



Carers in Transition: Pathways to Employment and Education



Tanya Coles, Grants Manager

Carers Trust – who we are

- 🎨 UK's largest charity supporting unpaid carers
- 🎨 Support provided via:
 - A network of 150 local carers organisations across the UK (Network Partners), over **80** support young carers
 - Campaigning, policy and research
 - Grants
- 🎨 At the forefront of formalising the development of the young adult carers sector

Time for Change grant programme

The lives of young adult carers across the UK will be transformed to ensure positive, long-term social and emotional change.

-  Research indicates that in order to transform the lives of young adult carers they must have:
 - Dedicated services
 - Age appropriate
 - Focused on needs and life transitions
-  55 Network Partners funded to create, expand and extend support systems for young adult carers

Young adult carer involvement

-  Young Adult Carers have been integral to all aspects of the process
-  Providing expertise and advice on design and development
-  Taking part in decision making panels, assessing grant applications and awarding funding
-  Training, development and opportunities to socialise, develop a peer network and have fun

Young adult carer involvement



Programme outcomes – The Carers Star™

 Time for Change outcomes are aligned with the seven key areas of the Carers Star:

1. Health
2. The caring role
3. Managing at home
4. Time for yourself
5. How you feel
6. Finances
7. Work






Range of support offered

-  One-to-one and peer support
-  Drop-in sessions
-  Topic-specific workshops and training
-  Respite breaks and social activities
-  Visits to college/university open days or workplaces
-  Volunteering and mentoring opportunities
-  Referrals and signposting
-  Advocacy and awareness raising

Key achievements

- 🎨 5,000 young adult carers supported across the UK
- 🎨 Increased skills and capacity
- 🎨 Development of effective approaches
- 🎨 Development of user-led approaches
- 🎨 New and strengthened partnerships
- 🎨 Increased awareness of young adult carers
- 🎨 Evidence of changes in policy or practice

Challenges

-  Reliance on a key staff member
-  Sustaining the work when funding ends
-  Intensive support required by young adult carers with complex needs
-  Inconsistent engagement by young adult carers
-  Some external agencies can be difficult to engage



NHANCE in Hillingdon

Jo Burns, Young Carers Manager
and
Sally Chandler, Chief Executive, Hillingdon Carers



Background

- ❖ Need identified in 2014
- ❖ 6 months research conducted
- ❖ Funding secured, Lloyds Bank Foundation, January 2015
- ❖ Match funding secured, Carers Trust, June 2015



Statistics

- ❖ **67 young adult carers supported year 1**

- ❖ **95 supported in year 2**

- ❖ **95% participants in employment, education or training:**
 - 33 supported into employment
 - 8 apprenticeships for 16-17 year olds
 - 12 to university
 - remainder in school or college
 - 4 currently NEET

- ❖ **Additionally:**
 - 6 have completed Duke of Edinburgh Awards
 - 3 have entered the National Citizen Service



Activities

Training and workshops:

- CV writing, taxation, mortgages, mock interviews
- Healthy eating, sexual health, relationships, drug & alcohol awareness
- Apprenticeship and employment scheme
- University taster sessions

Social programme

- Residential weekends
- Activities and trips

Young adult carer weekly youth club

- Qualified art therapist at every session
- Sports coaching
- Cooking sessions
- Project Manager 'C' Card-trained (sexual and contraceptive advice)



Outcomes

As a direct result of engagement with our N-HANCE service:

- ❖ 75% have improved their attendance at school/college
- ❖ 75% are enjoying school/college more
- ❖ 81% have improved their attainment at school/college
- ❖ 81% have increased in confidence

95% of our young adult carers are in employment, education or training

Hillingdon Carers' Young Carers Survey 2017



“I feel the service has helped me in indescribable amounts and I see many of the people I have met as part of my family.”

2017 residential to Hindleap Warren



Any questions?

