

### Support and Services for Young Carers in Bristol

Bristol City Council is committed to providing support and assessment for all young carers with unmet needs. Our aim is to provide support that minimises the impact of caring responsibility on the child or young person, enabling them to enjoy and achieve across their childhood. A range of services can be accessed in line with our indicators of need levels. Please visit our full guidance on Effective Support for Children and Families in Bristol for full information about the levels of need and referral pathways: [bristolsafeguarding.org](http://bristolsafeguarding.org)

**Please note that services in Universal and Additional levels can be accessed by young carers without an assessment. However, if a young carer or their family requests an assessment, this must be provided. These assessments can be undertaken by The Carers Support Centre, Children’s Social Care of Families in Focus only.**

Level of need	Service Provision for Young Carers	Referral Process
<b>Level 1 – Universal</b> Children and young people who make good overall progress in most areas of development	All children, regardless of young carer status have access to universal services such as education and healthcare services.  Poor attendance or engagement with universal services can be an indicator of young carer responsibilities. Universal services (school, GP) should be vigilant for signs that a child is a young carer and refer for additional support when a young carer is identified.	No referral is required to access universal healthcare and education services.
<b>Level 2 – Additional</b> Children and young people whose needs require some extra support	All children identified as young carers will have additional support needs and can be access the following support:  Carers Support Centre, Young Carer Service: Young carers are supported through a needs assessment and action plan, a bi-annual review, free family days out, “a break from caring” groups and activities, referrals to other forms of support, individual and group support. Young carers have the opportunity to influence policy and practice via participation in Young Carers Voice. The Carers Support Centre Young Carer Service provide transition assessments for young people aged 16 years and over.	The Carers Support Centre work with young people aged 5-18 in Bristol and can continue to support a young carer for as long as support is needed. Referrals can be made by professionals (with the consent of the family) via the Carers Support Centre website <a href="#">Help for young carers   Carers Support Centre</a> or directly by the young person of their family by phone or contact form ( <a href="#">Contact young carers team   Carers Support Centre</a> / 0117 9589980)

	The local authority commissions the Carers Support Centre as	Social workers and Families in Focus can “step down) support to the Carer’s Support Centre on closure via sharing their Young Carer Assessment and closure update with the service, or by completing a professional referral form.
	The majority of schools in Bristol run a “Young Carers in Schools” programme (supported by the Carers Support Centre) which provides additional pastoral and peer support. The aim of the programme is to improve identification, support and awareness of young carers in schools. Each school that runs a Young Carers in Schools service has a Young Carers lead.	A full list of participating schools can be found here <a href="#">Schools   Carers Support Centre</a> No referral is required for additional support within schools, however, professionals outside of education who have identified a child as a young carer should share this information (with consent) with the child’s school to ensure that additional care and support is offered.
	Bristol Black Carers provide support and assistance for Caribbean, African and Asian carers in Bristol. Their core services are for adult carers, but funding dependent there are sometimes groups and activities run for children aged 8-18 years old.	You can get more information about Bristol Black Carers here: <a href="#">Bristol Black Carers</a> Or call them for information regarding any youth projects they may have upcoming on <a href="tel:01173790084">0117 3790084</a>
	Bristol Drugs project Support young carers who are living with a family member who use alcohol and drugs. They also run a support group for young people aged 5-10 and aged 11-16 (the M32 Youth Group). The group have dinner together, do activities and transport is arranged to get the young person there and back.	You can get more information about the Bristol Drugs Project Youth Groups here: <a href="#">Children and Young People - Bristol Drugs Project (bdp.org.uk)</a> Or call them for information: <a href="tel:01179876000">0117 9876000</a>
	Sense provide free activities, groups and 1-1 support, both in person and online, to young carers and their siblings. The group meets in Kingswood and is open to young carers in Bristol and South Gloucestershire.	You can get more information about the work Sense do here: <a href="#">Support for young carers and siblings of disabled people - Sense</a> Or email <a href="mailto:info@sense.org.uk">info@sense.org.uk</a>

	<p><i>Mental health support can be vital for young carers, who are more likely than their peers to suffer from depression, anxiety, social isolation and self-injury.</i></p> <p>Off the Record provide and extensive offer of Youth Services, mental health support, a variety of courses and therapeutic interventions and in school services to young people aged 11-25.</p> <p>Kooth offers a free and anonymous online text counselling service for young people aged 11+.</p> <p>The Mix offer a free mental health service for young people aged 11+. The Mix offer discussion boards, support groups, a 24/7 text crisis line and online counselling. All services are delivered virtually and can be accessed via the young person’s mobile phone.</p>	<p>Find out about what Off the Record deliver here: <a href="http://otrbristol.org.uk">What we do - OTR (otrbristol.org.uk)</a></p> <p><a href="#">Home - Kooth</a></p> <p><a href="#">Get Support - The Mix</a></p>
<p><b>Level 3 – Intensive</b> Children and young people whose needs are multiple and complex. A lead practitioner and multi-agency plan is required to coordinate support.</p>	<p>Support for young carers with multiple and complex needs will be provided via our Families in Focus Service (FiF). The family will be allocated a key worker who will work undertake a young carer’s assessment and plan with the family to alleviate the young carer’s responsibilities and to offer support to the family to create lasting change and stability. Young Carers requiring a FIF service will have unmet needs across a number of areas, and may be at risk if coordinated support is not offered.</p> <p>As the impact of caring can affect children and young people across a variety of domains, the full “Indicators of Need” table should be referenced to understand whether a young carer’s needs can be met at additional or intensive level (<a href="http://bristolsafeguarding.org">bristolsafeguarding.org</a>)</p>	<p>Referrals for Families in Focus are accepted via the First Assessment Service (First Response).</p> <p>Professionals must complete a written webform referral: <a href="http://bristol.gov.uk">First response referral form - bristol.gov.uk</a></p> <p>Members of the public (including self referrals) should call the team directly on 0117 9036444.</p> <p>Social workers may “step down” to this level of support via their Locality Partnership Meeting.</p>

		<p>For referrals made that do not reach the service criteria, alternate support will be considered for the family.</p>
<p><b>Level 4 – Specialist services to address Acute and Chronic Need</b></p>	<p>Young Carers requiring specialist services will receive an assessment and plan from a social worker. The social worker will be from:</p> <ul style="list-style-type: none"> <li>- First Assessment Service if an exploratory assessment of need is required</li> <li>- Area Safeguarding Social Work units if a safeguarding response or longer term child in need response is required</li> <li>- Disabled Children’s Specialist Service if the child / young person is caring for a disabled sibling who is a child working with this team.</li> </ul> <p>Children requiring a level 4 response will also be facing needs or risks that pose a risk to their health and development. Examples may be children who are caring for siblings due to the chronic substance abuse or mental ill health of a parent.</p> <p>As the impact of caring can affect children and young people across a variety of domains, the full “Indicators of Need” table should be referenced to understand whether a young carer’s needs can be met at additional, intensive or specialist level  <a href="http://bristolsafeguarding.org">bristolsafeguarding.org</a></p>	<p>Referrals for a Specialist Social Work response are accepted via the First Assessment Service (First Response).</p> <p>Unless the referral is made in an emergency, professionals must complete a written webform referral:  <a href="http://bristol.gov.uk">First response referral form - bristol.gov.uk</a></p> <p>Professionals referring in an emergency and all members of the public (including self referrals) should call the team directly on 0117 9036444.</p> <p>For referrals made that do not reach the service criteria, alternate support will be considered for the family.</p>
<p><b>Adult Social Care</b></p>	<p>An Adult Services referral should be considered for all adults who are receiving care from a young carer. An Adult Care assessment must assess the care needs of the adult and offer services that alleviate the requirement to rely on a young carer.</p>	<p>Any professional or member of the public (including self referrals) can make a referral for an Adult Care Assessment via webform <a href="http://bristol.gov.uk">Contact Form Adult Care Services - bristol.gov.uk</a> or phone 01179222700</p>

<p><b>Disabled Children's Specialist Service</b></p>	<p>A Disabled Children's Specialist Service (DCSS) referral should be considered for all children who are receiving care from a young carer. A DCSS assessment will assess the care needs of the child and offer services that alleviate the requirement to rely on a young carer.</p>	<p>Referrals for the Disabled Children's Specialist Service can be made via First Response webform <a href="https://www.bristol.gov.uk/first-response-referral-form">First response referral form - bristol.gov.uk</a></p> <p>For referrals made that do not reach the service criteria, alternate support will be considered for the family.</p> <p>Further advice regarding the service access requirements can be found in the Indicators of Need table: (<a href="https://www.bristolsafeguarding.org">bristolsafeguarding.org</a>)</p>
<p><b>CAMHS</b></p>	<p>Young people who have caring responsibility may experience a negative impact on their mental health requiring specialist support and intervention.</p> <p>CAMHS (Child and Adolescent Mental Health Service) provide assessment and ongoing support for young people with moderate to severe mental hlth needs.</p>	<p>For the majority of young people, CAMHS referrals have to be made via GP or school nurse. As such, if a CAMHS referral is indicated, the family should be encouraged to engage with health services to achieve this referral.</p> <p>For families already working with Specialist Social Work teams and Families in Focus, linked practitioners within these services will make referrals for the young person where assessed as required.</p> <p>Further information about what CAMHS can offer and their referral process is found here: <a href="https://www.awp.nhs.uk">CAMHS :: Avon and Wiltshire Mental Health Partnership NHS Trust (awp.nhs.uk)</a></p>