2023-consultation-document)

The consultation will run for 11 weeks from 21st June and there are a number of free online Eventbrite information sessions you can book onto in that time (the first one is in 2 days – booking details and dates are within the letter).

This is a public consultation where feedback is appreciated from all, including - any child (under 18), care leavers up to age 25, adults or organisations.

The consultation feedback mechanism is preferred by way of an online survey - [Working Together to Safeguard Children: changes to statutory guidance - Department for Education - Citizen Space](#), however if this is not possible there is an email address for feedback - WorkingTogether2023.consultation@education.gov.uk



Engaging Carers from Ethnic Minority communities – Best Practice Guide

Engaging Carers from Ethnic Minority Communities Best Practice Guide - **Shared on behalf of Commitment to Carers Programme, North West Carers Lead**

Through the Greater Manchester Carer's Charter, we all have a commitment to identify and support carers regardless of their age, gender or ethnicity - but we know there are extra steps we need to take to meet the needs of carers from ethnic minority communities and for us all to be more culturally aware and tolerant.

To reduce inequalities experienced by ethnic minority carers, professionals from across the system must take responsibility for actively listening and giving a voice to these individuals. By listening to these individuals we can then empower them with knowledge and give them the confidence to seek additional support. By working with kindness and sensitivity and developing trust, we put ourselves in a position where we can try things differently and innovate.

Find the full guide: [Here!](#)



Hidden Harm



Hamoaze House, Hidden Harm Team work with children aged 5 -18 who are affected by problematic use of alcohol and other substances. They provide dedicated early intervention support in a variety of ways:

- Support can take place at school, home or in the community. We offer one to one emotional support and coping strategies.
- Support to gain an understanding around substances and their effects and substance treatment plans.

Team contact: jkiernan@hamoazehouse.org.uk

Activities over summer

Hamoaze House offers group trampolining sessions specifically for Hidden Harm users every other Wednesday 4 – 4.30pm. This is run by our gym manager Sam Dyer and are free for those under Hidden Harm to access.

Hamoaze is also running a fit and fed summer holiday club which is available. Book now by getting in touch with Sam on sdyer@hamoazehouse.org.uk .

Plymouth City Council – Targeted support programme for young carers aged, 8-18 years old

The Plymouth City Council Community Youth Work team leads a citywide targeted support programme for young carers aged, 8-18 years old. The aim of the programme is to provide young carers respite from their caring role, a space for them to feel safe and to have someone to talk to. The weekly session's enables young carers to socialise with like-minded young people, reduce feelings of isolation, have opportunities to be creative and engage in positive fun activities, whilst providing long term support to help young people deal with the issues that impact on their day to day lives.

Outside of these youth sessions there is some scope to offer short term one to one support to young carers who find it difficult to engage in a large group or would benefit from a more targeted approach to support their emotional and mental well-being.

Team contact: kerry.powell-tuckett@plymouth.gov.uk



Activities and Events for SEND – Summer 2023

**PLYMOUTH
INFORMATION ADVICE
AND SUPPORT FOR SEND**



Are you looking for things to do in the Plymouth area over the school holidays including activities suitable for young people with special educational needs and disabilities (SEND)?

If so, the latest SEND Newsletter is now available and includes many FREE activities and events.

Download the latest edition in either PDF or Word format from: [SEND Newsletter: Summer 2023](#)



Activities & Events for SEND
For Your Interest

Summer 2023

Schools Out!

Are you looking for activities for families in the Plymouth area, including activities for those with additional needs?

If so, you've come to the right place and some activities are **FREE!**

Note: Please check with providers for latest activity and event updates.



Fit and Fed Summer Holiday Clubs

Fit and Fed clubs are for children from Reception to Year 11 (inclusive) meeting the following criteria:

- Receive benefit related free school meals
- Looked after children
- Children with Education, Health and Care Plans (EHCP)
- Foster children
- Young carers
- Children of recognised refugees and children from asylum seeking and Ukrainian families
- Children home educated, who would be eligible for Free School Meals if they were in school.

[Find out more](#)

Connect with us on Facebook

Stay up to date with information, activities and events in the Plymouth area by liking us at Facebook.




PLYMOUTH INFORMATION ADVICE AND SUPPORT FOR SEND

If you would like to be added to our mailing list to hear about future editions of our newsletter, please sign-up at: www.plymouthias.org.uk/

Contents...

Welcome & Youth Ascends	2-3
PIAS Support for Parents	4
PIAS Workshops	5
Solihull Approach Free Courses	6
Family Help & Information Line	7
Short Breaks	8
Routeways	9
Plymouth Parent Carer Voice	10-11
Creative Curiosities South West	11
Friends & Families	12-13
Fit and Fed / Fit and Fed on Tour	14
On Course SW Family Workshops / Art, Craft & Laughter	15
Moov Vision	16
Blind Sport—First Steps Project	17
Activities Online	18-19
Plymouth Libraries & The Box	20
National Marine Aquarium	21
Wembury Marine Centre	21
Dartmoor Zoo	22
Crownhill Fort & National Trust	22-23
Exploring the Outdoors	24-25
Theatre in Plymouth	26-27
Devon FA: Disability Football	28-29
Argyle Community Trust	30-31
Disability Sport	32-33
Park Tennis / Plymouth Pises	34
YMCA Inclusive & Holiday Clubs	35
EXIM Dance	36
Super Tramp	37
Clip 'n Climb / Gym Bubbles	38
Mounbatten Activities Centre	39
Bikeability & Plymouth	40-41
Liveswell Southwest	42-43
Consultations & Research	44-48
Noticeboard & Disability Information	49-51
Parent Support & Groups	52-55
Armed Service Families	56-57
SEND Support	58-65
General Support	66-72

www.plymouthias.org.uk
Email: pias@plymouth.gov.uk



Barnardo's support for Young Carers

Barnardo's have a dedicated team who work alongside young carers on a one to one basis focusing on a whole family approach. With the use of a young person led support plans they aim to reduce the impact of the negative aspects of caring and ensuring each young person feels listened to.

Long term work enables us to offer significant support to young people and their parents with an emphasis on building resilience and self-esteem, exploring opportunities to get a break from caring and raising aspirations.

Team contact: lauren.wadey@barnardos.org.uk

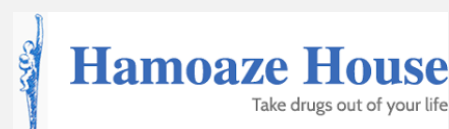


Time 4 U request for support

A more streamlined approach to accessing support for young carers and young people affected by hidden harm is in its final stages. After consultation the new format was presented at the Young Carers and Service Family Leads Hub Meeting in June and received positive feedback. The team are hoping to launch the new process for the start of the academic year, September 2023.

For more information please contact: time4u@plymouth.gov.uk or kerry.powell-tuckett@plymouth.gov.uk

Time4u Partnership, working together to support children, young people, and families.



Share your stories with us & useful links

Do you have any good news stories or information that you would like to share with the wider Young Carers Network in Plymouth?

Please email Time4U@plymouth.gov.uk with your suggestions.

We'd love to share all the amazing things you are doing!

Useful links

- [Time 4 U](#)

- [Young Carers Support Hub](#)
- [Mind The Gap](#)

Update your contact details

If you would like to change the email address we send these updates to, or have a work colleague who would also like to receive them, please let us know.

This email has been sent by Plymouth City Council, Windsor House, Tavistock Road, Plymouth PL6 5UF

