

# Norfolk Young Carers Partnership

**Tuesday 20<sup>th</sup> August  
2019**



# Getting to know each other

Take a sweet but DON'T eat it yet

Red = If you were stuck on an island – what two items would you take and why?

Orange = Favourite food?

Green = 3 Favourite season and why?

Purple = Highlight of your summer?

Don't  
forget

Say your name  
and where you  
are from

What  
will we  
learn?



# Plan for today

- ☐ Previously at Partnership...
- ☐ Making this meeting better for young people
- ☐ Updates from the areas
- ☐ Young Carers Assessments/Transitions Assessments
- ☐ What's in the Box?



# Previously at Partnership...

- ❑ Young Carers Assessments and Transitions  
Assessments came up a lot – so Sue Hobbs is going to be talking about them later
- ❑ Carers Week – 4 Norfolk winners at Pride in our Carers Awards (as well as lots of runner-ups):
  - Carer Friendly School of the Year
  - Special Recognition Award
  - Young Adult Carer of the Year
  - Young Carer of the Year
- ❑ New Website for Young Carers Service -  
<https://www.youngcarersmatternorfolk.org/>
- ❑ Caring Together are updating the list of young carers organisations to help people understand who does what



# Making this partnership better for young people

- ❖ Meeting cards
- ❖ “Minutes” on PowerPoint slides
- ❖ Time limit of **10 minutes** for talking “at” the group
- ❖ Jargon and “Who’s Who” list
- ❖ Updates from the areas (and things to take back to areas)
- ❖ Use of Facebook – NYCF Page
- ❖ 2 Icebreakers/Activities



# Meeting Cards

Red = I don't understand

Yellow = I have a question

Green = I want to say something

# No more “Agenda” or Apologies

- 🌸 Agenda = Plan for Today
- 🌸 Terms of Reference = What and who is NYCP for? Do you agree with what is in it?
- 🌸 Matters Arising: Previously at Partnership...
- 🌸 Any Other Business = What's in the Box?

If you can't make the meeting – you have to let us know ahead of the meeting – there won't be “Apologies” in the meeting

# Breckland



## New Group in Watton



### MTM:

- Fun activities
- Looking after yourself



### Worries:

- Stress
- Not seeing friends as much

## Young Carers Group Watton



The Benjamin Foundation

Are you a Young Carer aged between 8 and 18?

We're bringing positive activity sessions to Watton for young carers from September 2019.

- Meet other young carers
- Take time out from your caring role
- Participate in fun activities
- Focus on your wellbeing

Groups for 8 – 12 year olds  
(school years 4 – 7)

10th Sept, 24th Sept, 8th Oct, 22nd Oct,  
5th Nov, 19th Nov, 3rd Dec, 17th Dec.

Groups for 12 – 18 year olds  
(school year 8+)

17th Sept, 1st Oct, 15th Oct, 29th Oct,  
12th Nov, 26th Nov, 10th Dec

All groups are 6.30pm – 8pm



Watton Youth and Community Centre,  
37 Harvey Street, Watton, IP25 6EB.

For more information, please contact Alice Stevenson on  
07880 242374 or [boom@benjaminfoundation.co.uk](mailto:boom@benjaminfoundation.co.uk)



# Central (Norwich)



**Talking about mental health/wellbeing and young carers**



**Planning about schools and Carer Friendly Tick Award**



**Looking at issues facing young carers.**



**We want to look at what young carers can do after school and what support is out there for us**

# East Update

- **Happy Smiles Club**
- **Miniature Donkeys for Wellbeing**
- **Young Carers Membership Cards**



# North Update

- North Area Forum now up and running
- Currently alternating between:
  - Fakenham
  - Holt
- Have contacted schools about Carer Friendly Tick
- Holt Young Carers meet-up



# South Area

- Lots of new young people have joined the Forum
- Helena from the Libraries service has been in and met with young people to produce a list of books about Young Carers
- MTM running group activities and sessions

# West Area Forum – What we've done this year

- **Road Safety Talk**
- **Visit from Bob from the Youth Advisory Board**
- **Designed a flag for Young Carers Festival**
- **Had a visit from Caring Together's Engagement manager (Andy B)**
- **Pizza Evening celebration – Carers Week**
- **Police Officer**
- **Getting our Voices Heard 2018**

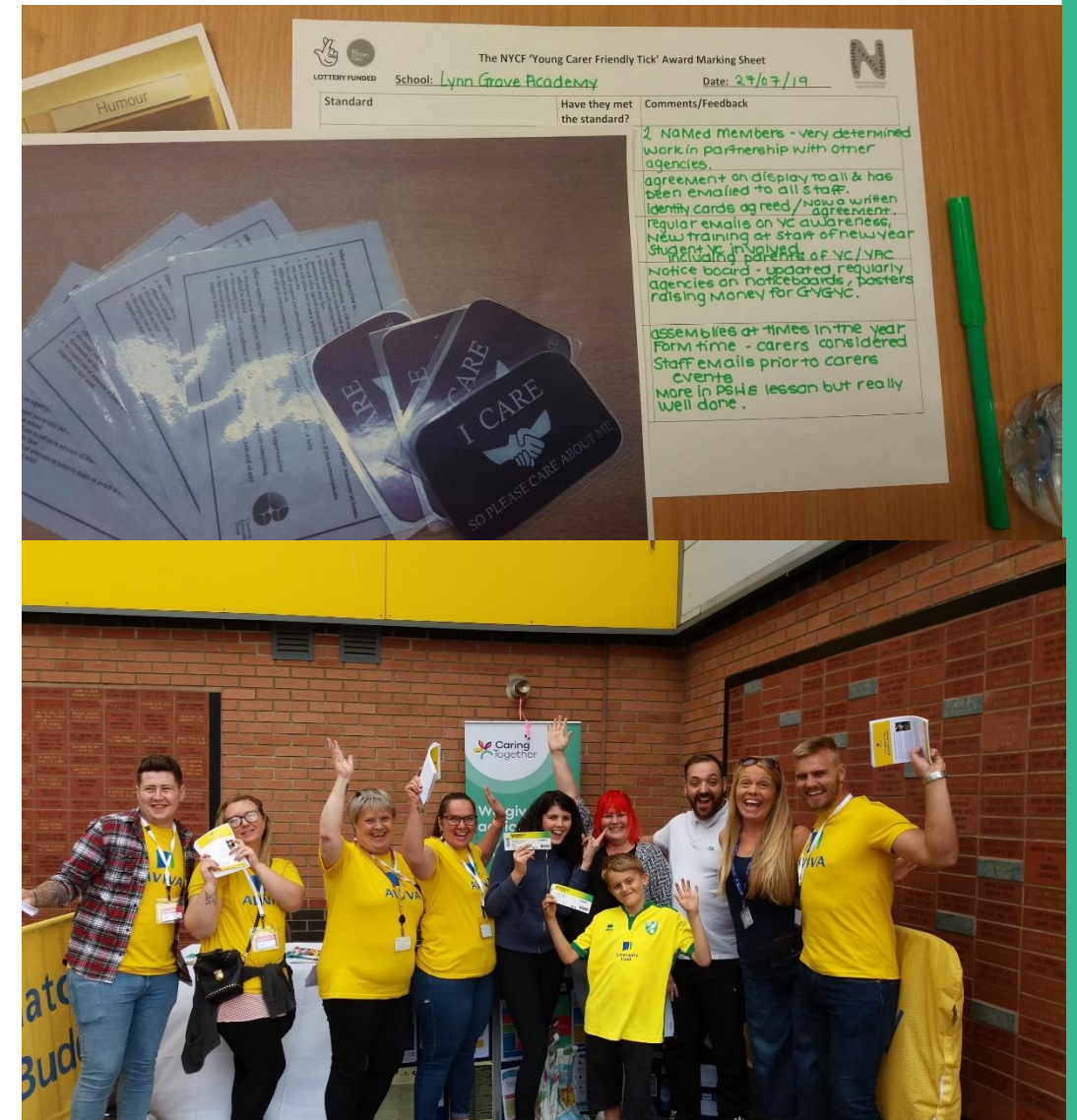
# Activities Young Carers in the West want

- A wellbeing session
- First Aid session
- Session on how to eat/cook healthily
- Budgeting session
- Another pizza evening/food evening
- Fund-raising



# County-Wide

- **Aviva Friendliest Friendlies**
- **Matilda**
- **UEA Young Carers Taster Day**
- **Carer Friendly Tick:**
  - **Sprowston Community Academy**
  - **Lynn Grove Academy**
- **Walking4Norfolk – Friday 20<sup>th</sup> to Sunday 22<sup>nd</sup> September**
- **Carers Rights Day – Thursday 21<sup>st</sup> November**
- **Young Adult Carer Grants (16-25)**



# 5 minute Drinks Break

If you want to say anything as part of “What’s in the Box?”, put it on a slip of paper and put into the box

After the break:

- Young Carers Assessments
- Young Adult Carer Transitions Assessments
- What’s in the Box?



# Getting to know each other – Part 2

Take a sweet again

Red - If you could have a superpower, what would it be and why?

Orange - If you could travel anywhere, where would it be and why?

Purple – If you could meet one celebrity, who would it be and why?

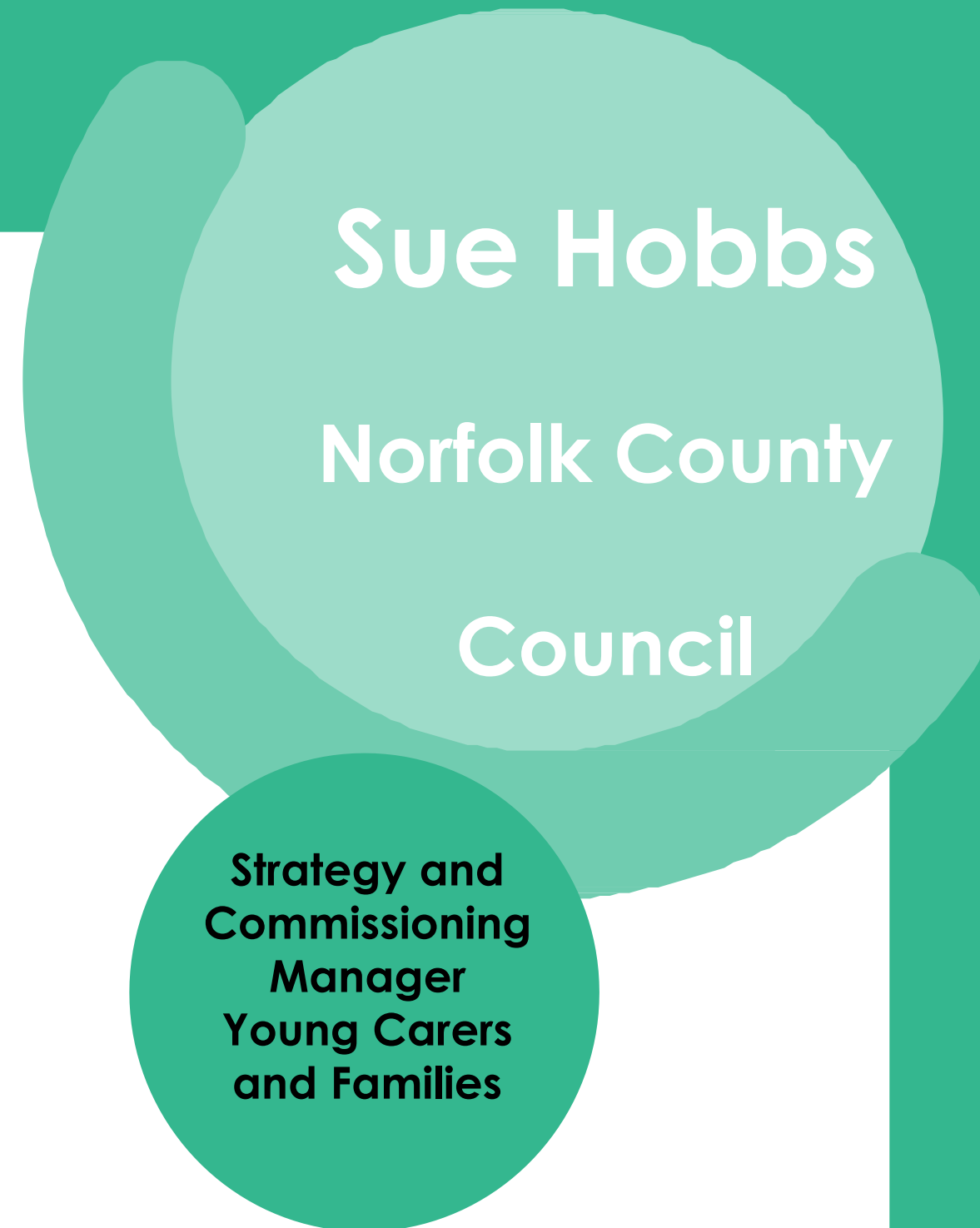
Green – Favourite colour?



# Young Carers Assessments

**Every young carer has the right to an assessment**

- They are done by Early Help Family Focus Teams (usually – if there is lots going on, then might be social work team working with family)
- Norfolk County Council are looking for some young carers to help improve the Young Carers Assessment Experience



# Young Adult Carers Transition Assessments

- ❖ Young Adult Carers can request these as they approach adulthood
- ❖ Norfolk County Council are looking for some Young Adult Carers to help improve the process






Sue Hobbs

Norfolk County

Council

# What's in the box???

-  A parent on Facebook has asked for an update on support for young carers in North Walsham
-  Norfolk Family Carers have got a Fun Day in Watton for Young Carers on Tuesday 27<sup>th</sup> August – some spaces have become available.
-  Anglian Water have a trust fund which can help clear the debt if there are financial issues – Ricky Buckland has information which he can share.

# Next Norfolk Young Carers Partnership:

**Wednesday 23<sup>rd</sup> October 2019**  
**10:30am-1pm**

