

Information, Advice & Practical Support			
Service	Description	When	How to Access
Young Carers Registration	<p>A standard registration offered to all potential Young Carers following a self-referral / professional referral.</p> <p>Our Young Carers Registration enables the young carer full access to Barnet Young Carers services and entitlements.</p> <p>During the registration process, an assigned team member will request for the Young Carer to complete a 'Young Carers Assessment Tool'. This is an interactive document that allows us to better understand details of the caring role, progress at school/college, wellbeing and general interests that will help us tailor an individual support plan.</p>	<p>Referrals can be made any time between Monday – Friday between 9am – 5:30pm</p> <p>Referrals are allocated and responded to within 5 working days (<i>although this can sometimes be dependent on waiting lists and responsiveness from families</i>)</p>	<p>Referrals can be made via the Landbot software on www.barnetyoungcarers.org.uk or referral forms can be requested from youngcarers@barnetcarers.org</p>
Early Help / Universal Plus Assessments	<p>An Early Help Assessment is a statutory assessment delivered under the Carers Rights Act on behalf of the Local Authority for families who are identified to have multiple needs that may require support from varying agencies.</p> <p>Our allocated Family Support Worker or Young Carers Support Officer can lead on the initial completion of these assessments and create a multi-agency support plan that address specific need, along with multi-agency review meetings between everyone</p>	<p>Assessments operate through varying times on Monday – Friday between 9am – 5:30pm</p> <p>Early Help / Universal Plus Assessments can only operate with full consent and engagement from families.</p>	<p>For more information contact Louise and Leonie via youngcarers@barnetcarers.org</p>

	<p>involved to ensure the plan is working effectively. Early Help Assessments can be allocated to Barnet Young Carers via the Local Authority's Early Help Hub or can be initiated upon request of families.</p> <p>Universal Plus assessments work similarly to Early Help Assessments, however are for families who may require access to 1 or 2 specialised agencies.</p>		
Check-in Call	Can be conducted every few weeks / months by your allocated Support Officer at Barnet Carers. Reviews are completed to check in on family wellbeing and your progress with the service	Reviews and check-in calls are available upon request following a registration / Early Help Assessment	Request your check-in call from your allocated Support Officer completing your registration / Early Help Assessment
Legal Advice	Free 15 minute 1:1 consultation with our in-house solicitor who specialises in Wills; Tax Planning, Probate, Powers of Attorney and Court of Protection	Available on the last Thursday of the month – 10am – 12pm	Book your slot through Ola via: olayide.ajibawo@barnetcarers.org
Benefits Advice	<p>In partnership with Touchpoint – Access to benefits advice; understanding process and personal eligibility</p> <p>Referrals to access a Welfare Rights Advisor is also available to those directly supported via Early Help / Universal Plus Assessment</p>	Dependent on partner's availability	For a referral to access Touchpoint email: louise.mitchell@barnetcarers.org leonie.cahill@barnetcarers.org youngcarers@barnetcarers.org
Entitlements			
Individual Grants	Individual grant applications are offered to those in urgent need of household essential items	Upon request	Discuss options to access grants via: youngcarers@barnetcarers.org louise.mitchell@barnetcarers.org leonie.cahill@barnetcarers.org
BETTER Barnet Leisure Pass	Access to free swimming and	Upon request	Discuss your card via:

	discounted rates on gym access and classes at your local BETTER Barnet Leisure Centre		youngcarers@barnetcarers.org john.gibbon@barnetcarers.org
Carers Smart Discount Card	Access to offers, benefits and discounts available exclusively to carers and people with care needs	Available online	Register for your card via: www.carersmart.org
Food Bank Voucher	An opportunity for Carers facing financial challenges to access vouchers for a few days worth of nutritionally balanced, non-perishable food from their local food bank	Upon request	Discuss your voucher via: youngcarers@barnetcarers.org louise.mitchell@barnetcarers.org leonie.cahill@barnetcarers.org
Emotional Support			
Short-term Counselling (for ages 16+)	We offer 1 Initial Evaluation session plus 8 weeks' sessions of Counselling. Sessions are by telephone or videoconference with a volunteer trainee Counsellor who receives professional supervision. There is a charge of £10 per session	Waiting list	Sign up for counselling through Julia via julia.conrado@barnetcarers.org
Mental Health Support via Barnet Integrated Clinical Service (BICS) and other external services	Offers social, emotional, behavioural and mild to moderate mental health support to children, young people and families within Barnet. Access to support requires initiation of a Universal Plus Assessment Other options into counselling/therapeutic services with local partners are available as options dependent on specific need.	A discussion with the allocated Family Support Worker/Young Carers Support Officer is advised to ensure this type of support is appropriate to an individual before referrals are made	Discuss a referral via: youngcarers@barnetcarers.org louise.mitchell@barnetcarers.org leonie.cahill@barnetcarers.org

Engagement Support / Meet and Greet	<p>If a young carer is feeling a little hesitant/anxious around trying out some of services offered through Barnet Young Carers, then our team will be able to offer a 1:1 meet and greet/a check-in chat to see how they are getting on and to help familiarise them with team so they feel more at ease about giving something a try.</p> <p>1:1 meetings can take place in school, out in the community or over the phone. The meetings are a relaxed way of getting to know our team so young carers have a familiar face joining them for groups.</p>	<p>Upon request</p>	<p>To discuss this type of support, contact youngcarers@barnetcaers.org</p>
Kooth	<p>Free online, anonymous counselling available to young people aged 11+</p> <p>Barnet Young Carers are also co-working with Kooth to deliver a number of group wellbeing workshops aimed to support with managing any forms of stress and anxiety. These workshops are available in schools (COVID dependent) and virtually</p>	<p>Varying times</p>	<p>To access online counselling, visit www.kooth.com</p> <p>To access information on wellbeing workshops, sign up to our mailing list to access regular updates on what we have available and coming up. You can find out more by contacting John via john.gribbon@barnetcarers.org / youngcarers@barnetcarers.org</p>
Parent Carer Peer-Support	<p>Available peer-support, forums and discussions around specialised topics exclusively for Parents with caring responsibilities for children and young people aged 0-25</p>	<p>Tuesday's 1pm - 2pm <i>(Term-time Only)</i></p>	<p>Contact Louise via louise.mitchell@barnetcarers.org</p>
Young/Young Adult Carers Activities, Workshops & Interactions			
Half-term and Holiday Activities	<p>Varying workshops and activities available to young carers of all ages during half-terms and holidays.</p>	<p>Half-term and Holidays</p>	<p>Sign up to our mailing list to access regular updates on what we have available and coming up. You can</p>

	<p>Examples include: sports sessions, creative arts, shows/performances, trips/outings, parties/family fun days, meet-ups and much more. Transport / support with escorting young carers to events is often available but offered on priority basis.</p> <p><i>Please note activities at this time may only be offered virtually due to COVID-19 restrictions</i></p>		<p>request to do so by contacting John via john.gribbon@barnetcarers.org / youngcarers@barnetcarers.org</p>
Access to Community Activities	<p>Barnet Young Carers has recognised that each individual has varying interests. Therefore we are working with a whole range of local youth organisations to enable our young carers access to particular activities along with other peers. Examples include: Unitas, Pro Touch, Art Against Knives, Barnet Youth Service, Arts Depot and much more.</p> <p>If an individual/small group of young carers has a particular interest in an activity, the Barnet Young Carers Play Staff can support individuals as a 'buddy' to accompany them during introductory sessions and to help make a smooth integration into local services.</p>	Available upon request	<p>Sign up to our mailing list to access regular updates on what we have available and coming up. You can find out more by contacting John via john.gribbon@barnetcarers.org / youngcarers@barnetcarers.org</p>
Young Adult Carers Project	<p>An exclusive project for Young Adult Carers aged 16 – 25 that includes regular meet-ups, digital campaigning, training/advice and podcasts</p> <p>Young Adult Carers also have access to a range of social events, outings as</p>	Varying availability	<p>Sign up to our mailing list to access regular updates on what we have available and coming up. You can find out more by contacting John via john.gribbon@barnetcarers.org / youngcarers@barnetcarers.org</p>

	mentioned above.		
Carers Community App and Social Media	<p>A national app for carers across the UK to connect, interact, ask questions and find out insightful information and updates on local events. Available for Young Adult Carers aged 17+ and parents of young carers.</p> <p>Instagram: @barnetyoungcarers Twitter: @BarnetYoung Facebook: Barnet Young Carers</p>	Available for download	Available for download on Android and Apple devices
Schools, Education and Future Prospects			
Young Carers in Schools Programme	Support for school staff to ensure they are able to meet the needs of Young Carers in their schools – including support with identification, raising awareness, training, resources and managing their specific needs	Upon request (term-time only)	For more information on the programme, contact Becky, via rebecca.prangle@barnetcarers.org
Educational Support Programme <i>(In development)</i>	Supporting young carers with their educational attainment at school through co-working schools, providing short-term tuition and online resources	<i>In development</i>	For more information on the programme, contact Becky, via rebecca.prangle@barnetcarers.org
Employment/Training Support	<p>For Young Adult Carers – aged 16 - 25. Varying employment support opportunities in partnership with Quilter, Ambitions Unitas, BEETS and BOOST.</p> <p>Support also available to under 16s who are NEET</p>	Dependent on partner's availability	To access Young Adult Carers Employment Support email: john.gibbon@barnetcarers.org