

YOUNG CARERS PATHWAY A Visual Tool for Young Carers & their Families

1 Young Carer / Family



A trusted adult will complete the young carers assessment with you and help you to think about the support you might need...

Next, they will talk you through the pathway services, organisations, clubs or activities that you/your family would like to join and/or be referred to for support...

2 Type of service



Young Carers & Adult Carers Organisations

- Family Lives
- Carers Network

Mental Health

Westminster KidsTime Workshop – a multifamily workshop for children with a parent or carer with mental illness.

SEND

- Make It Happen
- Short Breaks

Early Help

We can connect you to the Early Help Service who also provide support for young carers and families and can help link you to other services.

Family

Westminster Parenting Support Groups

School

We can contact your school and speak to someone to ask them to make adjustments to your school life to support you in your role as a young person with caring responsibilities.

Therapeutic

DreamArts – Therapeutic Service

Youth Offer

- DreamArts – Carers Express, Experiment & City Lions programs
- Renaissance Foundation
- Youth Hubs
- Unfold

Careers

Westminster Employment Service
Careers advice, support with accessing university.

3 Pathway of services, organisations, activities clubs offering support



4 Young Carers Navigator



The Young Carers Navigator will make contact and referrals on behalf of you/your family to the services, organisations, clubs and activities you would like to be connected with...

5 We'll support you



The Young Carers Navigator will follow up with you/your family to see if you have been able to access services, activities etc. They will also ask you if you require any extra support.



Young Westminster Foundation



City of Westminster

YOUNG CARERS PATHWAY



Young Carers /
Adult Carers



Family Lives

Family Lives provides targeted early intervention and crisis support to families.



www.familylives.org.uk



Portman Early Childhood Centre, 12-18 Salisbury Street, Marylebone, London NW8 8DE. There may also be additional venues.



About

Family Lives have a range of projects which are currently delivered from our bases at the Portman Family Hub, Queens Park Family Hub and Bessborough Family Hub. Our new project model focuses on providing fun and creative activities for Young Carers and children (aged 10-15 years old), who have some kind of caring responsibility, or who may live with a parent/carer or family member with a long-term health condition.

We offer opportunities for social activities for young people and work in partnership with parents/carers. We can also offer some 1:1 support where this may be required, and this is tailored around needs. We look at building resilience, achieving aspirations and goals, overcoming barriers, building self-esteem and managing and positive wellbeing.



Running dates and times

The current project is being delivered up to December 2023. No specific dates for 1:1 these are tailored around needs of the family where possible/ Young Carer group sessions: Fridays 3.30-5.00pm /Holiday activities during school holidays- set days.



Age Range

CYP age 10-15 and their parents/carers



Localities

Open to children/young people and families across Westminster borough.



YOUNG CARERS PATHWAY



Young Carers /
Adult Carers



Carers Network

Carers Network

Transforming the lives of carers
and their loved ones!



www.carers-network.org.uk



About

Carers Network is an independent local charity that provides advice and support to unpaid Carers. We complete carer assessments on behalf of the three (3) Local Authorities.

We offer free, practical and personalised advice on a range of issues affecting unpaid Carers.

These advice topics range from: Health & Wellbeing Groups and Activities, such as Yoga, Zumba, Art Classes, Creative Writing, End of Life Carers Project, Money and Benefits, Legal Help and Advice, Counselling Service, Housing, Long Term Conditions and Relationships.



Running dates and times

Monday – Friday
9am-5pm, except
Bank holidays when
we are closed.



Age Range

Carers 18+



Localities

Open to carers in the
boroughs of
Westminster,
Hammersmith &
Fulham and Royal
Borough of Kensington
& Chelsea.



YOUNG CARERS PATHWAY



Mental Health

KidsTime Workshops

Westminster KidsTime Workshop

A multi-family workshop for children with a parent or carer with a mental illness



www.ourtime.org.uk



St Vincent's Family Project,
Storey's Gate, Westminster
SW1H 9NH



About

KidsTime Workshops are fun and supportive community workshops for families where a parent or carer has a mental illness. They're a safe, relaxed and non-judgemental space where different families come together to learn and talk about mental illness, without shame or stigma. Children get to meet other young people in the same situation, share experiences, get answers to questions and, most importantly, have fun!"

How do they help?

- Children can express themselves, reducing their fears and worries
- Children de-stress, grow in confidence and learn about mental illness through games and drama
- Parents can discuss parenting and mental health problems in a supportive group
- Families share experiences and offer advice, discussing problems and solutions
- Snacks and refreshments are provided, as well as family transport and interpretation services for families that need it.

Why attend?

- Enjoy some time out with the family, have fun and chat
- Make new friends, share knowledge and experiences
- Get helpful information about illness and ask questions
- Explore myths and fears about mental illness and, combat stigma
- Children and families get to decide what we talk about
- There's no pressure to talk and no one is judged
- Families are welcome to attend as and when.



Running dates and times

From January 2023 on the 3rd Wednesday of each month. **Time:** 5.15pm for a 5.30pm start – 7.30pm.e to attend as and when.



Age Range

CYP age 5-18 and their parents/carers



Localities

Open to families across Westminster borough – transport is provided to and from the workshops where needed.

YOUNG CARERS PATHWAY



SEND



Westminster Parents
Participation Group

Make it Happen

Supporting Parents and Carers
of Children with Disabilities



www.wppg.org.uk



Tresham Centre, 4 Lilestone Street,
NW8 8SU. Bessborough Family Hub,
1 Bessborough Street, SW1V 2JD



About

We are a service user lead organisation that supports parent carers, of children and young people with special needs and disabilities. We work together to help improve services for our children with learning disabilities in Westminster. The core of our work is focused on getting parents voices heard by decision makers, and we also offer practical support such as form filling, guidance and advice. Our offer to young parents is focused on raising awareness of their amazing role and prompting the local authority and health services to support young carers in Westminster. Our services also help in raising awareness to parent carers and providing information on what is available locally and nationally for young carers.



Running dates & times

Drop-ins:

Thursdays
at Tresham centre
10am -12pm.

Tuesdays at
Bessborough
10am -12pm.



Age Range

0-25



Localities

Westminster
borough



YOUNG CARERS PATHWAY



SEND



City of Westminster

Short Breaks

Supporting Parents and Carers
of Children with Disabilities



www.fisd.westminster.gov.uk/kb5/westminster/fis/service.page?id=Hb8ZbVn90Rk



Tresham Centre, 4 Lilestone Street,
NW8 8SU. Bessborough Family Hub,
1 Bessborough Street, SW1V 2JD

About

We provide respite services for young carers, siblings of children with SEND and complex needs within Westminster borough. We plan indoor workshops, educational and practical activities, as well as a variety of trips for our siblings, and multiple workshops paid for by our services. Educational workshops to include, speaking about mental health, friendships, and transitional processes in life.

Practical workshops on site to develop practical skills and interests, in which shall help young carers to grow. External activity providers to attend site to provide workshops. Participation in competitions within in the local area. Working together with local services to grow personal interest in their ambitions and dreams



Running dates & times

Sunday 14th May,
Sunday 28th May,
Sunday 11th June,
Sunday 9th July
(10-3pm).



Age Range

0-25



Localities

Open to CYP in the boroughs of Westminster and the Royal Borough of Kensington & Chelsea.

YOUNG CARERS PATHWAY



Early Help



City of Westminster

Targeted Early Help Service

Extra support for families in
Westminster.



[www.westminster.gov.uk/
children-and-families/
early-help-service](http://www.westminster.gov.uk/children-and-families/early-help-service)

About

The Targeted Early Help Service is part of Children's Services in Westminster Council. As a young carer, you and your family can receive support from an Early Help Family Practitioner. They can meet with you regularly to help you to make changes to areas of your family life which are causing you worries or problems.

Your Early Help Practitioner can help you access other services and support you are entitled to. They can organise a Team Around the Family (TAF) meeting with you and other professionals who can help, or who you already work with. Together they will help you and your family make a plan of how you can achieve your goals.

The Early Help team are also linked with schools in Westminster, and they can help by contacting your school and explaining your situation. They can have conversations with your teachers about the impact of your caring role on your school and family life, and can discuss any difficulties or areas that you might be struggling with such as your attendance.



Running dates & times

You can access the Early Help Service via your local Family Hub.

There are 3 in Westminster

South locality: Bessborough Family Hub, 1 Bessborough Street, London, SW1V 2JD

North-east locality: Church Street Family Hub, 12-18 Salisbury Street, London, NW8 8DE

North-west locality: Queens Park Family Hub, 88 Bravington Road, London, W9 3AL



Localities

Open to all
Westminster
residents



Age Range

0 – 19

YOUNG CARERS PATHWAY



Family



City of Westminster

Westminster Parenting Support Groups

We run a number of free courses and groups to support parents in a range of venues across Westminster.



[www.westminster.gov.uk/
children-and-families/
parenting-groups-and-courses/
upcoming-courses](http://www.westminster.gov.uk/children-and-families/parenting-groups-and-courses/upcoming-courses)

About

Westminster Early Help Parenting Team offer a range of free face to face and online parenting support groups and courses for parents/carers who are residents of the borough (see timetable for details).

The courses help parents/carers to:

- Build positive relationships with their child
- Make parenting and family life more enjoyable and less stressful
- Grow in confidence as a parent
- Gain a greater understanding of child development
- Learn new skills and strategies
- Support their child to learn and grow
- Reflect on their own experiences of being parented
- Discover other support and services available for them and their family.



Running dates & times

The in-person courses and groups take place in various family hubs.

There are 3 in Westminster

South locality: Bessborough Family Hub, 1 Bessborough Street, London, SW1V 2JD

North-east locality: Church Street Family Hub, 12-18 Salisbury Street, London, NW8 8DE

North-west locality: Queens Park Family Hub, 88 Bravington Road, London, W9 3AL



Localities

Open to all Westminster residents



Age Range

Parents and carers

YOUNG CARERS PATHWAY



School



Young Carers Navigator

DreamArts transforms young lives through arts and therapy



www.dreamarts.org.uk



The Portman Early Childhood Centre, 12-18 Salsbury Street, NW8 8DE



About

The Young Carers Navigator can contact your school and ask them to make adjustments to your school life to support you to engage (e.g., a quiet space to complete homework before/after school).

They can speak to your teacher, HOY, SENDCo etc to let them know you are a young carer. With your school, we can collaboratively create a plan of adjustments or support to enable you to reach your potential, while managing your caring responsibilities.



YOUNG CARERS PATHWAY



Therapeutic



DreamArts Therapeutic Service

DreamArts transforms young lives through arts and therapy



www.dreamarts.org.uk



The Portman Early Childhood Centre, 12-18 Salisbury Street, NW8 8DE



About

DreamArts Therapeutic Service is a free art therapy service for children and young people which operates during term time only after school hours. This gives you some personal space where you can talk if you want to, be creative and/or engage with art and sensory materials – and explore feelings with a trusted listening adult.



Running dates & times

Mondays
Portman Early Childhood Centre

Tuesdays:
Bessborough Family Hub

Wednesdays
Queens Park Children's Centre.



Age Range

CYP ages 7 – 18 years old



Localities

Westminster borough



YOUNG CARERS PATHWAY



Youth Offer



DreamArts Carers Express Program

DreamArts transforms young
lives through arts and therapy



www.dreamarts.org.uk



The Portman Early Childhood
Centre, 12-18 Salisbury Street,
NW8 8DE



About

Carers Express is a DreamArts project for children and young people ages who have caring responsibilities for a loved one. Carers Express runs free, creative school holiday projects, as well as a free photography project on some weekends.



Running dates & times

The program runs on
the first Sunday of
every month



Age Range

CYP ages 11
(year 7) – 19
years old



Localities

Westminster
borough



YOUNG CARERS PATHWAY



Youth Offer



DreamArts Experiment Program

DreamArts transforms young lives through arts and therapy



www.dreamarts.org.uk



The Portman Early Childhood Centre, 12-18 Salsbury Street, NW8 8DE



About

Experiment is DreamArts weekend youth arts project for children and young people. Music, dance, and drama professionals, offer fun workshops to develop confidence and creative skills. Children/young people are encouraged to devise their own work, from a show such as a musical, to creating short films and radio plays.



Running dates & times

Westminster borough:
on Saturdays at The Abbey Centre, and
Sundays at City of Westminster College,
Paddington Green campus. The cost is
£35 per term, with bursary places
available.



Age Range

7-12 years olds
13-19 year olds



Localities

Westminster
borough



YOUNG CARERS PATHWAY



Youth Offer



City Lions Program

City Lions helps boost your CV by taking part in talks, workshops and work placements with some of the biggest names in the creative industry.



www.citylions.org



About

City Lions inspires Westminster's young people, aged 13-16 years old, to realise the impact creativity can have on their lives. In collaboration with leading cultural organisations, creative businesses, and schools, we nurture opportunities that enrich young people's lives. Using creativity as a tool to broaden their horizons. City Lions programmes tackle the cultural deprivation and access to the creative industries that many young people face. These programmes build confidence and creative thinking that support young people's employment prospects. City Lions believes in young people's ambition to succeed, we inspire them to create their own voice. So let Westminster's future be heard.



Running dates & times

City Lions offer a variety of programmes:

- Holiday Programme is a series of free activities, visits, and workshops for a group of young people during the school holiday.
- Mentoring where young people are matched with a working professional to provide personal career advice over 6 months.
- Creative Collective is a showcase of young people's art and creativity, along with competitions and exhibitions.
- Work experience organised for young people at Westminster Council and partner organisations, alongside career workshops for Westminster Schools.



Age Range

13-16 years old



Localities

Westminster borough

YOUNG CARERS PATHWAY



Youth Offer



RENAISSANCE
FOUNDATION

Renaissance Foundation

Renaissance Foundation is a specialist youth charity providing support to young carers and patients aged 12-18.



www.renaissance-foundation.com



About

Renaissance Foundation have a core programme made up of fun activities from art to baking to talks from inspirational speakers, and amazing trips to places like the Formula One Grand Prix, Buckingham Palace, and even the Nobel Peace Prize Ceremony in Norway!

From April 2023 we will have an incredible new hub opening in Aldgate where you can hang out with other young carers, take part in fun activities, find a quiet space for homework, or get some 1-2-1 support from the RF team.

After your core three-year programme ends you are a member of RF forever and can join our Alumni network for continued support including the chance to join a mentoring scheme or the RF Youth Board.



Running dates & times

Ongoing Core outreach programme – 3 years We continue to offer support after this via an alumni network



Age Range

12-16 when referred (support YP on 3-year programme up is up to age 19)



Localities

Projects take place across London and also outside of London.

YOUNG CARERS PATHWAY



Youth Offer

unfold
Empowerment
through mentoring

Unfold

Unfold supports people to make life-changing transformations, getting you where you want to be.



www.unfold.org.uk



About

Our mentoring programmes for young people and women with children aged 5+, to empower them to achieve goals with the support of a mentor. They're designed to get people where they want to be, for lasting change. We're powered by volunteers who provide sustained, one to one support for 1-2 hours week over three to six months to enable participants to set goals, boost their confidence and reduce isolation. The sessions can take place online or in-person depending on young person's preference.

Broadening Horizons programme offers mentoring for young people aged 10 – 25. Whether you are unsure about your next steps, need advice in careers or education, want to work on your soft skills, or simply need someone to talk to, getting a mentor might be the right next step! We understand that life can be hectic for everybody, so we offer flexible times and days to suit you. The mentors can meet you online or in person, every week for 1 hour for 3-6 months – however long you want! The mentors will guide and motivate you, help you get where you want to be, working with you to work out what goals you want to achieve and how to get there. We all need someone we can chat to about anything and everything we might be going through in our lives without being told what to do or feeling judged, someone who will always empower us and be on our side. The programme has no cost to participants.

Mentoring for Mums is our flagship programmes adapted for the specific needs of asylum-seeking women with children. Our volunteers provide regular social, emotional and practical support, for three to six months. We aim to reduce social exclusion and loneliness, improve wellbeing and facilitate their integration to the community. 50% of the women we work with describe themselves as having a disability or chronic illness, so we're familiar with the challenges of parenting and our mentors can support you!



Running dates & times

Ongoing & throughout the year.



Age Range

10-25



Localities

Westminster and the neighbouring boroughs of Kensington and Chelsea, Brent, Camden, City, Southwark, Lambeth and Wandsworth.

YOUNG CARERS PATHWAY



Careers



City of Westminster

Westminster Employment Service

Westminster Employment Service (WES) is a recruitment service for local residents and businesses.



www.westminster.gov.uk/node/21597



About

Westminster Employment Service (WES) is a recruitment service for local residents and businesses. We partner with Westminster employers to fill a wide range of vacancies so that residents benefit from opportunities on their doorstep. Our team is made up of people that care about finding the right jobs, for the right people, and making a positive contribution to the community. We work with our residents to develop their confidence and skills, and provide access to training, jobs, and continued career progression.

We work with young people aged 16+, in a holistic way to support with the following, but not exclusively:

- Applying for jobs and seeking out career opportunities
- Apprenticeships and Traineeships
- Training opportunities
- Job search
- Creating CVs
- Writing supporting job statements
- Coaching
- In-work support.



Running dates & times

9am - 5pm



Age Range

16-24 years



Localities

In and around Westminster borough (must be Westminster residents).