

Organisation Name		Reference code
Brent Carers Centre		2022-05-YC02
Organisation Address		
Willesden Medical Centre 3rd Floor 144-150 High Road Willesden London NW10 2PT		
Website Address		
www.brentcarerscentre.org.uk		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	1066691	1997
Community Interest Company	Registered Companies House Number	Date Registered
No	3354038	1997
Social Enterprise	Social Enterprise Mark Awarded Yes/No	Date Awarded
No	No	
Grant Summary		
Supporting Young Adult Carers struggling in school or not in employment or education with advice, advocacy & representation to address personal barriers/issues faced which impact on their on achievement, career opportunities or future aspirations.		
Please describe the needs that this project will address		
<p>Whilst Young Carers support has been available in the borough for many years, it has always been seriously under resourced in Brent. The 2011 census revealed Brent to be the borough with the second highest number of young carers in London with 3,243 young carers. Brent is one of the most ethnically diverse boroughs in London with almost two thirds of the population (64%) being from Black, Asian and Minority ethnic (BAME) groups, the third highest in London. Source: Community profiling: diversity in Brent – evidence pack, Brent Council, 2021. • The concept of a young carer is completely unfamiliar to many BAME communities as helping your family and extended family is something that is expected and often the impact on the child is not realised or understood. • BAME families are more likely than other families to be impacted by other inequalities and adversities such as mental health issues, poverty and domestic abuse which provides an additional strain on young carers within these households. Source: Caring Alone Why BAME Young Carers continue to struggle to Access Support, Barnardo's, 2019. Our priority in developing our service to better meet young adult carers (YAC) needs with this grant will allow us to further develop our Service by employing a part-time Young Adult Carer Education Support Officer (YACESO). The post will offer tailored support to YAC's aged 14-25 to address their educational needs and barriers to attainment; all of which have been identified as a need, which is not currently supported by our service or any other provider in the borough. Being a YAC affects education in many ways such as lateness &amp; absences, stress, reduced concentration, self-esteem, and even depression. All evidenced by numerous research &amp; consultation. Lack of sufficient space and time to revise and do homework is also a common problem. All of these factors will severely impacts on a YAC's ability to achieve in school and limits their future prospects. YAC's have also experienced isolation, lack of a break or respite, increased stress and being overwhelmed and falling behind with their studies due to the covid pandemic restrictions. The YACESO will engage with schools and colleges to raise awareness on YC issues, helping them to understand how to be more YC friendly and adopt flexible practices to support YC's educational attainment. The worker will provide casework support to YC's struggling in school or college as a result of caring. The post will enable Brent Young Carers Service to work more effectively in both identifying and supporting the educational needs and issues of YAC's in Brent. The YACESO will work to successfully engage with YAC's and their families. The project will also deliver termly</p>		

tailored workshops to address personal barriers and develop skills in young people so they may successfully progress and explore their educational and employment aspirations.
<b>What are the key outcomes that you will be seeking to achieve for young carers?</b>
Outcome 1) Raising awareness of young adults Carers in schools and colleges and the support services we provide, to increase the identification of young adult Carers issues within schools and colleges - in turn increasing the referrals into the project. Outcome 2) To increase young adult Carer friendly flexibilities and considerations made available in schools and colleges which will in turn which improve young adult carers educational attainment and career/learning progression. Outcome 3) To improve the mental wellbeing of Young Adult Carers by improving access to caring support if eligible and emotional support with appropriate Mental Health services. Outcome 4) To improve Young Adult Carers ability complete and achieve in schools, as well as successfully progressing into further education, apprenticeships & employment.
<b>What are the key activities you will undertake with this funding?</b>
<ul style="list-style-type: none"> <li>• A key element will be to refer or signpost YC's to internal or external services to support their emotional wellbeing; refer to respite activities and provide whole family support where necessary.</li> <li>• They will provide advice, advocacy &amp; representation, addressing personal barriers faced by YC's which impact on their on educational attainment. E.g.: attendance, learning support, bullying, extending assignment deadlines.</li> <li>• Support with and referrals around employability skills, apprenticeships employment, and work placements.</li> <li>• Working with schools, other professionals, families and the YC, ensuring their voice is heard.</li> <li>• The project will also deliver termly tailored training workshops to address personal barriers and develop skills in young people so they may successfully progress and explore their educational and employment aspirations.</li> <li>• The grant will be used to cover the salary of staff, including pension; training programme for YAC, travel expenses necessary for the role, post and office resources with small contribution towards overheads costs.</li> </ul>
<b>Who will be responsible for overseeing and delivering this work?</b>
The Trustees & CEO. No contribution from the grant.
<b>How will your organisation continue to sustain this project after the grant ends?</b>
Continued Fundraising, donations & income generating activities.
<b>What expertise and track record do you have to be able to deliver this work successfully?</b>
<ul style="list-style-type: none"> <li>• Successful delivery of YAC support from 2017 – 2020.</li> <li>• Successful delivery of Young carers support since 1995.</li> <li>• Delivery Employability support for Carers 2013 - 2019</li> </ul> <p>Over the years we have worked with numerous agencies and we continue to do so. More recently, some of the joint work includes:</p> <ul style="list-style-type: none"> <li>• Our partnership project to support the carers with GP's in the Kilburn Primary Care Network supporting isolated carers during the covid pandemic lockdown.</li> <li>• North West London Clinical Commissioning Group (NWLCCG) commissioned Brent Carers Centre to develop a bespoke range of training workshops for carers. This was developed and piloted across eight London borough which in Brent, Westminster, Kensington &amp; Chelsea, Ealing, Harrow, Hillingdon Hounslow.</li> <li>• We lead jointly on the Mental Health Forum with Ashford Place and are a thematic lead on carers across Brent.</li> <li>• We work in partnership with Community Action Dementia (Ashford Place) &amp; Barham Park Memory Lounge to offer people living with dementia support.</li> <li>• We currently lead on the Health Educators Partnership Service with Community Barnet, PLIAS, SAAFI, and Brent Mencap funded by Brent Health Matters.</li> </ul>
<b>Explain how the grant will be spent</b>
YAC Worker 21hrs, NI + pens 17,549 Work Mobile 300 Professional Expenses, travel etc 200 Printing leaflets & flyers 300 Recruitment 1,500 YC Training Budget 3,000 Overheads per HE, includes salary administration, office equipment use, IT support, Ins etc. 7,000 TOTAL £29,849
<b>Will you be receiving funding from any other sources for this project?</b>
No
<b>Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.</b>
Yes
<b>Reason why not all staff have DBS checks.</b>

<b>Total funding requested in this application (£10,000 to £60,000 with a maximum of £30,000 in one year)</b>	
£58899	
<b>Proposed grant start date</b>	<b>Proposed grant duration in months</b>
01/11/2022	24
<b>How much funding is required each year?</b>	
<b>Year 1</b>	<b>Year 2</b>
£29849	£29050
<b>What was your organisation's expenditure in the most recent financial year?</b>	<b>What was your organisation's annual income in the most recent financial year?</b>
£248249	£221509
<b>What value of unrestricted reserves did your organisation have at the end of the most recent financial year?</b>	
£141432	

Organisation Name		Reference code
Bridges Project		2022-05-YC03
Organisation Address		
Unit 1, Bogpark Road Musselburgh East Lothian EH21 6RT		
Website Address		
<a href="https://www.bridgesproject.org.uk">https://www.bridgesproject.org.uk</a>		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	SC036976	2005
Community Interest Company	Registered Companies House Number	Date Registered
No	SC277102	2004
Social Enterprise	Social Enterprise Mark Awarded	Yes/No
Yes	No	
<b>Grant Summary</b>		
To further develop our Young Carers Service, enabling Bridges Project to increase our capacity to support young carers and young adult carers to improve their education outcomes and continue in further education and training.		
<b>Please describe the needs that this project will address</b>		
<p>The expansion of the Young Carers Service will address the need for services specifically for young carers and young adult carers aged 15-25 in East Lothian. There is currently very limited support for this age group in the council area, resulting in young people missing out on vital support at key transitional phases in their lives and potentially leading to reduced education and employment opportunities. The one-to-one support we are proposing would also complement the support Bridges Project is currently delivering to young carers through a joint initiative with East Lothian Council. The project works with young carers aged 12-18 and aims to raise awareness of young carers and support schools to identify hidden young carers and provide them with early support planning and complete Young Carers Statements. However, around 60% of the young carers state that they would like more intensive, one-to-one support after they have completed their Young Carers Statements. Under the agreement with East Lothian Council, this is not something Bridges Project is currently able to provide. This is also the case for young adult carers who are over 18 and approach us for support, who fall between the cracks for accessing carer specific provision locally. The need for additional support for these groups is also illustrated by the fact that there are about 15,000 carers in East Lothian (East Lothian Council 2022), with between 1,500 and 3,000 of these estimated to be young carers (East Lothian by Numbers 2015). The expansion of the Young Carers Service will therefore increase the likelihood of a successful intervention for a large number of local people. Young carers and young adult carers who have requested Bridges Project for more one-to-one support through conversations with our current Young Carers Support Workers and through Bridges Project referral forms are facing many barriers and have a range of needs they require assistance with. Most of these are linked to the need for support to improve education outcomes and to continue in higher and further education and training. Some are struggling with the dual role of being a student and a carer and feel conflicted about leaving home to study away from the person they care for. Others have fallen behind with their learning due to their caring responsibilities and the impact of Covid-19 and need support to avoid lower exam results than their peers and reduce the amount of missed time in school.</p>		
<b>What are the key outcomes that you will be seeking to achieve for young carers?</b>		
<p>Bridges Project's Young Carers Service will be seeking to achieve the following for young people in East Lothian:</p> <ul style="list-style-type: none"> <li>•30 young carers and young adult carers will receive bespoke, person-centred and tailored one-to-one support annually</li> <li>•Young carers and young adult carers will reduce the negative impact their caring role has on their health and wellbeing</li> <li>•Young carers and young adult carers will increase their confidence in managing their caring role</li> <li>•Young carers and young adult carers will be able to juggle the dual roles of being</li> </ul>		

a student and a carer •Young carers and young adult carers will be able to bridge learning gaps linked to the pandemic •Young carers and young adult carers will avoid lower exam result than their peers, reduce the amount of time missed in schools and improve their education outcomes •Young carers and young adult carers will be able to continue in higher and further education and training •Young carers and young adult carers will not experience disadvantage or discrimination, including financial hardship, as a result of their caring role •Young carers and young adult carers will be involved in planning and shaping the services required for the service user and the support for themselves

**What are the key activities you will undertake with this funding?**

The expansion of the Young Carers Service will see Bridges Project delivering individually tailored, person-centred support to young people aged 15-25 in East Lothian with caring responsibilities. It will enable our existing young carers support in collaboration with East Lothian Council to develop and go further. With the additional funding, the Young Carers Service will provide bespoke one-to-one support which will enable young carers and young adult carers to continue in higher and further education and training. Alongside this, the service will ensure that young carers and young adult carers are equipped to juggle the dual role of being a school, college or university student and a carer. Young carers and young adult carers using the Young Carers Service will also be able to participate in a range of different Bridges Project groups, including college preparation groups, confidence building courses, social groups such as art and cooking groups and industry specific employability workshops. In addition, they will have the opportunity to gain accreditations such as the Tenancy Award and SCQF Level 4 qualifications. Furthermore, they will be able to access all the other services offered at Bridges Project.

**Who will be responsible for overseeing and delivering this work?**

A Young Carers Support Worker will be responsible for delivering the expanded Young Carers Service. She will work closely with Bridges Project's two other Young Carers Support Workers, who work with an East Lothian Council team to raise awareness about and identify young carers in East Lothian. This Young Carers Support Worker will be responsible for delivering one-to-one support work to 30 young people annually – young carers who have completed young carers statements and have requested additional support as well as young adult carers. The Young Carers Support Worker will also work closely with other colleagues in Bridges Project's practice team as well as with external partners. She will report to Bridges Project's Practice Manager, who will be ultimately responsible for overseeing the work.

**How will your organisation continue to sustain this project after the grant ends?**

We firmly believe that the amplified Young Carers Service would easily be sustained after the requested funding would end due to Bridges Project's excellent track record in securing funding to continue to deliver services. Following the successful outcomes we are expecting from this expansion, we intend to approach other trusts and foundations to continue to fund it. After delivering young carers services on behalf of East Lothian Council for nearly a decade, we will also enter discussions with the Council about a potential Service Level Agreement for continuation funding. If funding is not forthcoming, we will investigate whether there is capacity for our other services to plug gaps and stop taking referrals from December 2024 to focus on securing other support for existing clients.

**What expertise and track record do you have to be able to deliver this work successfully?**

Bridges Project has firm experience in successfully delivering the work proposed in this application. We have delivered East Lothian Council funded young carers services for nearly 10 years. The last full year we provided intensive young carers support, 76% of the young carers continued in education, training, work experience and employment. We also have an established track record of working with young people in Edinburgh and the Lothians for nearly 40 years – first as the delivery arm of Lothian Homes Trust and then as a charity in our own right since 2005. Our staff also possess a plethora of relevant expertise. Practice staff have experience in areas such as employability training, peer mentoring projects, youth services and student support. The Management Team has decades of experience in service development and project and financial management. Furthermore, our Trustees have expertise and experience in areas such as higher education, finance and business development. Another element that places Bridges Project in a prime position to help young carers and young adult carers in East Lothian is our close partnerships with a large number of partners working with young carers and young people in general, including Scottish Young Carers Services Alliance and local schools.

<b>Explain how the grant will be spent</b>	
The requested grant from the Triangle Trust would be spent in the following way (annual costs): -Salary for Young Carers Support Worker (part-time, 28 hours per week) - £20,414 -National Insurance for Young Carers Support Worker - £1,655 -Pension contributions for Young Carers Support Worker - £2,041 -Travel costs - £1,560 -Staff training and conferences - £300 -Beneficiary and resource costs - £600 -Management fees and utilities -£2,621	
<b>Will you be receiving funding from any other sources for this project?</b>	
No	
<b>Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.</b>	
Yes	
<b>Reason why not all staff have DBS checks.</b>	
<b>Total funding requested in this application (£10,000 to £60,000 with a maximum of £30,000 in one year)</b>	
£58382	
<b>Proposed grant start date</b>	<b>Proposed grant duration in months</b>
27/03/2023	24
<b>How much funding is required each year?</b>	
<b>Year 1</b>	<b>Year 2</b>
£29191	£29191
<b>What was your organisation's expenditure in the most recent financial year?</b>	<b>What was your organisation's annual income in the most recent financial year?</b>
£499262	£572707
<b>What value of unrestricted reserves did your organisation have at the end of the most recent financial year?</b>	
£378207	

Organisation Name		Reference code
Carers in Bedfordshire		2022-05-YC05
Organisation Address		
Suite D1, Emerald Court Pilgrim Centre, Brickhill Drive Bedford Bedfordshire MK41 7PZ		
Website Address		
www.carersinbeds.org.uk		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	1135507	2004
Community Interest Company	Registered Companies House Number	Date Registered
No	07140432	2010
Social Enterprise	Social Enterprise Mark Awarded Yes/No	Date Awarded
No	No	
<b>Grant Summary</b>		
To employ a School Link Worker who will encourage and facilitate young carer support by schools, and deliver support directly to young carers in schools.		
<b>Please describe the needs that this project will address</b>		
<p>The Children's Society report that young carers have significantly lower GCSE results and that 27% of carers aged 11-15 miss school. We have identified contributing factors that can be addressed through a combination of support provided by schools and support provided by Carers in Bedfordshire in school. Support provided by schools When young carers are identified and referred, we can help them meet their educational goals. However, only 13 of the 72 schools in Bedford Borough currently refer carers to us. Working closely with schools leads to more referrals. For example, we work closely with Mark Rutherford School who have referred 49 young carers to us since April 2017. The similarly-sized Bedford Free School, who we do not work with, has only referred 6. Training school staff is important. Research commissioned by Barnardos in 2017 found that 36% of teachers did not feel confident referring young carers for support. A Schools Award programme incentivises support for young carers, and improves their attainment. A 2018 review of Carers Trust's 'Young Carers in Schools' programme consulted schools who had implemented support for young carers. 73% reported that young carers were more engaged in class and 63% said their results had improved. It follows that carers not supported by their school are less likely to be engaged and achieve the results they are capable of. In Bedford Borough, only two schools have achieved a Carers Trust Young Carers in Schools award. In contrast, our own Schools Award, launched in January 2022, has already made three awards. The ten standards set out in our award were written by young carers. Inconsistent school support means the approximately 175 young carers in Bedford Borough who transition from primary to secondary school each year risk losing vital support. Carers in Bedfordshire support in school Our Young Carer Wellbeing Practitioner delivers wellbeing sessions in schools. These carers have asked to stay in touch with each other after their wellbeing sessions have ended. While we know the value of peer support, we unfortunately do not have the capacity to facilitate ongoing groups. We also see a need for condition-specific workshops for young carers, covering topics such as autism or addiction. A lack of understanding and coping strategies can leave young carers distressed and anxious, affecting their wellbeing and family relationships. Some carers need short-term support to solve school-based problems, e.g., attendance or bullying. In these situations, we represent the young carer in multi-agency discussions. Having a specialist to handle these cases and build greater trust with local agencies would improve outcomes. A quarter of young carers are bullied (Carers Trust, 2013). The Anti-Bullying Alliance recommends using assemblies to raise awareness of the issues faced by young carers.</p>		

<p><b>What are the key outcomes that you will be seeking to achieve for young carers?</b></p> <p>A School Link Worker will help to deliver our vision of young carers receiving high quality and consistent support throughout their school life. Support provided by schools - Schools will improve the support they give young carers as they work towards the ten standards outlined in our Schools Award. - School staff will be trained to identify, refer and support more young carers. - A network of Young Carer Leads in schools will feel confident in their ability to support young carers. - The transition from primary to secondary school will not affect the support that young carers receive. Carers in Bedfordshire support in school - Young carers will receive group support according to their needs - Young carers will have a representative in meetings about specific problems they face in school - Young carers will experience less bullying as awareness of young carers increases amongst all pupils Young carers spend a large proportion of their time at school. By establishing a high standard of support for them there, they will be far better supported, ultimately improving their attendance, attainment and life chances.</p>
<p><b>What are the key activities you will undertake with this funding?</b></p> <p>We will employ a School Link Worker to deliver two strands of work: Support provided by schools - Maintaining existing relationships with schools and building new ones - Supporting schools to achieve our bespoke Schools Award - Developing and delivering training for school staff, including a digital resource pack and online training modules* - Encouraging schools to name a Young Carer Lead - Establishing a network of Young Carer Leads and running a bi-annual leads meeting* - Identifying and supporting carers transitioning to secondary school Carers in Bedfordshire support in school - Running groups and workshops in schools where groups of young carers have similar needs - Attending multi-agency meetings to support young carers through specific problems in school - Building relationships with other agencies to increase trust in our work - Deliver assemblies to raise awareness of young carers amongst all pupils* *Carers in Bedfordshire works in two Local Authorities – Bedford Borough and Central Bedfordshire. The focus of this project will be Bedford Borough, where we are contracted to provide support for young carers. Activities marked with (*) will also be offered to Central Bedfordshire schools.</p>
<p><b>Who will be responsible for overseeing and delivering this work?</b></p> <p>We will recruit a School Link Worker to deliver this project. They will work 35 hours per week during term-time only and will take responsibility for developing and implementing the activities outlined above. Where necessary, they will coordinate in-school support to be delivered by other members of the young carer team. The School Link Worker will report to the Young Carer Coordinator who will provide leadership and supervision. A grant from the Triangle Trust would fully fund the salary of the School Link Worker and contribute a small amount (3 hours per week) to the salary of the Young Carer Coordinator.</p>
<p><b>How will your organisation continue to sustain this project after the grant ends?</b></p> <p>Ideally, we will have collected evidence of the success of the project and would apply to other grant funders for support. However, whether or not we could continue funding the School Link Worker role, elements of the project will be sustainable: - Schools that have achieved a Schools Award and named a Young Carers Lead will be able to maintain the standards set by the award. - Online resources for school staff will remain available. - Established school relationships can be managed by other members of the young carer team. - The network of Young Carer Leads in schools could be self-sustaining or maintained by another member of the young carer team. - We would encourage schools to run young carer support groups independently.</p>
<p><b>What expertise and track record do you have to be able to deliver this work successfully?</b></p> <p>Our specialist Young Carer team consists of a Coordinator, three Support Workers (2.1 FTE) and a Wellbeing Practitioner. They work with local schools to raise awareness, deliver 1:1 support, and represent young carers in multi-agency meetings. In the current school year, we have delivered 14 assemblies in six schools. The Wellbeing Practitioner has delivered wellbeing sessions to young carers in 16 schools. The relationships we already have with schools are a good foundation on which we can build. We launched our Schools Award in January 2022 to encourage schools to implement support for young carers. So far, three schools have met the standards and two others are working towards them. From 2017 to 2020, we ran a large project funded by Children in Need. Through this project, we delivered training to schools and supported young carers to be peer mentors in school. It was through this project that young carers wrote the standards that make up our Schools Award. Across the charity, we are experienced in running large projects, ensuring that they keep to budget and meet their aims. Our carer database can be adapted to record data that shows the impact of new projects.</p>



<b>Explain how the grant will be spent</b>	
Year 1 Salary & on-costs of School Link Worker: £22,718 Laptop & phone for School Link Worker: £670 Mobile phone charge: £96 Essential training: £50 DBS check: £50 Travel expenses: £1440 Digital training modules: £800 Training resources, group & workshop costs, Carer Lead meetings etc: £250 Project & person management: £2,184 Contribution to overheads (proportion of YC team overheads based on hours worked per year): £1540 Year 2 (including inflation at 3%) Salary & on-costs of School Link Worker: £23,097* Essential training: £52 Travel expenses: £1483 Training resources, group & workshop costs, Carer Lead meetings etc: £258 Project & person management (3hrs/week): £2,250 Contribution to overheads: £1586 *Allows for a step up within our salary scales	
<b>Will you be receiving funding from any other sources for this project?</b>	
No	
<b>Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.</b>	
Yes	
<b>Reason why not all staff have DBS checks.</b>	
<b>Total funding requested in this application (£10,000 to £60,000 with a maximum of £30,000 in one year)</b>	
£58622	
<b>Proposed grant start date</b>	<b>Proposed grant duration in months</b>
20/02/2023	24
<b>How much funding is required each year?</b>	
<b>Year 1</b>	<b>Year 2</b>
£29798	£28824
<b>What was your organisation's expenditure in the most recent financial year?</b>	<b>What was your organisation's annual income in the most recent financial year?</b>
£1220438	£1279996
<b>What value of unrestricted reserves did your organisation have at the end of the most recent financial year?</b>	
£154196	

Organisation Name		Reference code
Carers Northumberland		2022-05-YC06
Organisation Address		
Suite 17 Wansbeck Business Centre Rotary Parkway Ashington Northumberland NE63 8QZ		
Website Address		
www.carersnorthumberland.org.uk		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	1122972	2008
Community Interest Company	Registered Companies House Number	Date Registered
No	6266972	2007
Social Enterprise	Social Enterprise Mark Awarded	Yes/No
No	No	
<b>Grant Summary</b>		
We want to increase our capacity to work with schools in the county to implement the recommendations set out in the Toolkit for Education Settings including the identifying, referring and supporting young carers.		
<b>Please describe the needs that this project will address</b>		
<p>Prior to August 2020 there was no dedicated Young Carer Service in Northumberland. Since August 2020 Carers Northumberland has been funded to develop a Young Carer Service to address the growing number of young carers being identified by social care and Early Help professionals. The 2011 Census identified 177,918 young carers in England and Wales, although this is likely to be the tip of the iceberg, and it is expected that the results of the 2021 Census will show this figure to be much higher. In Northumberland, 544 (1.4%) of children aged 5 to 15, and 1,517 (4.9%) of young people aged 16 to 24 were providing unpaid care. Since the introduction of the Young Carer Service at Carers Northumberland, 227 young carers (up to the age of 18) have been identified and referred for support. The majority of referrals are via the local authority's Early Help and Prevention team. Young carers who require face-to-face individual support are usually seen in school, and as a result of this, schools have taken a keen interest in the work that we are doing with young carers. Some of this work has already started as a Young Carers Steering Group was set up as part of the implementation of the Young Carers Service, which consists of staff from Early Help and Prevention, Education, Mental Health, Safeguarding and Primary Health. The Steering Group worked together to develop The Northumberland Young Carers Toolkit which has already been piloted in those schools that have shown interest through our young carer support work, with one particular group of schools being keen to set up a group for young carers. The Toolkit has since been rolled out across all schools in the county as part of Young Carers Action Day in March 2022. Supporting schools to implement the recommendations of the Toolkit is key to raising awareness and identification of more young carers. At a recent participation event, young carers were asked, "If your school was a pizza, what toppings would it have?": 50% said an understanding of being a young carer; 75% said a place at school to do homework; 62.5% said a young carers group and 37.5% said someone to talk to. Young carers felt that if school understood and was able to support their needs as a young carer it would make a difference to their attendance and their ability to engage in lessons.</p>		
<b>What are the key outcomes that you will be seeking to achieve for young carers?</b>		
<ul style="list-style-type: none"> <li>• Increased numbers of hidden young carers will be identified in school and have their needs will be met appropriately.</li> <li>• Young carers will have more opportunities in school to meet with other young carers and access peer support and reduce isolation.</li> <li>• Young carers will be supported by schools to increase their attendance and avoid falling behind in their studies.</li> <li>• Young carers will be supported by schools to avoid lower than expected exam results due to their caring role.</li> <li>• Young carers will be supported to access post 16 education options to improve their life chances and increase the number of opportunities available to them when leaving school.</li> <li>• 20 schools will have increased their awareness, identification and support for young</li> </ul>		

carers in year 1. • 25 schools will have increased their awareness, identification and support for young carers in year 2.
<b>What are the key activities you will undertake with this funding?</b>
This funding will enable us to employ a Young Carer Link Worker who will liaise with schools to support them in implementing the recommendations of the Young Carers in Schools Toolkit. This will include: • Young Carer Awareness and Identification Training for school staff and governors – this training package is already in place for social care staff and would be adapted to meet the needs of the school environment. • Support for to create and implement a Young Carers Policy in school and to assign a lead staff member responsible for young carers to provide a link to and work in partnership with the Young Carer Service. • Young carer themed assemblies – these would be developed to encourage young carers to identify themselves as such and discreetly make themselves known to school staff so they can be supported with their caring role. • Support to set-up and run young carer groups in schools. • Increase capacity for one-to-one work in schools with individual young carers and access to group activities either in school or as part of the current young carer activity programme provided by Carers Northumberland. • Raise awareness and offer tailored support for older young carers (16+) about opportunities and options beyond school life.
<b>Who will be responsible for overseeing and delivering this work?</b>
The Chief Executive will have responsibility for overseeing the planning and delivering of this work. This will include regular 6-weekly meetings with the Young Carer Support Coordinator to assess ongoing progress of the work and any issues – no costs. The Young Carer Support Coordinator will have responsibility for line managing the Young Carer Link Worker and will also have responsibility for implementing a workplan, carrying out higher-level school liaison work, and ensuring monitoring and evaluation is completed – line management costs included from this funding. The Young Carer Link Worker will be responsible for delivering the elements of the workplan including the liaison with schools, supporting schools to implement elements of the Toolkit which improve outcomes for young carers – all costs included from this funding.
<b>How will your organisation continue to sustain this project after the grant ends?</b>
When this grant ends we will have gathered and collated both quantitative and qualitative data from our monitoring and evaluation which will highlight the difference made to young carers who are supported in school. We will also have strong evidence of the positive effects that supporting young carers in schools has had on the school, through exam results and increased pupil attendance and to school staff. We are confident that we will be able to clearly demonstrate the effectiveness of supporting young carers in schools and will have strengthened our position with the local authority and education providers which will enable us to seek increased funding to continue this work supporting more young carers through schools and education settings.
<b>What expertise and track record do you have to be able to deliver this work successfully?</b>
Carers Northumberland has provided adult carer support across the county since 2008 and has provided young carer support since 2020. The Young Carer Support Coordinator has over 10 years' experience working with families, adult carers and young carers and is a founding member of the Young Carer Steering Group for Northumberland. The Young Carer Support Coordinator regularly represents young carers and their families at TAF (Team Around the Family) meetings, safeguarding meetings and other multi-agency meetings. The Young Carer Support Coordinator has been instrumental to introducing the Toolkit to schools in the county and has built up excellent working relationships within local schools. The current Young Carer Activity Worker has worked in education settings including schools and further education colleges for over 10 years' and is experienced in working large groups of children and young people. The role of Young Carer Link Worker would be part of their role if successful. The Chief Executive has worked at Carers Northumberland for over 13 years and has extensive knowledge and experience working at a strategic level, managing budgets, and developing and delivering projects which achieve positive outcomes for carers and young carers in Northumberland.
<b>Explain how the grant will be spent</b>
Year 1 • Young Carer Link Worker Salary (20hrs p/w) - £14,865 (including NI/Pension) • Travel - £1,200 • Printing, Postage & Stationery - £1,080 • Telephone & IT - £980 • Accommodation - £1,320 • Training & Development - £285 • Recruitment & DBS - £120 • Assembly & Activity costs - £1,400 • Line Management & Project Monitoring - £1,760 • Admin & Governance - £1333 Total = £24,343 Year 2 • Young Carer Link Worker Salary (20hrs p/w) - £15,675 (including NI/Pension) • Travel - £1,200 • Printing, Postage & Stationery

- £1,112 • Telephone & IT - £1,100 • Accommodation - £1,360 • Training & Development - £294 • Assembly & Activity costs - £1,442 • Line Management & Project Monitoring - £1,850 • Admin & Governance - £1436 Total = £25,469 Total Cost = £49,812	
<b>Will you be receiving funding from any other sources for this project?</b>	
No	
<b>Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.</b>	
Yes	
<b>Reason why not all staff have DBS checks.</b>	
<b>Total funding requested in this application (£10,000 to £60,000 with a maximum of £30,000 in one year)</b>	
£49812	
<b>Proposed grant start date</b>	<b>Proposed grant duration in months</b>
01/11/2022	24
<b>How much funding is required each year?</b>	
<b>Year 1</b>	<b>Year 2</b>
£24343	£25469
<b>What was your organisation's expenditure in the most recent financial year?</b>	<b>What was your organisation's annual income in the most recent financial year?</b>
£234846	£289048
<b>What value of unrestricted reserves did your organisation have at the end of the most recent financial year?</b>	
£182358	

Organisation Name		Reference code
Carers Plus Yorkshire		2022-05-YC07
Organisation Address		
96 High Street Snainton North Yorkshire YO13 9AJ		
Website Address		
www.carersresource.net		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	1046228	1995
Community Interest Company	Registered Companies House Number	Date Registered
No	03042108	1995
Social Enterprise	Social Enterprise Mark Awarded Yes/No	Date Awarded
No	No	
<b>Grant Summary</b>		
To ensure schools within our local footprint are fully equipped to appropriately support Young Carers; co-producing a flexible partnership with Carers Plus Yorkshire to ensure the impact of care is recognised, addressed and minimised.		
<b>Please describe the needs that this project will address</b>		
<p>As an established Young Carers (YC) Service we have been working alongside schools since 2014. Whilst this experience has led to a highly developed service, YC pathway and staff team, we are ambitious to do more and do better. Our challenge locally, given current resources/capacity, is that we have not been able to do the necessary work to become established in each school, provide a YC lead/s and an action plan for improvement. Our ambition within this application is to ensure we have a level of consistency across our schools that will mean the support needed to improve educational chances for young carers is not left to chance or postcode. In consultation with our YC's, we recognise there is a wide range of support/non-support offered within their school environments. Through peer review of each other's experiences, we have established:</p> <ul style="list-style-type: none"> <li>• They would like more say in how they are recognised and supported</li> <li>• They would like all teachers to have some basic understanding of Carers and their role</li> <li>• They don't want to keep repeating their story</li> <li>• They want their caring responsibilities to be considered in their educational plans</li> <li>• They want better support at transition from primary to secondary</li> </ul> <p>Outcomes from the discussions with YC's across the Charity have echoed the findings of the Children's Society.</p> <ul style="list-style-type: none"> <li>• Approximately 25% of our young carers and their families will confirm they have missed school on a regular basis due to caring responsibilities</li> <li>• 1 in 3 would declare mental ill health challenges their capacity to fully interact with school</li> <li>• 50% will mask their challenges as they don't want school/friends to know about their additional responsibilities</li> <li>• The pandemic hit hard - our experience locally shadows the national statistics of 80% young carers struggling to learn at home, to cope with the lack of school routine and an increased sense of isolation</li> <li>• Virtually ALL YC's referred into service declared little support at the point of transition (from secondary and/or to post-16 provision)</li> </ul> <p>Our project will look to address:</p> <ul style="list-style-type: none"> <li>• The inequalities in secondary provision across the Scarborough, Whitby and Ryedale area</li> <li>• Transition plans to and from secondary</li> <li>• An anchor within our organisation that specifically supports school-based planning and develops a journey of educational change for school staff, governors, YC's and their parents/carers at home.</li> </ul>		
<b>What are the key outcomes that you will be seeking to achieve for young carers?</b>		
There are some key outcomes known at the start of our work: <ul style="list-style-type: none"> <li>• A training package for use within 8 pilot schools across Scarborough, Whitby, Ryedale</li> <li>• 25-30 teachers evidencing a greater confidence in supporting Young Carers</li> <li>• 10 YC Ambassadors</li> <li>• A Charter infrastructure developed and implemented in all 8 schools</li> </ul>		
<b>What are the key activities you will undertake with this funding?</b>		
The key activities will include: <ul style="list-style-type: none"> <li>• Appointment of a schools-based Engagement Adviser within the team</li> <li>• The development of a focus group to guide the project/service - including 2 school representatives / c4 YC / 2</li> </ul>		

<p>YAC • A localised charter for schools across Scarborough, Whitby, Ryedale that is co-designed and produced by school staff, YC's and their parents/carers. The charter will support an individualised response to creating a positive learning environment for YC's in the classroom and in the wider school community • A training package for school including: o Support materials for teachers, wider school staff and Governors o Charter toolkit for personalisation o Assembly template for schools o Classroom materials o A resource area within our website for schools and professionals who work with young carers • Transition resources to create a guided pathway from Primary to Secondary and from Secondary to FE/Training/Employment • A network of School Ambassadors (YC's) who are confident to advocate for others, and have a voice within and beyond the School setting • A blueprint to take into other areas of our coverage (Hambleton &amp; Richmondshire) and share with our commissioners North Yorkshire Council</p>
<p><b>Who will be responsible for overseeing and delivering this work?</b></p>
<p>Our application is to directly fund the following staff commitment to a dedicated school's resource service: • We will recruit a 0.6fte: 'Young Carer Engagement Adviser (Schools)'. This postholder will be responsible for the delivery of the project over 2 years. • We will allocate proportionate administration time to the dedicated post: 5hrs/week - this will ensure that all recording and paperwork/resource preparation is supported • We will allocate proportionate senior guidance and supervision time to the dedicated post: 2hrs/week. This will be offered by our Carers Service Manager who will contribute strategic support throughout, including delivery design and review.</p>
<p><b>How will your organisation continue to sustain this project after the grant ends?</b></p>
<p>Our organisation has a proven track record of developing, implementing and sustaining best practice developed through project funding. With this application we wish to succeed with 8 schools – ensuring that their practice and knowledge is significantly moved forward and sustainable post-support from our worker. The impact of the post will also give us a suite of materials and a strong blueprint to take to other schools in our organisation's delivery area (and to share with other Carers Centres through our membership of Carers Trust nationally). We have an ambition to continually develop our work through securing enhancement and/or additional funds to add value and/or length to services - this is something we have become exceptionally successful at following previous infrastructure support from the Trust.</p>
<p><b>What expertise and track record do you have to be able to deliver this work successfully?</b></p>
<p>As former recipients of Triangle Trust funding, we trust we have proven to be trusted custodians of funding; creating significant impact from allocated funds. We have a proven track record of delivering high quality services to young carers since 2014. In 2022 we re-secured the core contract issued by North Yorkshire County Council for a further 7years. Our relationship with the commissioners for this core service has been one of mutual respect and professionalism, developed over many years and externally validated through our quality marks. We have worked hard with schools to develop a critical understanding of our services and a referral pathway that ensures young carers are identified and referred into our services when the impact of care has started to be visible. This work has been/is a relentless battle of re-introducing ourselves to changing school staff/personnel, working with schools transitioning to academy status, working with changes of school leadership/philosophy/buy-in, on top of which is the impact of the pandemic over the last 24months. However, our commitment to this work has had to lead us to diverting time from the frontline, from 1-2-1 work, to ensure we keep a base level of time assigned to 'educating schools'.</p>
<p><b>Explain how the grant will be spent</b></p>
<p>Our core expenditure, and greatest asset is our staff team. Our staff are the heart of our organisation and by far the largest asset we have to create impact on young people, families, schools and relevant partners. Our calculations include proportionate support from an administrator and senior colleague to ensure we have sufficient staff time for supervision, evaluation, and reporting of impact. Expenditure in year one would include set-up costs (phone/laptop) but this would not appear in year two budget We would assign a budget to the development of activities/ training/ resource materials: eg co-produced charter documentation/ ambassador/champion frameworks / assembly packs etc Travel: North Yorkshire is a significant geography; we must budget for travel to ensure our staff team are supporting young people/schools 'at-place'.</p>
<p><b>Will you be receiving funding from any other sources for this project?</b></p>
<p>Yes</p>
<p><b>Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.</b></p>
<p>Yes</p>

<b>Reason why not all staff have DBS checks.</b>	
<b>Total funding requested in this application (£10,000 to £60,000 with a maximum of £30,000 in one year)</b>	
£58774	
<b>Proposed grant start date</b>	<b>Proposed grant duration in months</b>
01/11/2022	24
<b>How much funding is required each year?</b>	
<b>Year 1</b>	<b>Year 2</b>
£29387	£29387
<b>What was your organisation's expenditure in the most recent financial year?</b>	<b>What was your organisation's annual income in the most recent financial year?</b>
£701044	£862462
<b>What value of unrestricted reserves did your organisation have at the end of the most recent financial year?</b>	
£248472	

Organisation Name		Reference code
Carers Trust Tyne and Wear		2022-05-YC08
Organisation Address		
The Old School, Smailes Lane, Highfield, Rowlands Gill Gateshead Tyne and Wear NE39 2DB		
Website Address		
<a href="https://www.carerstrusttw.org.uk/">https://www.carerstrusttw.org.uk/</a>		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	1059917	1996
Community Interest Company	Registered Companies House Number	Date Registered
No	3245594	1996
Social Enterprise	Social Enterprise Mark Awarded Yes/No	Date Awarded
No	No	
<b>Grant Summary</b>		
To address the impact of caring on education by providing a dedicated worker to develop partnerships within education and with young carers that build on our existing services, track record and expertise.		
<b>Please describe the needs that this project will address</b>		
<p>Gateshead is a large, mostly rural and semi-rural borough, experiencing high levels of deprivation. It is ranked 47th out of 317 English local authorities in the overall Index of Multiple Deprivation and 16% of residents live within the most deprived 10% of English Lower-layer Super Output Areas. 22% of residents are disabled, implying a high proportion of young and adult carers. There are almost 30,000 5-17 year olds in the borough. Based on the estimate of 1 in 12 secondary school pupils being young carers and extending this to all children under 18, we could expect over 2000 young carers in the borough. However, we are currently only aware of 440. Last year, 103 new young carers joined our service. During assessment, we asked them about challenges they experience in education. Almost 30% stated having difficulties, including: 4 regularly not attending school 15 regularly late 17 unable to concentrate at school 15 unable to do homework at home This reflects research by Dearden and Becker (2004), which suggests that 27% of 11–15-year-old young carers miss school or experience educational difficulties, though our figures apply to a broader age range. This issue is compounded by a lack of service referrals from schools. Many of our referrals are made by medical or statutory services when a family reaches a crisis. Of the 103 young carers registered for a service in the last year, only 13 were referred by their school and only 3 of these were referred by a secondary school. Given that, according to Ofsted, as many as 1 in 12 secondary pupils could be a young carer, this rate of school referral is worryingly low and implies that schools are either unaware of young carers or do not consider offering to refer them to our service. We distribute grants to young carers to support wellbeing and education. Of those granted last year, approx. 20% were to purchase IT equipment to support education, implying that many young carers do not possess IT resources for study. In addition, a small number requested headphones or bedroom improvements as they did not have a quiet comfortable space at home, essential for study. For one young carer, the grant paid for clothes and public transport for their apprenticeship as they found it difficult to support this themselves. We offer Transition Assessments to young carers approaching 18, to explore ongoing challenges in adulthood and enable referrals to wider services, such as an adult Carers Assessment or pastoral support at college / university. Of 28 offered in the last year, only two young carers accepted. For one, this enabled additional domiciliary care at home, indicating that Transition Assessments could be a valuable tool for securing additional support if we could encourage more young adult carers to accept one. The Children's Society (2013) has explored education challenges, finding that young carers already had lower educational attainment at GCSE level than their peers by 9 grades. The University of East Anglia (2020) recently suggested that the pandemic disproportionately affected young carers' education, as school support was inconsistent, young carers lacked quiet space to study and often had to manage</p>		



education with increased caring. In the long-term, this risks young carers becoming trapped in a cycle of low income (particularly in more deprived areas), limited opportunity to gain independence, and continuing their caring role through adulthood. Addressing these issues requires persistent engagement with schools and young carers, as well as specialist education support. At current staff capacity and service demand (as demonstrated by our service outputs above), we're unable to maintain this level of engagement. However, we have partnerships and processes in place and a history of delivering similar work that provides a strong foundation upon which to widen our impact if granted additional resources.

**What are the key outcomes that you will be seeking to achieve for young carers?**

Schools and colleges will have an increased awareness of the impact of caring for 200 new young carers 80% of these will report that the support that they receive in school or college reduces the impact of caring on their education Service referrals from school or college will increase by 200%, including 20 previously 'hidden' young carers identified through school drop-ins 80% of young carers referred by school or college will report a positive impact on their education, health or wellbeing through our support 80% of young carers attending study support sessions will report improved education attainment 25 schools will develop a whole school approach to supporting young carers as a result of receiving resources and support from the service 50% of young carers receiving a young carer secondary school ID card will report accessing additional support at school, such as extended homework deadlines We will have a revised transition assessment, co-created with young adult carers in our Expert Panel, by the end of year 1. Young carers accessing a Transition Assessment will increase by 60% over two years. 80% of those receiving a Transition Assessment will report accessing identified support outside of our service that improves their education, health or wellbeing. 90% of young carers supported to attend college open events or visits to other education events will report confidence in transitioning to higher or further education. 10 young carers will report feeling confident to move out of home to study in further education. 30 young carers will report that an individual grant has been beneficial to their education or training in some way.

**What are the key activities you will undertake with this funding?**

Over two years we'll: Assess the education impact of caring for 200 young carers newly joining the service Inform schools of these 200 young carers and the impact of caring on their education. Refer 100% of young adult carers requiring support in higher education to pastoral support. Deliver 180 secondary school lunchtime drop-ins and support three schools to develop their own. Deliver 36 after school study support sessions at Gateshead College, with support from college tutors Deliver 40 school presentations Create resource packs to be distributed to every school in Gateshead. Provide young carer ID cards to 200 secondary school age young carers Review and revise our existing Transition Assessment offer with our Young Carer Expert Panel Offer Transition Assessments to 60 young adult carers After Transition Assessment, young adult carers will be supported to access wider services, including Carers Assessments, adult carer support services, and our Carer Relief Service Deliver two higher education open events for young adult carers at Gateshead College Accompany 20 young adult carers on visits to other higher or further education venues. Support 30 young carers to access grants that support education or training

**Who will be responsible for overseeing and delivering this work?**

A part-time Project Worker, fully funded by this grant, will be responsible for organising and delivering: • Drop-ins • Study groups • Higher education information events • School presentations • School resource packs • Co-creation of Transition Assessments with the Expert Panel • Carrying out Transition Assessments and follow-up support to access external services • Visits to other higher or further education venues The Project Worker will develop our partnership with Gateshead College. They'll act as the key support worker for young carers making grant applications or experiencing educational difficulties. They'll liaise with schools / colleges to broker additional support in education. Project workers and sessional activity workers will support group activities. Sessional workers will be paid through this grant. Young Carer Assessments and informing schools of the impact on education following assessment will be carried out by the Young Carer Assessor. Young carer ID cards will be organised by an Administrator. A contribution to administration is included in grant overheads. The Young Carer Service Lead will manage and support the Project Worker and work with them to evaluate the project.

**How will your organisation continue to sustain this project after the grant ends?**

Gateshead College will continue to provide free venue space and tutor support through their corporate social responsibility programme. We will gather outcomes evidence through in-depth discussion with schools and

<p>parents, evaluation with young carers and comparison of data gathered during service reassessments. This evidence base will underpin further grant applications and fundraising. Over the next two years, we aim to develop a volunteering programme, particularly targeting young adult carers. This will support future service delivery, including sustaining this programme.</p>	
<p><b>What expertise and track record do you have to be able to deliver this work successfully?</b></p>	
<p>We've previously delivered drop-ins in every Gateshead secondary school, strengthening relationships with young carers and teachers, who both introduced 'hidden' young carers to us. With our encouragement, each secondary school and many primaries named a member of staff to support young carers. At this time, a specific member of staff liaised with schools and provided them with resources. This created an increase in referrals from schools and encouraged open communication that enabled us to leverage support when young carers experienced difficulties. This relationship with schools is reflected in the invitations we've received to reinstate drop-ins post-lockdowns. We've delivered successful homework and SATs study groups. These provided: • Quiet space, IT access and tutor support to complete homework • Exam stress management strategies that young carers reported as valuable • Service learning re ensuring attendees want to study rather than socialise. We've distributed young carer ID cards for many years and have an existing process for ordering and distribution. These have been invaluable for enabling young carers to access support at school, such as extended homework deadlines. We've a longstanding partnership with Gateshead College, who provide cooking lessons to young carers. They've offered to provide additional support with projects that we identify. We've distributed individual young carer grants for over 5 years, enabling us to purchase items that improve education and wellbeing. Ben's Story (anonymised) Ben was referred by his school in 2021 following periods of non-attendance. By working with Ben, mum and the school, we accessed a laptop and a Carer Relief Service. This reduced Ben's caring role and raised his attendance and school grades. He's since attended our mental health programme, joined our Expert Panel and is now an NHS Health Champion. We supported his participation in this project with a grant for clothes and equipment.</p>	
<p><b>Explain how the grant will be spent</b></p>	
<p>Part-time project worker salary: £34,147 Project worker travel: £1000 Project worker mobile phone purchase and contract: £611 Resource pack printing: £3000 Resource pack and ID card postage: £1200 Young carer travel to Expert Panel meetings, study groups and education events: £3200 Young Carer ID card printing: £1080 134 hours of sessional Activity Worker support £1710 Overheads inc. contribution to premises costs, administration, governance and senior management: £9000 In addition, Gateshead College will provide free study space and tutor support for study groups. We have two internal individual grant programmes that we access to purchase items to support education. For those in higher and further education, we can access a specific individual grant programme at the Community Foundation,.</p>	
<p><b>Will you be receiving funding from any other sources for this project?</b></p>	
<p>Yes</p>	
<p><b>Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.</b></p>	
<p>Yes</p>	
<p><b>Reason why not all staff have DBS checks.</b></p>	
<p></p>	
<p><b>Total funding requested in this application (£10,000 to £60,000 with a maximum of £30,000 in one year)</b></p>	
<p>£54948</p>	
<p><b>Proposed grant start date</b></p>	<p><b>Proposed grant duration in months</b></p>
<p>01/01/2023</p>	<p>24</p>
<p><b>How much funding is required each year?</b></p>	
<p><b>Year 1</b></p>	<p><b>Year 2</b></p>
<p>£27474</p>	<p>£27474</p>
<p><b>What was your organisation's expenditure in the most recent financial year?</b></p>	<p><b>What was your organisation's annual income in the most recent financial year?</b></p>
<p>£892649</p>	<p>£910729</p>
<p><b>What value of unrestricted reserves did your organisation have at the end of the most recent financial year?</b></p>	
<p>£220801</p>	

Organisation Name		Reference code
Credu Connecting Carers (Powys Carers Service Ltd)		2022-05-YC09
Organisation Address		
Marlow South Crescent Llandrindod Llandrindod Powys, UK LD1 5DH		
Website Address		
www.carers.cymru		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	1103712	2003
Community Interest Company	Registered Companies House Number	Date Registered
Yes	4779458	2003
Social Enterprise	Social Enterprise Mark Awarded Yes/No	Date Awarded
No		
<b>Grant Summary</b>		
To build and embed effective recognition, respect and support for Young and Young Adult Carers in education through peer mentoring, mentoring support and whole school systems.		
<b>Please describe the needs that this project will address</b>		
<p>1: Needs around Education: Educational Attainment is impacted by Caring with Young Carers on average achieving 9 grades lower in their GCSE results overall. (Carers Trust UK) We find that the Young Carers that we support who miss school can fall behind then their confidence plummets and they can end up missing more school. It can be a downwards spiral if not supported. (Credu Outcome Monitoring Data, Outreach Worker Reflections) 2: Concerned about going to university away from home or education or job opportunities that take them away from caring for a person that they love. (Credu Outcome Monitoring Data and Case Studies) 3: Not asking or getting support needed because of a sense of shame (BBC 2021; Saul Becker (2018, 2022) 4: Emotional Needs: Emotionally worried about the person that they care for and increased anxiety from having to juggle caring with education and other aspects of life. (Source of data: BBC Research (2018) Saul Becker (2018) Carers Trust (2021). The second most common reason why Young Carers want support from Credu is emotional support (Credu Outcomes Monitoring Data). The worries that so many face are very challenging especially when they are supporting family members with terminal illness; or illnesses that impact on behaviour such as mental health or addictions. 5: Some Young Carers have families that are able to show love and support, others live in situations where they are living in fear (Credu Outcomes Monitoring and Case Studies) Some of the Young Carers we support, help parents with severe mental health challenges and can live in constant fear. They live right on the edge of child protection. The impact on wellbeing over time can be so severe. Although many services can be involved, our outreach work provides a consistent, non-judgemental relationship and source of support during the darkest times. 6: Isolation and loneliness (BBC Research (2018) Saul Becker (2018) Credu Outcomes Monitoring). The primary reason why young carers are referred to Credu is because they are experiencing isolation and loneliness and want to connect with others in the same situation. For example, one of the Young Carers we support has been supporting a father with severe mental illhealth and has no other immediate family. Before we began to support him his speech was impaired, due to lack of interaction and he was bullied and school and in the community. 7: In every Young Carers focus group we have held, and key theme has been the need to be understood, recognised and supported – particularly at school.</p>		
<b>What are the key outcomes that you will be seeking to achieve for young carers?</b>		
<p>- 300 Young Carers in project areas will have better access to both peers and adults that they know can talk to at school and in the community to simply connect, 'off load', and feel emotionally supported and connected. This forms the foundation for the next outcome – to feel more confident in education. - 240 Young Carers in project areas will report that they know that they can get support to catch up or develop strategies to juggle</p>		

education and care if they need to - A minimum of 120 Young Carers will report feeling more confident about their education - 12 target schools will report increased attainment among Young Carers. - 12 schools will have a whole school approach to supporting Young Carers. - Young Carers will feel more confident that the support they get from school and others is ongoing and integral to the school system. The suite of easy to use resources for Young Carers, Schools and others will make it easier for schools to make awareness and support for Young Carers a norm - More Young Carers across the UK will benefit from the project and share the materials and learning widely beyond the two years.

**What are the key activities you will undertake with this funding?**

1: Needs around Education: Educational Attainment is impacted by Caring with Young Carers on average achieving 9 grades lower in their GCSE results overall. (Carers Trust UK) We find that the Young Carers that we support who miss school can fall behind then their confidence plummets and they can end up missing more school. It can be a downwards spiral if not supported. (Credu Outcome Monitoring Data, Outreach Worker Reflections) 2: Concerned about going to university away from home or education or job opportunities that take them away from caring for a person that they love. (Credu Outcome Monitoring Data and Case Studies) 3: Not asking or getting support needed because of a sense of shame (BBC 2021; Saul Becker (2018, 2022) 4: Emotional Needs: Emotionally worried about the person that they care for and increased anxiety from having to juggle caring with education and other aspects of life. (Source of data: BBC Research (2018) Saul Becker (2018) Carers Trust (2021). The second most common reason why Young Carers want support from Credu is emotional support (Credu Outcomes Monitoring Data). The worries that so many face are very challenging especially when they are supporting family members with terminal illness; or illnesses

**Who will be responsible for overseeing and delivering this work?**

The Involvement Coordinator will lead on the project three team managers for the three areas. This will be a Senior Management Team Agenda item on fortnightly basis to monitor the project which will be delivered by dedicated project staff with and through the wider outreach team. As a 'whole organisation priority', the CEO will oversee the project closely along with county Carers Steering Groups. We will also report to the project closely and report to trustees on this specific project on a quarterly basis.

**How will your organisation continue to sustain this project after the grant ends?**

The project is designed specifically to improve both our organisational and school network capability and capacity by creating a) A base framework of quality resources that can be enhanced year on year (resources do exist but there are not sufficient quality resources for different key stages or inset training) b) Grow our sustainable network of peer mentors, mentors and educational professionals with annual milestones that became integrated part of school calendars. So the 12 schools will have - At least five peer mentors and at least five professional staff as part of the school Young Carers steering group –making the project resilient to staff and pupil changes. - We will recruit and train volunteer leaders from within the aforementioned networks.

**What expertise and track record do you have to be able to deliver this work successfully?**

Our founding trustee, who is still with us has been supporting Young Carers since 1997 and our organisation has been supporting Young Carers since inception in 2003. Subsequently, we have led on research with the Welsh Children's Commissioner. We also led one of the pilot projects that contributed to the Carers Trust Guidance on Education in Schools. Recently we delivered on a highly successful project funded by the Esmee Fairbairn Foundation that gave us the capacity to form key relationships with Local Education Authorities, co-design Young Carers policies with schools and develop models of support with Young Carers in education. This has given us a sense of critical success factors. Of a sample 78 Young Carers in the Wrexham, Conwy, Denbighshire area, participating in a review: 96% feel that our support is helping them move towards their outcomes 85% feel that our support helps them cope better with education We have piloted peer mentoring for Young Carers to mentor and support other Young Carers in education. This benefitted the Mentors as well as the Mentees. Our Inspiration and Aspiration project with local Universities and colleges has connected more Young Carers with education and career pathways and shone a light on their strengths.

**Explain how the grant will be spent**

The grant will be spent on 30 hours per week of Young Carers Education Support Co-ordination with close, in-kind support from the Credu leadership team and a leading researcher in the field. We aim to make it as easy as possible for schools to take a 'whole school approach.' We did consider dedicated support for a small area but we have learned that we can co-produce most impact when we work with and through locally based outreach workers that have a relationships with Young Carers and schools. This will include - 10 hours for

Wrexham, Conwy and Denbighshire - 10 hours for Powys - 10 hours for Ceredigion Project promotional and resource materials will be match funded.	
<b>Will you be receiving funding from any other sources for this project?</b>	
Yes	
<b>Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.</b>	
Yes	
<b>Reason why not all staff have DBS checks.</b>	
<b>Total funding requested in this application (£10,000 to £60,000 with a maximum of £30,000 in one year)</b>	
£59948	
<b>Proposed grant start date</b>	<b>Proposed grant duration in months</b>
01/11/2022	24
<b>How much funding is required each year?</b>	
<b>Year 1</b>	<b>Year 2</b>
£29974	£29974
<b>What was your organisation's expenditure in the most recent financial year?</b>	<b>What was your organisation's annual income in the most recent financial year?</b>
£1393446	£1641636
<b>What value of unrestricted reserves did your organisation have at the end of the most recent financial year?</b>	
£329562	

Organisation Name		Reference code
Sefton Carers Centre		2022-05-YC11
Organisation Address		
27-37 South Road Waterloo L22 5RF Liverpool Merseyside L22 5PE		
Website Address		
www.sefton-carers.org.uk		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	1050808	1995
Community Interest Company	Registered Companies House Number	Date Registered
No	3124430	1995
Social Enterprise	Social Enterprise Mark Awarded Yes/No	Date Awarded
No	No	N/A
<b>Grant Summary</b>		
The awarding of a grant would allow us to build on and expand our young adult carers project – and raise educational and wellbeing outcomes for our carers – by funding additional staffing for the service.		
<b>Please describe the needs that this project will address</b>		
<p>Without early intervention and targeted support, the nation's young adult carers and the young adult carers of Sefton face significant challenges to even be able to hope for a bright future. A 2022 national survey conducted by Carers Trust, which includes input from Sefton's young adult carers, presents the worrying reality; at least a third of respondents said their caring role resulted in them either 'always' or 'usually' feeling 'worried' (36%), 'lonely' (33%) or 'stressed' (42%). These figures demonstrate the impact that caring roles can have on young people's wellbeing, and they highlight the need for support for young adult carers with carer wellbeing at its heart. Educational outcomes are also key to our support service, and we have had some significant successes already in our education liaison work; two of our partner colleges have gained accreditation for carer support in the past twelve months. This year's Carers Trust young carer and young adult carer survey showed that 40% of respondents 'never' or 'not often' had someone to talk to at school about their caring role, and that 52% of respondents 'never' or 'not often' got support from their school, college, or university in balancing study with their caring role. By increasing our staffing, we can work more closely and more effectively with more partners in education and training. In Sefton, many young adult carers remain unidentified and unsupported, and we understand the challenges we face to raise awareness and take action. In terms of Academic 16-18 year olds, local data from the commissioned careers service tells us that in Sefton many more young adult carers are not in education, employment or training (20.2%) than other young people (3.5%) Local data also suggests that there are fewer than one hundred young adult carers in Sefton (Academic 16-18), but what this really tells us is that schools, sixth forms and colleges are not yet identifying many of the carers they have responsibility for. An additional group of young adult carers that we will soon begin to work with will be young people coming to Sefton from Ukraine. Sefton is welcoming the highest number of Ukrainian guests in the Liverpool City Region, and given the circumstances leading to their arrival here, we believe that most of them will have a caring role. Further funding for our project will mean that we can increase our capacity to support this new group of carers.</p>		
<b>What are the key outcomes that you will be seeking to achieve for young carers?</b>		
<p>There are a range of outcomes we work towards with our registered young adult carers, and these are always tailored to each individual. With a large majority of our carers, the key outcomes we focus on are education, employability and wellbeing. We know that carers can face many barriers and challenges within education which may lead to them not reaching their full career potential, and we know how important our work with education providers and employers is. Specifically, we want to ensure that all of our young adult carers can firstly access education, employment or training, and then, that they can be supported to be successful in their studies or their work. Underpinning education and employability outcomes, and indeed all of our work,</p>		



are outcomes for wellbeing, because none of our young adult carers can reach their potential without a positive sense of self. Therefore, we aim to achieve improved and positive wellbeing outcomes for carers by working with each of them in a unique, personal, and person-centred way throughout their individual transition to adulthood. We will measure our outcomes using impact measures such as the Warwick Edinburgh Wellbeing Scale, the Rosenberg Self-esteem scale or an adapted Post-Intervention Self-Assessment (PISA).

**What are the key activities you will undertake with this funding?**

This funding will support the overall development and operation of the young adult carers project in terms of the scope, quality, and capacity of our service. Increasing our staffing will bring a number of benefits, beginning with widening the range of the team's expertise. Our current Young Adult Carers Transitions Coordinator has strengths and experience in the education sector, having worked in primary, secondary, further and higher education settings, and this experience supports our ever-developing work with our local schools, colleges and universities. To complement this, our intention is to recruit a Young Adult Carers Transitions Support Worker with strengths and experience in child and adolescent mental health and wellbeing. Having staff members with this range of experience will mean that we are well-placed to work to deliver our key outcomes for carers in education and wellbeing. These outcomes will be made achievable through a range of activities, and key to these are: one-to-one support sessions, group workshops, social and respite opportunities, education liaison and partnership work. By doubling the staffing resources on the project, we will similarly amplify the amount of work we can do with and for our carers.

**Who will be responsible for overseeing and delivering this work?**

Our Young Adult Carers Transitions Coordinator is currently responsible for planning and operating our Transitions 16-25 support service, and this position is externally funded. To increase our capacity and provide personal support to our growing number of registered young adult carers, a Triangle Trust grant will fund another staff member for the project – a Young Carers Transitions Support Worker. This staff member will focus on raising education and wellbeing outcomes for our carers through outreach work and partnership development. The work of the Transitions 16-25 support service is overseen by the Young Carers Lead and the Sefton Carers Centre Chief Executive Officer, both of whom work closely with the Young Adult Carers Transitions Coordinator to monitor and improve the project.

**How will your organisation continue to sustain this project after the grant ends?**

Beyond the funding period, our Transitions 16-25 support service for young adult carers will continue working closely with our service users to offer them individualised support. On an organisational level, having benefited from a Triangle Trust grant, Sefton Carers Centre will have learned from the successes seen and challenges faced during the delivery of the programme, and we will be able to take this learning forward to inform the future strategy and operation of the young adult carers service. To sustain increased staffing for the Transitions 16-25 service, further funding will be needed, and we believe that by the end of the funding period for the Triangle Trust grant, statutory funding will be allocated countrywide to support young adult carers projects.

**What expertise and track record do you have to be able to deliver this work successfully?**

Sefton Carers Centre has been supporting the borough's unpaid carers for close to thirty years, and we have been working with local young carers for five years. We hold the local government contract to provide a young carers service, having been commissioned in 2017, and since then we have secured and continued to secure additional non-statutory funding to develop our support for Sefton's young carers and young adult carers. Our Transitions 16-25 project for young adult carers is informed by research, practice, legislation, and guidance, and we are continually evolving our service focused on providing what our service users need. We contribute to Carers Trust's Young Carer and Young Adult Carer steering group, we are founding members of the recently launched national Young Carers Alliance, and we are also in the process of joining the Young Carers National Voice group. We engage in professional networking and knowledge sharing, and we attended the 2021 Young Carers in Schools Education Conference organised by Carers Trust and The Children's Society. In addition to this, as well as being delegates at the 2021 International Young Carers Conference, we also presented our work-in-progress developing the Transitions 16-25 service at this event.

**Explain how the grant will be spent**

The grant will fund additional staffing resources, and all associated costs, for the young adult carers project. A Young Carers Transitions Support Worker will be recruited in a part-time role to work alongside the existing Young Adult Carers Transitions Coordinator to develop the scope, quality and capacity of the service. In the

first twelve months of the grant, the overall cost of employing and line-managing the new staff member will amount to £28,088, and in the second twelve months of the grant, the cost of keeping the staff member on the project will be £27,104. Therefore, the overall anticipated expenditure for the twenty-four-month period is £55,192.	
<b>Will you be receiving funding from any other sources for this project?</b>	
Yes	
<b>Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.</b>	
Yes	
<b>Reason why not all staff have DBS checks.</b>	
<b>Total funding requested in this application (£10,000 to £60,000 with a maximum of £30,000 in one year)</b>	
£55192	
<b>Proposed grant start date</b>	<b>Proposed grant duration in months</b>
02/11/2022	24
<b>How much funding is required each year?</b>	
<b>Year 1</b>	<b>Year 2</b>
£28088	£27104
<b>What was your organisation's expenditure in the most recent financial year?</b>	<b>What was your organisation's annual income in the most recent financial year?</b>
£1297826	£1364998
<b>What value of unrestricted reserves did your organisation have at the end of the most recent financial year?</b>	
£1087132	



Organisation Name		Reference code
Solihull Carers Centre t/a Carers Trust Solihull		2022-05-YC13
Organisation Address		
The Carers Centre Solihull Fire Station Annexe 620 Streetsbrook Road Solihull West Midlands B91 1QY		
Website Address		
<a href="https://www.solihullcarers.org/">https://www.solihullcarers.org/</a>		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	1092613	2002
Community Interest Company	Registered Companies House Number	Date Registered
No	04378042	2002
Social Enterprise	Social Enterprise Mark Awarded Yes/No	Date Awarded
No	522000	
<b>Grant Summary</b>		
To support schools in improving the academic achievements of Young Carers through their increased attendance and engagement brought about by providing help from Peer Mentors and Befrienders within their academic life.		
<b>Please describe the needs that this project will address</b>		
<p>National Research has studied the impact of caring on children and young people. Being a young carer can often have a severe, significant and long-lasting impact on a young person's: • Physical health. • Emotional wellbeing. • Socialisation. • Stable environment. We have successfully established programs to address these issues. We have a Peer Mentoring and Befriending program where we identify, train and safely pair mentors with young carers aged 5-12 to establish and work on set goals such as helping to identify as a young carer, feeling more confident, building friendships plus exploring and identifying their good qualities. There is a clearly defined need to extend this program to work with schools where Young carers experience extra challenges and demands that impact on their capacity to enjoy and achieve at school. Research shows that: • 27% of young carers (aged 11–15) miss school or experience educational difficulties (40% where children care for a relative with drug or alcohol problems) • Young carers have significantly lower attainment at GCSE level – the difference between nine Cs and nine Ds • On average young carers miss or cut short 48 school days a year. • A quarter of young carers said they were bullied at school because of their caring role • Even before the Covid lockdown Young Carers were more likely than the national average not to be in education, employment or training (NEET) Of these, 75% had been NEET at least once (compared with 25% of all young people) (The Children's Society, 2013). Having to shield with vulnerable family members even when schools were open has exacerbated the problem. • 42% said there was not an identified person at school who recognised them as a Young Carer and helped them. • Even when in attendance they can be very distracted and lack focus in lessons due to worrying about the person they care for. We regularly conduct surveys with our Young Carers. (5-16) in the 2021 survey the response to the question: 'Have you received any help from your School' was YES – 42.4% and NO – 57.6% And 'If the answer was yes – how would you rate the help' 80% rated it excellent or Very Good. Young Carers clearly value and respond to help they are given in schools and there is work needed to expand the number of schools who offer support. Extending our Peer Mentoring and Befriending program into schools can be a significant agent of change.</p>		
<b>What are the key outcomes that you will be seeking to achieve for young carers?</b>		
<p>The program we are proposing aims to achieve the following key outcomes: 1. For the Young Carer: • Better relationships with staff and pupils who now have a greater understanding of what the caring role and responsibilities entail, leading to improved engagement in the classroom and a less stressful and happier school experience. • By addressing and then reducing or removing the hurdles they face we would also expect to see an improved attendance record. The combined effect of the above should be a measurable improvement in academic achievement. 2. For the Peer Mentors • The bespoke training we give them</p>		

develops their skills in leading activities, active listening and empathy. These skills will greatly improve their prospects by enabling them to access the same experiences and opportunities as other young people and adolescents who are not carers. 3. Teachers • A better interaction with the YC will improve their ability to teach them. 4. Support workers • Support workers can focus on Young Carers who are regularly or persistently absent from school and where significant one-to-one support is needed to address their requirements allowing those children to benefit from this program.

**What are the key activities you will undertake with this funding?**

Working with Schools we will identify those Young Carers having most difficulties and what specific problems they face in their education. In parallel we will attract and recruit Peer Mentors and Befrienders within schools. We will then match up mentors and mentees and help them to establish the desired outcomes and how to measure their achievement. • We will provide the Peer Mentors with training and support through regular workshops plus drop-ins at the school. • We will run group workshops on subjects such as 'conflict resolution' and 'time for me' so Peer Mentors can help them deal with any issues they may be facing with other pupils in the school which is having an impact on their education. • We will organise events and trips (including one residential trip) where they can strengthen their relationships and we can reward them for the work they are doing and the progress they are making • Provide regular reviews and supervision for our Peer Mentors. • Where regular attendance is an issue we will introduce a Befriender and organise transport so that we can remove another of the hurdles the Young Carer faces and encourage better attendance.

**Who will be responsible for overseeing and delivering this work?**

The project will be overseen by Gina Ward - Young Carers Team Manager. Reporting directly to Gina will be the Peer Mentoring & Befriender Co-Ordinator who will be responsible for: • Attracting and ensuring the successful appointment and retention of volunteers to the project. • Ensuring volunteers are fully trained, monitored, safely paired and supervised to enable them to deliver safe, meaningful, quality support to young carers. • Appointing, training and assisting in the personal development of peer mentors and their succession to the role of young leader. • Organising and running all the mentoring education and group sessions, plus activities and outings -including the residential trip. • Publicising events, managing the budgets and finances and administrative processes (eg. DBS) • Collecting and reporting performance statistics for our funders.

**How will your organisation continue to sustain this project after the grant ends?**

Sustaining the project after the grant ends will depend upon its success and continued need. • After 1 year we will accumulate enough data on outcomes to bid for further funding to continue when the grant ends. • If schools see significant improvements in the academic wellbeing and achievement of Young Carers they may want to invest staff time into the program. We could then continue using existing resources, our Schools Outreach Worker and some support from existing funders to cover the expenses. • We cannot be certain what support Young Carers will require in the future. Last year it was IT and Zoom. Now, they need most help in education because of the COVID lockdown, in 2 years priorities may change again and we will respond accordingly.

**What expertise and track record do you have to be able to deliver this work successfully?**

For 6 years we have run a very successful PM & Befriending project funded by Children in Need. This project had a continuous process of mentees joining and leaving as their needs evolve or change and, on average, supported over 170 Young Carers - 120 between the ages of 5 and 15. In 2 key areas YC's response to surveys was as follows: Isolation – 98 experienced significant progress. Emotional wellbeing – 81 experienced significant progress In both areas the majority of the remaining YCs indicated they had started to experience some progress. The program won the 2017 Children & Young People Now - Young Carers Award for 'Innovation and Quality' For lockdown we implemented a program providing support services and activities via Zoom. This allowed us to reach Young Carers who's caring role or other personal circumstances meant they had been unable to fully join in with the Peer Mentoring program. We have retained this while returning to face to face meetings and now have a blended approach to reaching out to Young Carers. In our 2021 survey of all services – the YC's rated our Peer Mentoring at 70% Excellent or Very Good and Befriending at 67% Excellent or Very Good.

**Explain how the grant will be spent**

The grant would be used to fund a Peer Mentoring & Befriender Co-Ordinator at a cost of £26,500 which includes all salary and benefits. Based on experience from our existing project we also need approximately

<p>£7,000 to cover the costs of running the program. This includes: • Venue hire for Training sessions. • Transport for the YCs to/from all Training sessions, workshops and drop-ins. • Refreshments at all activities. • Transport plus ticket/entry costs for offsite events and activities • Specialist speakers or trainers. • All costs for a residential trip including extra safeguarding staff. We are requesting £3,500 towards these expenses. We have already secured funding which would cover the other £3,500.</p>	
<p><b>Will you be receiving funding from any other sources for this project?</b></p>	
<p>Yes</p>	
<p><b>Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.</b></p>	
<p>Yes</p>	
<p><b>Reason why not all staff have DBS checks.</b></p>	
<p> </p>	
<p><b>Total funding requested in this application (£10,000 to £60,000 with a maximum of £30,000 in one year)</b></p>	
<p>£60000</p>	
<p><b>Proposed grant start date</b></p>	<p><b>Proposed grant duration in months</b></p>
<p>01/04/2023</p>	<p>24</p>
<p><b>How much funding is required each year?</b></p>	
<p><b>Year 1</b></p>	<p><b>Year 2</b></p>
<p>£30000</p>	<p>£30000</p>
<p><b>What was your organisation's expenditure in the most recent financial year?</b></p>	<p><b>What was your organisation's annual income in the most recent financial year?</b></p>
<p>£267089</p>	<p>£283814</p>
<p><b>What value of unrestricted reserves did your organisation have at the end of the most recent financial year?</b></p>	
<p>£0</p>	

Organisation Name		Reference code	
The Junction Foundation		2022-05-YC16	
Organisation Address			
Drayton House 19 Station Road Redcar Redcar and Cleveland TS10 1AN			
Website Address			
www.thejunctionfoundation.com			
Type of organisation? (tick all that apply and complete relevant details)			
Charity	Registered Charity Number	Date Registered	
Yes	1125578	2008	
Community Interest Company	Registered Companies House Number	Date Registered	
No			
Social Enterprise	Social Enterprise Mark Awarded	Yes/No	Date Awarded
No			
<b>Grant Summary</b>			
The funding of a post 16 education and training development worker to build upon successful pilot work within schools and ensure young adult carers are supported into and able to maintain further education aspirations and achievement.			
<b>Please describe the needs that this project will address</b>			
<p>We know the need of local young adult carers well. We have held the contract to deliver services to young carers for 18 years and are constantly reviewing and refining the offer and researching what young carers need to improve outcomes. We know that much must be done around the experiences young carers have within education and this reflects in feedback locally from young carers and in national attainment figures (young carers have significantly lower educational attainment than their peers, twice as likely to be NEET, 1 in 4 report being bullied in school due to their caring role and 39% report that no one is aware of their caring role – Carers Trust). Over the last two years we have worked with our adult care providers Carers Together on a Mind The Gap Project (NHS improvement – Think Carer) which was a piece of participative research with young carers approaching the transition to adulthood and young adult carers who could reflect on their experiences and identify what would have supported them. This highlighted the need for a bespoke transitions support service for young adult carers and this was funded within the recent retender (although only one full time post across 2 local authority areas) to support passports, one to one and groups for young adult carers. From this we have worked with young adult carers to develop a transitions passport. This has been done better articulate the needs young adult carers may have in a range of settings to inform wider professionals of those needs. Quite often decisions are made about young carers' education without the knowledge of what young carers needs to succeed in that environment, support around attendance and attainment. We have many examples when, had tutors and pastoral teams known more background information, this would have affected responses. While we support young carers within the service with these issues, we are aware that this does not include hidden carers, nor formulate an organised response to the issues that enables young adult carers to reach their potential. We have seen encouraging results from our school's development work including the identification of Young Carers Champions, awareness raising for teachers and students, the adoption of passports. Their recommendations leading to greater support and acknowledgement of young carers within schools leading to less stigma. With additional resource, we believe this is replicable in a post 16 environment with colleges, training providers and local Universities.</p>			
<b>What are the key outcomes that you will be seeking to achieve for young carers?</b>			
Support networks for young adult carers education and training, through identified Young Carers Champions in college, universities and training providers in South Tees (3 per year to sign up). Thus, ensuring Young Carers Issues are highlighted within EET settings across South Tees and all young adult carers have a point of contact within settings to ensure their needs are addressed. Regular liaison with EET settings and Young			

<p>Adult Carers to ensure needs are met through support plans agreed with settings. The adoption of Transition Passport Support plans and support partnership agreements. Sign up from EET settings demonstrating and highlighting commitment to support young adult carers to sustain engagement with education. Bespoke awareness and training for staff and students within EET settings across South Tees (3 staff focussed events and 3 student focussed events per year). Ensuring that Young Adult Carers' contributions are acknowledged and awareness is raised about potential barriers in education and support needs. A regular presence within main FE providers to engage with young adult carers and deliver timely support (weekly drop ins in Redcar and Cleveland and Middlesbrough colleges). Done to ensure direct access to support as and when issues arise. Liaising with Schools Development Worker and Transition Service attendance of young carers at open days and enrolment activities in appropriate EET settings to broaden aspirations and support young adult carers into settings.</p>
<p><b>What are the key activities you will undertake with this funding?</b></p>
<p>We would employ a half time post 16 education and training development worker. Key activities: • Establishing key contacts within local colleges, universities and training providers to act as champions, including a single point of contact; • Awareness raising and training (including youth voice) for post 16 setting around young adult carers, barriers within education and support needs; • Promotion and adoption of the Transitions passport within settings and partnership agreements, commitment to support young adult carers within post sixteen settings; • Act as single point of contact for colleges, universities and training providers to answer queries, questions and take referrals for young adult carers within their settings; • Address specific needs of young adult carers within settings to address needs, i.e., flexibility in scheduling, extensions for submission etc; • Ensuring the development and promotion of open day offers from post 16 providers – i.e., Teeside University etc that highlight opportunities and support for young adult carers; • Liaise with the transitions service to ensure that young adult carers in transition have sustainable and achievable plan for post 16 education of training and barrier are removed.</p>
<p><b>Who will be responsible for overseeing and delivering this work?</b></p>
<p>The CEO is ultimately strategically responsible for the work and sits on the South Tees Carers Forum, chairing the Young Carers Task Group ensuring connectivity strategically to developments. The Youth and Participation Manager is line manager for the Young Carers Coordinator who will directly line Manage the Post and support their work. This grant will pay for 3hrs/week of their time.</p>
<p><b>How will your organisation continue to sustain this project after the grant ends?</b></p>
<p>Once networks, training and awareness, agreements and systems are set up with post 16 providers, some elements of the work will be integrated into existing resource as the bulk of establishing Champions, awareness raising and connectivity between the service will be completed within two years. Where there is an ongoing resource issue we will utilise impact evidence to work with commissioners and colleges to support.</p>
<p><b>What expertise and track record do you have to be able to deliver this work successfully?</b></p>
<p>We have delivered services to young carers for 18 years and have a highly skilled and experienced workforce. We have piloted a Schools Project that has similarities to this project and have a total of 36 schools with identified Young Carers Champions in Primary and Secondary Schools. We have also worked with schools to adopt and pilot the young carers passport as well as establishing information sharing protocols, enabling schools to identify and support young carers within their settings. Through Mind the Gap funding we have: worked with Young Adult Carers to identify bespoke support that will meet their needs; utilised research to influence local commissioning; and co-produce a Transitions Passport with YAC that will better plan and prepare them for Transitions. We currently don't have resource to fully engage with post 16 providers. While some work and the issues YAC have within post 16 education are currently picked up by the team, for example advocacy and support when YACs in college are at risk of losing their benefits or place because of attendance or poor achievement compared to peers, we believe that a more strategic approach similar to the one taken with schools would have more impact for YAC.</p>
<p><b>Explain how the grant will be spent</b></p>
<p>The resource will be used to employ a post 16 education and training development worker, who will engage with and support post 16 education settings to improve the engagement, sustainability and achievement of young adult carers within their settings. The grant would also include support and development costs.</p>
<p><b>Will you be receiving funding from any other sources for this project?</b></p>
<p>No</p>

<b>Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.</b>	
Yes	
<b>Reason why not all staff have DBS checks.</b>	
N/A	
<b>Total funding requested in this application (£10,000 to £60,000 with a maximum of £30,000 in one year)</b>	
£52376	
<b>Proposed grant start date</b>	<b>Proposed grant duration in months</b>
01/11/2022	24
<b>How much funding is required each year?</b>	
<b>Year 1</b>	<b>Year 2</b>
£26099	£26277
<b>What was your organisation's expenditure in the most recent financial year?</b>	<b>What was your organisation's annual income in the most recent financial year?</b>
£1099964	£1337127
<b>What value of unrestricted reserves did your organisation have at the end of the most recent financial year?</b>	
£397692	

Organisation Name		Reference code
Mindful Peak Performance CIC		2022-05-YC21
Organisation Address		
1 Groombridge Road London E9 7DP		
Website Address		
www.mindfulpeakperformance.com		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
No		
Community Interest Company	Registered Companies House Number	Date Registered
Yes	11748201	2019
Social Enterprise	Social Enterprise Mark Awarded	Date Awarded
No	Yes/No	
<b>Grant Summary</b>		
This grant will amplify the impact of our service by funding the development and delivery of our courses to specifically help young carers improve their engagement with school, revision and exams.		
<b>Please describe the needs that this project will address</b>		
<p><b>BACKGROUND - IDENTIFYING NEEDS:</b> Our service is an innovative approach to wellbeing for young carers involving non-contact boxing and mindfulness (called BAM!) which we've delivered to hundreds of young carers (particularly "seniors", aged 12-18).</p> <p>We have been working closely with young carers organisations in Waltham Forest, Hackney, Tower Hamlets and Barnardo's Redbridge, running regular forums to discuss young carer needs and coproducing our service with their young carers.</p> <p>Over the past 24 months, funded by the Paul Hamlyn Foundation and other funders, we have directly consulted 90 young carers, 15 parents and 14 youth workers in east London to understand more deeply the needs and issues of young carers in our local area.</p> <p><b>OUR RESEARCH - YOUNG CARERS NEEDS:</b> Our research backed up national studies which have demonstrated that caring responsibilities directly impact young carer's engagement and achievement at school as well as their mental and physical wellbeing (The Children's Society, 2013; Barnardo's, 2017).</p> <p>Our research shows that the young carers we work with face challenges in engaging with school work and performing well in revision and exams. Key themes were:</p>		

- >Struggling to focus on schoolwork because they are distracted by caring responsibilities and worrying about the person they care for.
- >Heightened anxiety and guilt during revision periods where more work is required and they have to study more in the home.
- >Pressure moments such as exams are particularly stressful and hard to cope with.
- >High levels of anger and frustration which is disruptive to school/study. (You can see an example of our impact in a case study of our work produced by Barnardo's: [vimeo.com/664413311](https://vimeo.com/664413311))

It is clear from what young carers and their parents tell us that mental wellbeing and educational achievement cannot be separated. This is backed by a report to the DfE where examination periods were highlighted as “a particularly stressful time for many young carers because of the need to balance the time needed for revision and the general stress of exams with their caring responsibilities and the pressures accompanying these” (The lives of young carers in England, 2015, p.44). This important report also emphasised that supporting young carer’s educational development involved helping them manage anxiety and maintain focus (p. 39) as well as addressing anger and frustration (p. 43).

We’ve been developing mindfulness techniques that address these issues, and a way of teaching these to young carers that are particularly suited to them.

**What are the key outcomes that you will be seeking to achieve for young carers?**

Our goal is to improve education outcomes for young carers. Our service will achieve this by providing practical mindfulness techniques to help young people focus on school work, manage stress and anxiety during revision and deal with the high-pressure moments of exams.

Our measurable outcomes will be:

**KEY OUTCOME:**

Young carers feel able to use mindfulness to support themselves to improve academic and exam performance

**OUTCOMES:**

- Young carers feel more able to focus despite distracting thoughts and feelings
- Young carers feel more able to manage stress and anxiety
- Young carers feel more able to cope in pressure moments

**MONITORING:**

We will measure impact by using start and end questionnaires, as well as more in depth interviews (including video interviews) after courses. Our evaluation materials were developed with support from the New Economics Foundation.

**What are the key activities you will undertake with this funding?**

**SUMMARY:**

>Nov-Dec 22: Add an educational element into our six-week BAM! course which will directly help young carers improve their school engagement and performance.

>Jan-Apr 23: Deliver and evaluate our new programme with 4 six-week courses

**ACTIVITY DETAILS:**

Our lead mindfulness instructor, physical trainer and community manager will engage in 6 workshops to integrate all our learning from consultation with young carers. We will produce a BAM! course which directly helps young carers to:



- focus on schoolwork and not be distracted by difficult situations or feelings
- increase emotional resilience during revision periods and times of additional stress
- cope with pressure moments such as sitting exams

We will also produce a Teacher's Manual and Participant Workbook so that our teachers can continue to effectively deliver it beyond this project, and young carers can continue to practice the techniques after the courses.

We will then deliver courses in the Spring term with our partners Barnardo's Redbridge, Waltham Forest Young Carers, Tower Hamlets Young Carers and Hackney Young Carers. We will evaluate the impact, including interviews after exams.

**Who will be responsible for overseeing and delivering this work?**

Luke Doherty, Lead Mindfulness Instructor:

Luke will head the team that develops our BAM! course, producing mindfulness exercises and teaching content that he and our team of teachers can deliver. He will also deliver courses. (Project costs charged at hourly rate)

Emmanuel Addo, Lead Physical Trainer:

Emmanuel will develop physical routines suitable for the course, based on stress-relief, focus and confidence. He will also deliver courses. (Project costs charged at hourly rate)

Matthew Daniel, Community Manager

Matthew is in charge of evaluation and coproduction. He will assist the instructors integrate feedback from young carers into the course, evaluate the impact after delivery and produce the Teacher's Manual and Participant Workbook. (Project costs charged at hourly rate)

**How will your organisation continue to sustain this project after the grant ends?**

After this grant we'll secure funding for courses in the following academic period (Sept 2023-May 2024):

We'll appeal to funders who we have a good working relationship with (e.g. the Mayor of London Fund, the Postcode Lottery). We have 10 young carer organisations in London who will support joint bids.

We're writing a National Lottery Reaching Communities grant with Barnardo's. We're part of their consortium advising the UK Govt on new approaches to young people and are awaiting funding as part of this to deliver BAM to more young carers.

We've developed commercial income from elite sports and businesses to help sustain our community work. We now self-finance a weekly BAM! group and offer subsidised courses to young carer organisations (in 2022-2023 we delivered 10 low-cost courses).

**What expertise and track record do you have to be able to deliver this work successfully?**

We developed an innovative approach to help young people manage stress and pressure using boxing and mindfulness, initially for young people at risk. We used techniques and examples from our work with elite athletes to benefit and inspire them.

The Paul Hamlyn Foundation Ideas and Pioneers fund helped us develop this into a course. During that process we identified young carers as a group that particularly engaged and benefitted from our approach.

We've since delivered BAM! courses to hundreds of young carers. Since the pandemic began we've also run weekly online BAM! groups which have been funded by Barnardo's and the DfE, helping approximately 400 young carers. We're now part of a consortium advising the DHSC on mental health needs of young people post-Covid.

Our track record includes:

>83% young carers feel less stressed after doing BAM!

>73% feel better able to focus

>78% feel able to use mindfulness to deal with pressure

We have gathered lots of qualitative evaluation, including video interviews and quotes such as this from a young carer's mum: "Ruby used to get so stressed after school she'd pick her teeth til they bled, but since doing BAM! she doesn't do that anymore".

**Explain how the grant will be spent**

Production of the six-week course:

£1800: Lead mindfulness instructor (75 [£ per hr] X 4 [hrs per session] X 6 [sessions])

£600: Physical trainer (50 [£ per hr] X 2 [hrs per session] X 6 [sessions])

£300: Community manager (12.5 [£ per hr] X 4 [hrs per session] X 6 [sessions])

£400: Producing manual and workbook (100 [£ per day] X 4 [days total])

£150: Printing workbooks

Delivery of 4 six-week courses:

£3600: Lead mindfulness instructor (75 [£ per hr] X 2 [hrs per session] X 24 [sessions])

£2400: Physical trainer (50 [£ per hr] X 2 [hrs per session] X 24 [sessions])

£400: Evaluation (12.5 [£ per hr] X 4 [hrs per session] X 8 [sessions])

PROJECT TOTAL: £9650

**Will you be receiving funding from any other sources for this project?**

No

**Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.**

Yes

**Reason why not all staff have DBS checks.**

N/A

**Total funding requested in this application (£10,000 to £60,000 with a maximum of £30,000 in one year)**

£9650

**Proposed grant start date**

07/11/2022

**Proposed grant duration in months**

8

**How much funding is required each year?**

**Year 1**

£9650

**Year 2**

**What was your organisation's expenditure in the most recent financial year?**

£68988

**What was your organisation's annual income in the most recent financial year?**

£790705

**What value of unrestricted reserves did your organisation have at the end of the most recent financial year?**

£21930

Organisation Name		Reference code
St Helens Carers Centre		2022-05-YC22
Organisation Address		
31-35 Baldwin Street St Helens Merseyside WA10 2RS		
Website Address		
<a href="https://www.sthelensyoungcarers.org">https://www.sthelensyoungcarers.org</a>		
Type of organisation? (tick all that apply and complete relevant details)		
Charity	Registered Charity Number	Date Registered
Yes	1089663	2001
Community Interest Company	Registered Companies House Number	Date Registered
No	4203210	2001
Social Enterprise	Social Enterprise Mark Awarded Yes/No	Date Awarded
No	No	N/A
<b>Grant Summary</b>		
To further enhance our work within both primary & secondary schools so that we can identify more hidden Young Carers and further support those already known to us. To raise awareness, have a visible presence in schools, preventing them from falling behind in subjects or disengaging entirely from education.		
<b>Please describe the needs that this project will address</b>		
<p>JSNA St Helens 2020, St Helens has one of the highest rates of alcohol related hospital admissions in England. Self-harm in St Helens is of significant concern. Emergency hospital admissions for intentional self-harm (all ages) in 2019/20 was statistically worse in St Helens compared to England. (Adult Social Care &amp; Health Scrutiny Committee 27<sup>th</sup> Sept 2021). The project will help to address the lack of support for Young Carers in both Primary and Secondary schools. Many Young Carers continue to go unnoticed and remain hidden. The role of pastoral manager in schools can be a very demanding one; as such there is little time to focus on the needs of Young Carers and initiatives to prioritise their needs. In addition, there has been a significant increase in St Helens in people suffering from depression and/or being addicted to drugs/alcohol, as such, many children/young people are finding themselves as having no option but to take on the role of being a Young Carer. Children's Society details that 27% of Young Carers aged 11-15 miss school or experience educational difficulties, with 1 in 4 being bullied. Through our Carer Led, Chattin 4 Action Committee, Young Carers have informed us that there is not enough support being offered in schools. Also, through our direct work with Young Carers and asking them about the support they receive from school staff, we have identified a real need in us offering more intensive support in schools so that Young Carers do not fall behind or disengage entirely. We also recently held an event (March 2022) and invited representatives from schools across the borough, the Young Carers themselves presented a training session to all these staff, the feedback was that they had not considered the needs of Young Carers, prioritised them or did not feel confident in asking them about their caring roles. By having a dedicated member of staff who can focus on raising awareness in schools and being onsite to meet up with our Young Carers, it will enable us to identify those who are hidden and struggle to open up to teachers. The staff currently, on a rota basis, will visit schools to facilitate a drop in service, this enables us to check in and meet some of our existing Young Carers, however, this not go far enough in respect to providing what is needed. The Young Carer staff have fed back that if we had a dedicated member of staff, we could really make a difference, as this person would be able to build a consistent and ongoing relationship with school staff, staff could then liaise with this person, when the Young Carer has not attended school, or is repeatedly late, they could work directly with the Welfare Attendance Officers, visit the home and look at what can be done to support the family so the Young</p>		

Carer can get back into school as soon as possible. With our in depth knowledge of services that can help and having a direct link with school, we could really make a difference to the lives of many Young Carers.

#### **What are the key outcomes that you will be seeking to achieve for young carers?**

- There will be an increase in Young Carers being identified.
- Young Carers will report they are less likely to disengage from their education.
- Young Carers will report a more positive experience whilst in school.
- School staff will be better equipped to identify and support Young Carers internally.
- Young Carers will be more recognised and appreciated by their peers.
- Young Carers who are involved in the project will have the opportunity to increase their own confidence.
- Our existing Young Carers will report they feel better supported by our service due to the onsite/outreach support.

#### **What are the key activities you will undertake with this funding?**

- To prepare & deliver interactive presentations during assemblies in both primary and secondary schools (face to face & virtual).
- To deliver staff training in schools, including our Young Carers.
- Distribute regular E-Bulletin updates to all school staff, providing highlights on what the project is achieving and updating staff so they are fully aware of the Young Carers in their school.
- To Identify a Young Carer Champion in each school, who will be their designated staff member for all Young Carers.
- To ensure notice boards, websites, screens, newsletters, social media sites are all used to promote Young Carers. They will direct Young Carers to their 'Young Carers Champion' (including their photograph and contact details).
- To support the school in obtaining their own 'Young Carers in School Award' (A National Award through the Children's Society).
- To work with the Chattin 4 Action committee members to ensure they are directly involved in the project.
- To work with School Councils so that they are fully aware of Young Carers.
- To work with Headteachers and look at whether it is possible to introduce nurturing groups for Young Carers to access so they can receive support from each other who understand their situation.
- To promote the project on social media which will help to raise awareness of Young Carers.
- To facilitate a school drop in service in all secondary schools which will enable us to reach out to more Young Carers and allow those who are newly identified to come forward and get the support they need.

- To send regular reports to all schools detailing the Young Carers we have registered with our service so that they are fully aware of who they need to monitor/support.
- To work with the Attendance Welfare Officers and if needed visit the home to see the Young Carers who are not attending school to offer support.
- To advocate on behalf of the Young Carer/family and deal with issues, such as, not being able to afford their uniform, books, bullying etc.

To make referrals into other agencies that can help, in particular, poor mental health. Many of our Young Carers are reporting they are struggling with anxiety, self-harm and depression. Having a staff member onsite to talk to and offer support will have a huge impact on many Young Carers.

**Who will be responsible for overseeing and delivering this work?**

Lorraine Pennington (Head of Young Carers Service) would be responsible for overseeing this work. Our current Young Carer Wellbeing Officer would be responsible for delivering this work. The function would include:

- 1) Prepare and deliver presentations in school year assemblies.
- 2) Plan & deliver a schedule of term time school drop in sessions (in 9 secondary schools only).
- 3) Deliver 1:1 support to Young Carers.
- 4) Make referrals into other agencies.
- 5) Support schools to achieve the Young Carers in School Award.
- 6) Work with families (when needed).
- 7) Visit those Young Carers who are not attending school.
- 8) Support Young Carers to be involved in the delivery of the project.
- 9) Monitor the progress of the project, producing reports/stats that will measure the overall impact.

**How will your organisation continue to sustain this project after the grant ends?**

As an organisation we will continue to seek additional funding. However, part of this project will be to equip school staff so that they have the confidence and the knowledge about other external services that support Young Carers so they can manage the support required internally. We will work with schools to help them review their policies/procedures so that they can put into place simple measures so that Young Carers are fully supported. For example, having a named designated member of staff to speak to Young Carers, utilising their social media, notice boards, screens to promote the support on offer, making it easily accessible to all Young Carers. By helping school staff to fully understand that by putting into place the additional measures for Young Carers, it will ultimately increase their overall attendance and attainment rates. Currently, Young Carers are very low down on the agenda in many schools, we want to shift the mindset of many Headteachers and other staff members so that their needs are prioritised.

**What expertise and track record do you have to be able to deliver this work successfully?**

We are a small team, we do our very best to offer support to Young Carers in schools. We have delivered assemblies, staff training, and facilitated school drop in services and the outcomes/feedback following all our work has been very positive from Young Carers/School staff and families. During the last drop in service, the staff met with 55 Young Carers, they identified safeguarding concerns and were able to work with school staff to put into place the support needed. They made referrals out into other agencies for mental health support so that the Young Carers could get the help they needed. Some Young Carers opened up and said how they felt suicidal, we were able to speak to specialist professionals and seek the support they needed. Following the drop in service, we also checked in with the parents/cared for person to see if any additional support was needed. It is a mechanism by which we can approach families, as you can appreciate, some parents are very proud and are reluctant to accept support, by explaining how we have met with their child and that they have expressed their worry/anxiety when leaving them to go into school does, on occasions, have the desired effect with some parents willing to accept support. Our conversation can often be the catalyst for radical change within the family dynamics, leading the better outcomes for Young Carers.

**Explain how the grant will be spent**

It will fund a dedicated member of staff who can focus primarily on raising awareness in primary and secondary schools through assemblies, staff training and facilitating a programme of school drop in services across secondary schools in the borough. This person will work directly with school staff, building a network

of support. It will give us the opportunity as a service to also bring these professionals together, giving them a forum, whereby they can hear for themselves the difficulties faced by our Young Carers in school, a chance to learn from each other, taking ideas and best practice measures back to their own schools so they can be implemented; actions that will have a long lasting impact on other Young Carers.	
<b>Will you be receiving funding from any other sources for this project?</b>	
The funding we received is coming to an end on 23 <sup>rd</sup> May 2022; the Trustees have taken the decision to continue funding the current post for the short term, using reserves, in the hope that we will attract further funding for this much needed, invaluable work. There will be no other funding sources for this project.	
<b>Do all staff have enhanced Disclosure and Barring Service (DBS) checks? If no please state why.</b>	
Yes	
<b>Reason why not all staff have DBS checks.</b>	
N/A	
<b>Total funding requested in this application (£10,000 to £60,000 with a maximum of £30,000 in one year)</b>	
£59,500	
<b>Proposed grant start date</b>	<b>Proposed grant duration in months</b>
01/11/2022	24
<b>How much funding is required each year?</b>	
<b>Year 1</b>	<b>Year 2</b>
£29,500	£30,000
<b>What was your organisation's expenditure in the most recent financial year?</b>	<b>What was your organisation's annual income in the most recent financial year?</b>
£1,152,583	£1,260,440
<b>What value of unrestricted reserves did your organisation have at the end of the most recent financial year?</b>	
£424,487	