

Borough Partnership Carers Board

15 October 2025



Agenda

10:00 – 10:05	Welcome and Introductions	Cllr Anna Wright and Wajidha Smash-Din
10:05 – 10:15	Carers Action Plan: Mental Health Priority	Beverley Benson and Octavia Aronne
10:15 – 10:25	North London Foundation Trust – Draft Carer Strategy	Jo Scott
10:25 – 10:35	Adult Social Care’s Mental Health Service Provision	Ian Sherriffs and Louise Cantrell
10:35 – 11:05	Panel Discussion	
11:05 – 11:15	Break	
11:15 – 11:30	Camden’s Young Carers Strategy	Becca Dove and Lucy Sawyer
11:30 – 11:45	Emerging Items and Carer Updates	All
11:45 – 11:55	Carers Action Plan: Monitoring and Data	Jamie Spencer and Alice Beaumont
11:55 – 12:00	Close	Cllr Anna Wright and Wajidha Smash-Din



Carers Action Plan: Update on the Mental Health Priority

Beverley Benson, Carer Board
Member and Octavia Aronne,
Carers Project Lead

What carers in Camden have said...



- **Improve Access to Mental Health Support:** Carers need clear pathways and consistent support from first contact.
- **Involve Carers in Care Planning:** Carers should be included in assessments and planning, with help to consider emergencies and contingency planning.
- **Tackle Stigma:** Mental health and carer champions and well-trained staff are key to reducing stigma and improving services.
- **Support Diverse Needs:** Regular and varied wellbeing activities and culturally sensitive approaches are essential for inclusive support.
- **Peer Support Networks:** Safe spaces and peer connections help carers build resilience, especially during crises.
- **Promote and Provide Respite Options:** Carers need accessible, well-publicised respite choices to rest and recharge.
- **Integrate Support Services:** Coordinated services across mental, physical, and social care are vital for holistic support.

Action Tracker – Mental Health Priority

Activity

Look into peer champions or coaches for services, this is currently being developed by Mental Health Services.

Ensure mental health at work training is completed by organisations in the Borough Partnership.

Outcomes – Mental Health Priority

- Carers feelings of belonging, loneliness/social connection and community;
- Carers reporting satisfaction in access to services and facilities;
- Carers reporting satisfaction in quality of life;
- Carers reporting feeling able to actively participate in decision making and care planning for the person they care for;
- Carers know about the value of having a break from caring and the options available to them.

Activity so far – Mental Health Priority

- Initiated the Mental Health Task and Finish Group and started exploring routes to support staff/managers understand caring responsibilities and options to support people in that role.
- CNWL and Triangle of Care work.
- The newly established North London Mental Health Partnership are creating a carers strategy.
- Mental Health social workers now based in ASC.
- Young Carers strategy in development, with transitions protocol refreshed.
- Camden Learning Disability Service developing and testing the use of a carers burnout matrix, to support early identification of carer burnout.
- Respite practice guidance for staff being revised.
- Development of carers respite information, case study and communications plan





North London NHS Foundation Trust (NLFT)

Carers Strategy development & update

**Jo Scott, Service User and Carer Involvement
and Engagement Lead**

How it was developed

Review of existing policies, frameworks, legislation, official reports and engagement with carers, carers centres, Voluntary Community Sector, and Trust staff.

Key events with carers such as:

- Brilliant Basics quality improvement program sessions
- Haringey Carers listening events
- Carers week events
- Carers Voice events
- Carer strategy review meetings

Commitments

1. Improving the identification and recognition of carers, family & friends.
2. Connecting carers, family & friends to support and resources.
3. The ongoing and meaningful involvement of family and friends in the care of their person.
4. Understanding the barriers that carers, family & friends experience to being an equal partner in care and working together to overcome them.
5. Demonstrating accountability through effective and responsive feedback, reporting and wider participation.

Commitment one: **Improving the identification and recognition of carers**

We commit to implementing digital and governance systems that reflect their essential role in delivering care.

This will include:

- Digital solutions and electronic patient record systems will be reviewed to incorporate carer roles.
- Promotion of high quality formal and informal communication with carers.
- Education and training (e.g. on subjects such as consent and carers awareness training for staff) that includes ways of better identifying carers and their needs.

Commitment two: Connecting carers, family and friends to support & resources

We are committed to making sure carers, family & friends know how to access the most helpful support and resources for them.

This will include:

- Increasing staff understanding of issues carers, family & friends face and around support with issues commonly faced by carers, family & friends.
- Trust staff being aware of carer support opportunities and communicating these to carers regularly in a variety of formats.
- Ensuring Trust information for carers is consistent, visible, accessible and up to date.

Commitment three: ongoing & meaningful involvement of family & friends in the care of their person ones

We commit to making sure carers family & friends have the opportunity to be to be involved in conversations that will affect their person.

- This will include:
- Staff recognising & enlisting carers as partners in care planning where possible.
- Staff using skills to understand and recognise the level of carer, family & friend involvement to individual circumstances.
- Staff will demonstrate awareness of carer, family & friend needs by providing relevant information on services & pathways for their loved one.

Commitment four: Understanding & overcoming the barriers that carers, family & friends experience

We are committed to working together to actively overcome barriers to being equal partners in care.

This will include:

- Reviewing carer feedback, taking relevant action and informing them of actions taken.
- Establish collaborative and learning relationships with Voluntary and Community Sector partners to better understand carer experiences in the communities we serve.
- Facilitating opportunities for carers to get skills and knowledge related to advocacy and rights.

Commitment five: **Demonstrating accountability**

We commit to effective and responsive feedback, reporting and wider participation.

This will include:

- Working together with carers for effective and accessible engagement opportunities and reporting mechanisms.
- Facilitating and promoting opportunities for carers, family & friends to be involved in the work of the Trust.
- Using carer, family & friends expertise to improve quality and develop innovation.

What's next

- Strategy **ratification/sign off** at NLFT Board.
- Set up of **Steering Group** - responsible for overseeing and monitoring the implementation and progress of the strategy. Includes Carers and co-chaired with Carer.
- A **Community of Practice** will be established for staff to come together to learn, develop and share knowledge and best practice.
- **Launch and socialise** strategy.

Recent progress

- Carer Peer Support Coach Pilot – Inpatient ward and Older peoples Community Mental Health Team.
- New coproduced Carers, Family and Friend leaflet produced and launched during Carers Week.
- New Carers resources page created for staff to be more easily able to support Carers
- Working with Carers Centres on the NCL Carer Support Project/online portal.

ASC Mental Health Service

Ian Sherriffs, Head of Mental Health
Transformation and Louise Cantrell,
Service Manager



Discussion and Questions



Break

Return in 10 mins



Camden Young Carers Update

Becca Dove, Head of Children and Learning Transformation and
Lucy Sawyer, Principal Policy and Project Officer

October 2025

Context

- ❑ Our approach to young carers in Camden is led by a joint Camden and Islington Young Carer Strategy which expires in 2025 and an operational protocol which hadn't been updated since 2015.
- ❑ The Camden Young Carer Service is currently commissioned jointly with Islington, held by The Children's Society. This contract expires July 2026.
- ❑ Our Carers Action Plan was launched in July 2024 and we have a Young Adult Carer Strategy running to 2026.
- ❑ The young carers agenda has received additional scrutiny through new reporting and oversight requirements in the Ofsted ILACS Framework.
- ❑ New explicit reference to young carers in revised Ofsted framework for school inspections.
- ❑ The Camden Youth Mission Attendance Working Group has identified young carers as being at increased risk of school absence, with young carer status the 3rd most significant risk factor for young people with persistent absence above 15%.
- ❑ The Camden Annual Public Health Report 2023 identified young carers as one of the groups of young people at greatest risk of mental health conditions, at an estimated 1 in 3.

Current position

- ❑ Cross council and partnership working group established in Autumn '24.
- ❑ First iteration self-assessment based on 'No Wrong Doors for Young Carers', which outlines where we are compared to good practice endorsed by ADCS, ADASS and the Carers Trust.
- ❑ Refresh of the Young Carers Protocol across C&L and ASC.
- ❑ Significantly improved data insight and analysis.
- ❑ Caring responsibilities included in the annual Health Related Behaviour Questionnaire.
- ❑ Refreshed referral and promotional materials for the young carer service shared with partners and circulated to schools.
- ❑ Review of system workflows to identify any blockers to recording and identified leads to improve practice.
- ❑ Online learning with The Children's Society for Camden staff across C&L and Adult Social Care.

Young carers summit

- ❑ Brought together 30+ professionals from across the borough to galvanize commitment to the young carer agenda
- ❑ Guest speakers sharing their research into:
 - ❑ young carers in early childhood
 - ❑ young carers in adolescence and the impact on educational attainment
- ❑ Hearing lived experience of being a young carer
- ❑ Hearing from Camden young carers and their families as part of engagement and consultation work
- ❑ Sharing local data insight about young carers and what this is telling us

Camden

YOUNG CAMDEN CARERS

SUMMIT
23 SEPTEMBER 2025

Time & Venue

- 9.30am – 12.30pm
- Coram Conference Centre,
- 41 Brunswick Square, WC1N 1AZ

What To Expect

- learn more about local young carer's needs
- hear about cutting edge national young carers research
- contribute ideas to help Camden young carers have the childhood they deserve

Special Guests

- Young Camden carers
- Dr Rebecca Lacey, Young Carers Project (Population Health), City St George's University of London
- Carly Ellicott, Young Carers in Early Childhood Programme, University of Plymouth
- John Bangs OBE

Book your place here
[or click this link](#)

got questions? email relationalpracticecentre@camden.gov.uk

Young carers summit - priorities

System response

no wrong door
partnership
approach

Identification

awareness raising
being seen

Role of schools

training
champions / leads

Commissioning and services

activities
accessibility

Safety and support

safe spaces
peer support

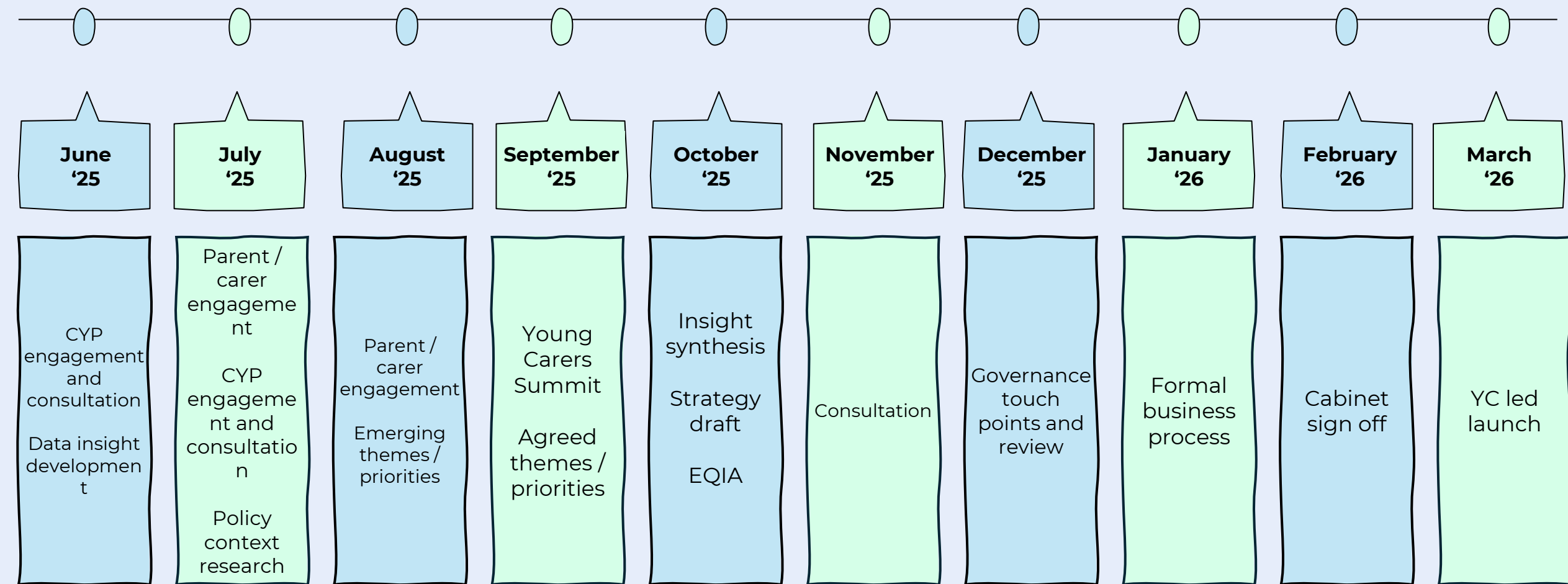
YC voice

youth led strategy
responding to
priorities

Long term planning

strategy application
accountability

Strategy development

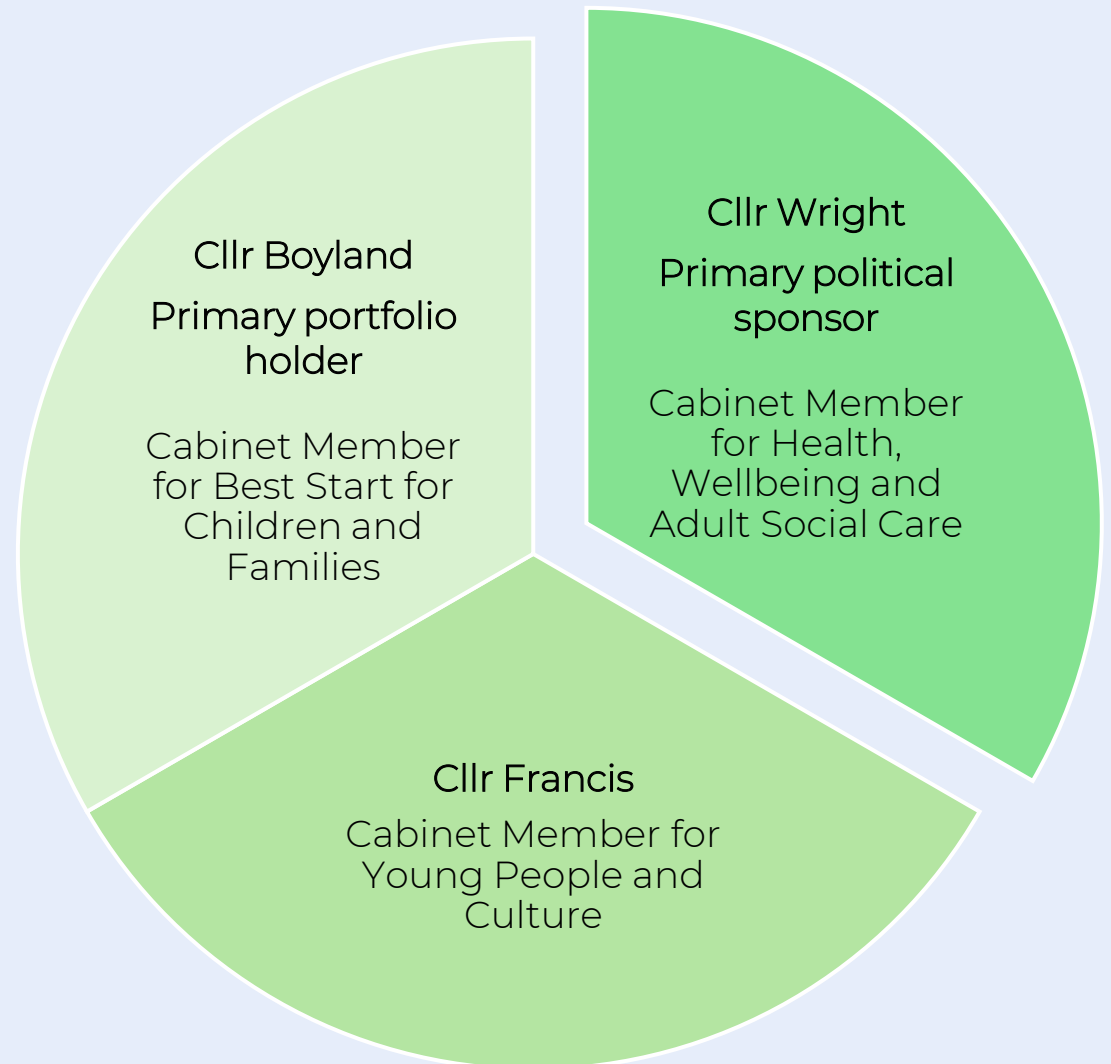


Governance and Oversight

Camden Borough Partnership Carers Board
Quarterly
Co Chair: Cllr Wirght, Cabinet Member for Health, Wellbeing and Adult Social Care

Children & Learning DMT
Quarterly
Chair: Tim Aldridge, Executive Director Children and Learning

Young Carers Working Group
6 Weekly
Chair: Becca Dove, Head of Children and Learning Transformation



Questions and Considerations

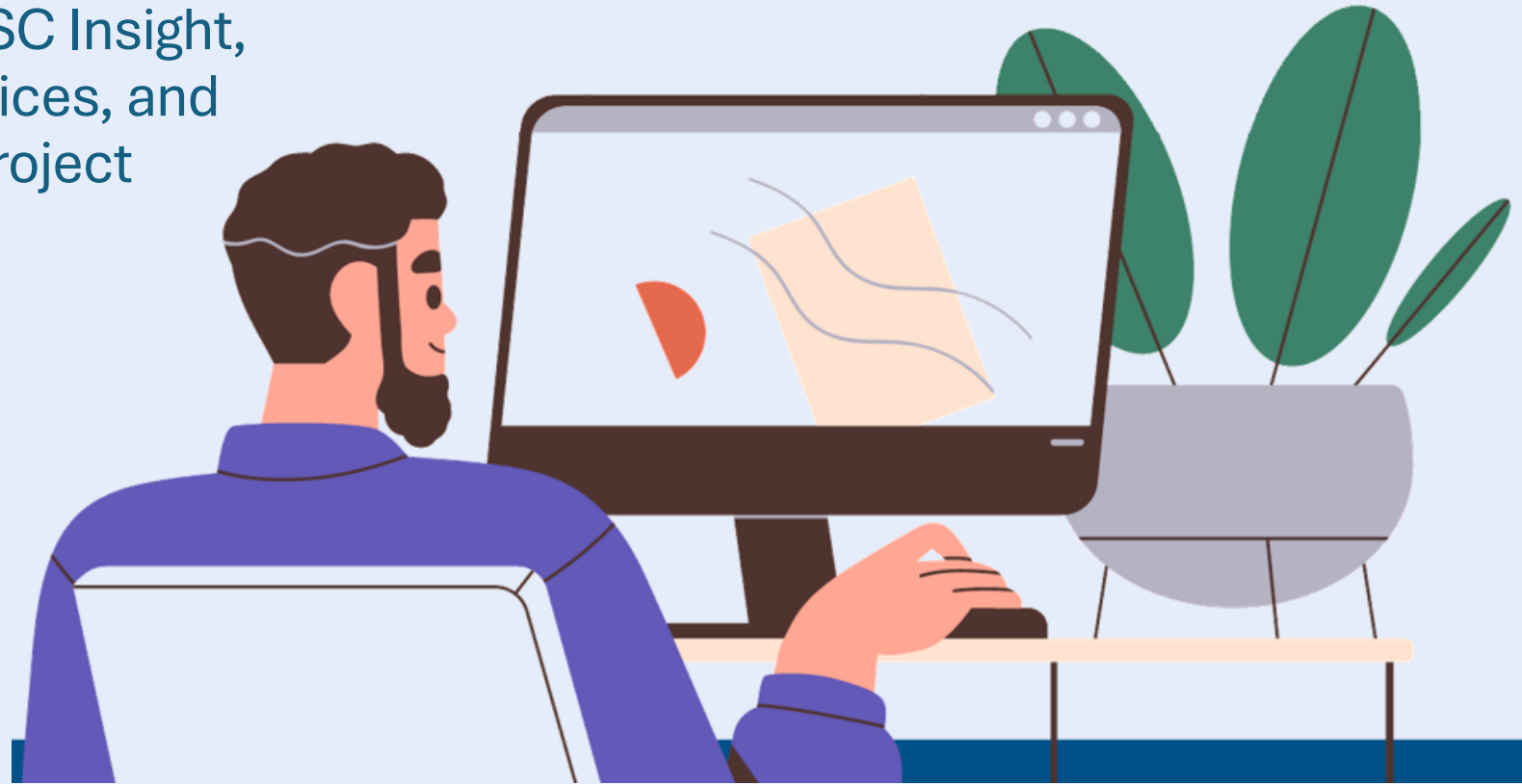
- As we move towards greater alignment of the young carers and adult carers agendas, are there particular areas the Board would like to see a joint approach to? For example, awareness raising and comms?
- Are there areas that the Board think need prioritising in the young carers strategy based on your vantage point? For example, improving approaches to transitions for young carers into adulthood?

Emerging Items and Carer Updates



Carers Action Plan: Monitoring and Data

Jamie Spencer, Head of ASC Insight,
Quality and Financial Services, and
Alice Beaumont, Carers Project
Officer





2025-26 Carer Survey | Additional Questions

1. Roughly how long after you started providing support did you begin to think of yourself as a carer?

- Identify carers who missed early support opportunities
- Understand when carers become visible to services

Questions
Approved by
NHS
England!

2. How did you first find out that you could have a carer's assessment?

- Identify which professionals or services are informing carers about their rights
- Identify gaps in support

3. Do you have a plan in place for someone else to take over your caring role in an emergency?

- Identify carer risk and unmet support needs
- Encourage carers to think about their networks and contingency planning

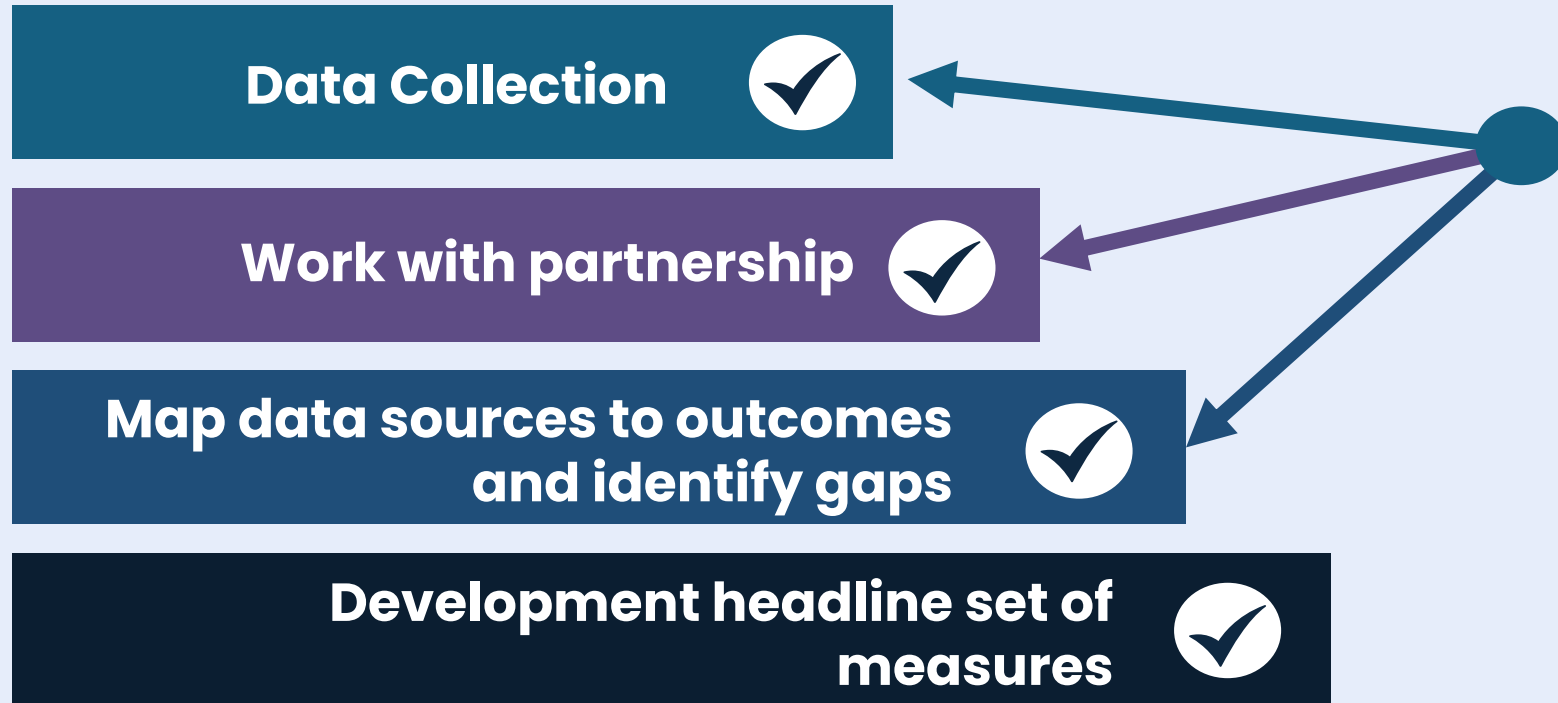
Key Dates

Additional Questions Deadline	05/09/25
Capture Eligible Population	01/07/25 - 30/09/25
Data Collection Window	01/10/25 - 30/11/25
Initial Submission deadline	26/02/26
Final Submission deadline	02/04/26

In common with
other London
Boroughs, we will
accept surveys up-
to the Final
Submission
deadline



Carer outcome data development



- Work progressing as set out at the last carer board
- Established internal data sources, starting to work with the wider partnership
- Carer data working group established and meeting fortnightly
- Substantive update and draft carer dashboard at the January 2026 Board meeting

Action Tracker

Priority Area	Proposed Action	Progress to date	Status	Outcomes (What does Success look like)	Indicators (Outcome Measure)
Communication	Put an extended article on carers in local publication: Camden New Journal, Camden Magazine	July 2024: Article in the Camden New Journal on the Action Plan Winter 2025: Planing underway to include a carer case study in the winter edition of Camden Magazine	In progress	Carers are identified by health and social care organisations.	Number of carers known to local health and care organisations.
Communication	Work with carers to develop language used to describe carers and caring role.	Autumn 2025: Two workshops scheduled with carers to explore the language of caring and produce a set of recommendations to share across the partnership	In progress	Staff are informed about carers rights and services and confident in signposting.	Training and staff feedback.
Communication	Develop a list of local places and events that carers services and information about services could be advertised, such as pharmacies, community notice boards.	February 2025: Connected with the ASC Communications Lead to develop Communications Plan around the Carers Action Plan Activities June 2025: Launch of Communications, Information and Advice Task and Finish group. Connecting to NCL Pharmacy lead	In progress	Carers satisfied in information advice, and access to services and facilities	Carers experience of information, advice and access to services.
Communication	Develop leaflets and posters in different community languages. Online versions needed too.	July 2025: Development of promotional cards signposting Camden Carers and the Carers Action Plan for the carer Board Members to hand out when speaking to carers in the community Autumn 2025: Leaflets to be developed following Language of Caring Workshops	In progress	Carers feelings of social connection and community.	Carers experience of experience of belonging/loneliness.
Communication	Services look at how they are using social media to identify more carers, particularly how to reach more young adult carers.	June 2025: First meeting of Task and Finish group discussed usefulness of short videos on social media to promote carer services.	In progress	Partnership development around carers.	System engagement with the Carers Board and Carers Services (referrals).
Communication	Carers Week Promotion	June 2025: Carers Week promotion: daily blogs posted on Camden's intranet, calendar of events shared and Camden Carers events.	Completed		
Communication	Connect with organisations who support disabled people to talk about carers.	June 2025: Carers Project Team connected with Camden Learning Disability Service's Information Accessibility Officer to consider Easy Read documentation development	In progress		
Information and Advice	Carers to help deliver training to services, to share experiences and raise awareness	October 2025: Delivering a Making Every Contact Count (MECC) webinar with input from carers. Webinar is for anyone working in Camden.	In progress	Carers are identified by health and social care organisations.	Number of carers known to local health and care organisations.
Information and Advice	Produce map of services so that carers know who to contact.	August 2025: Comms and Website testing engagement group to get feedback on Camden Care Choices services directory. Positive feedback on the directory but needs updating.	In progress	Staff are informed about carers rights and services and confident in signposting.	Training and staff feedback.
Information and Advice	Promotion of current discount card schemes available for carers.	April 2025: Discount schemes have been researched and draft compilation ready for testing/sharing	In progress	Carers satisfied in information advice, and access to services and facilities	Carers experience of information, advice and access to services.
Information and Advice	Look at all the Borough Partnership websites for the information on carers and update. Possible focus group on this.	June 2025: Carers Action Plan website updated with minutes. June 2025: Partnered services invited to use Love Camden for promoting carer events	In progress	Carers feelings of social connection and community.	Carers experience of experience of belonging/loneliness.
Information and Advice	Organise carer drop-ins where carers can find out about rights and services, offer talks. Such as libraries, community centres, faith groups.	Spring 2025: Connecting with Camden Reading Strategy. Scoping plans to hold drop-ins for carers at libraries. August 2025: Meeting with Faith Network and scoping plans to promote carers.	In progress	Partnership development around carers.	System engagement with the Carers Board and Carers Services (referrals).
Information and Advice	Develop some creative ideas for reaching carers. For example:	February 2025: Holborn Community Association and forum+ received funding to identify and engage male and LGBTQ+ carers (respectively). June 2025: Funding awarded to Bengali Workers Association and Hopscotch to help support and identify Bengali and Somali carers.	In progress		
Information and Advice	Creative use of pharmacies - carers info put on sticky labels when collecting medication or putting leaflet in the bag				
Information and Advice	Approach big Camden employers to raise profile of carers and talk about offer for carers.	October 2025: Making Every Contact Count Webinar to be proted amongst big Camden employer	In progress		

Next steps

- Launching Carers Conversations Task and Finish Group in November – thinking about Contingency Planning.
- Engagement sessions on Communications, Information and Advice and Carers Rights Day, November 20th.
- Next Board meeting: 21 January 2026 on the 11th floor of 5PS



Close

Thank you for your time today!



Appendix 1:

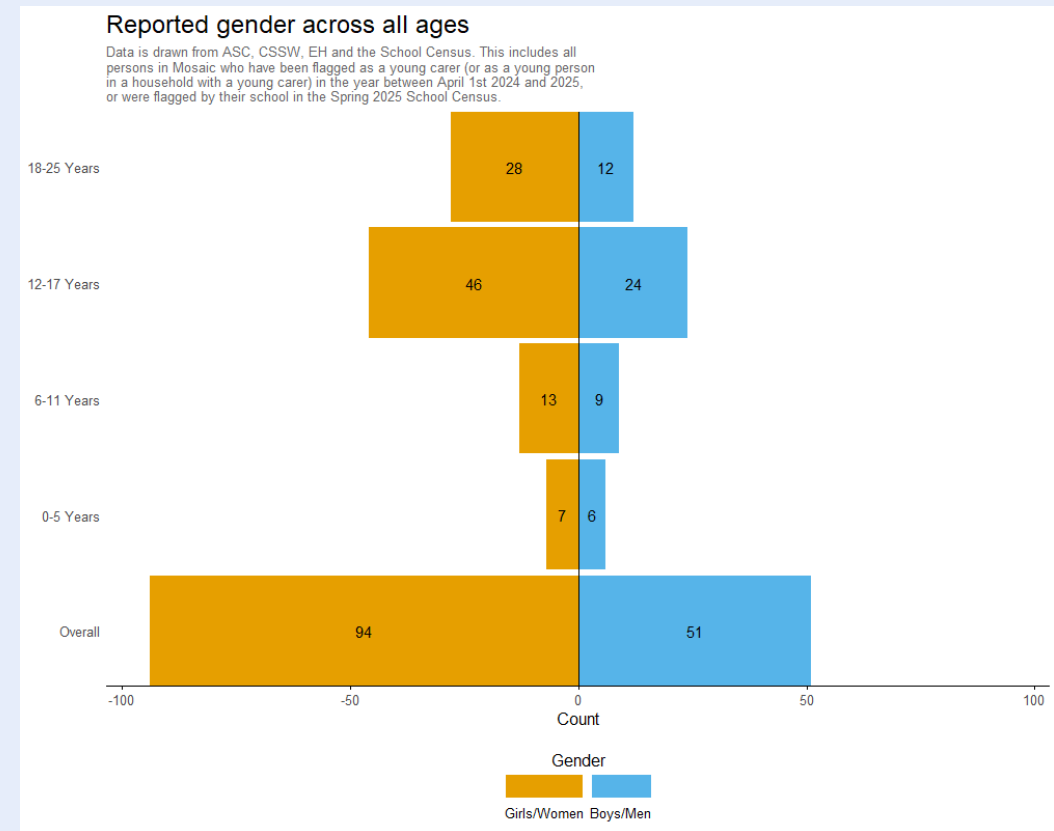
Data insights from the
**Camden Young Carers:
2025 Report**

Headlines

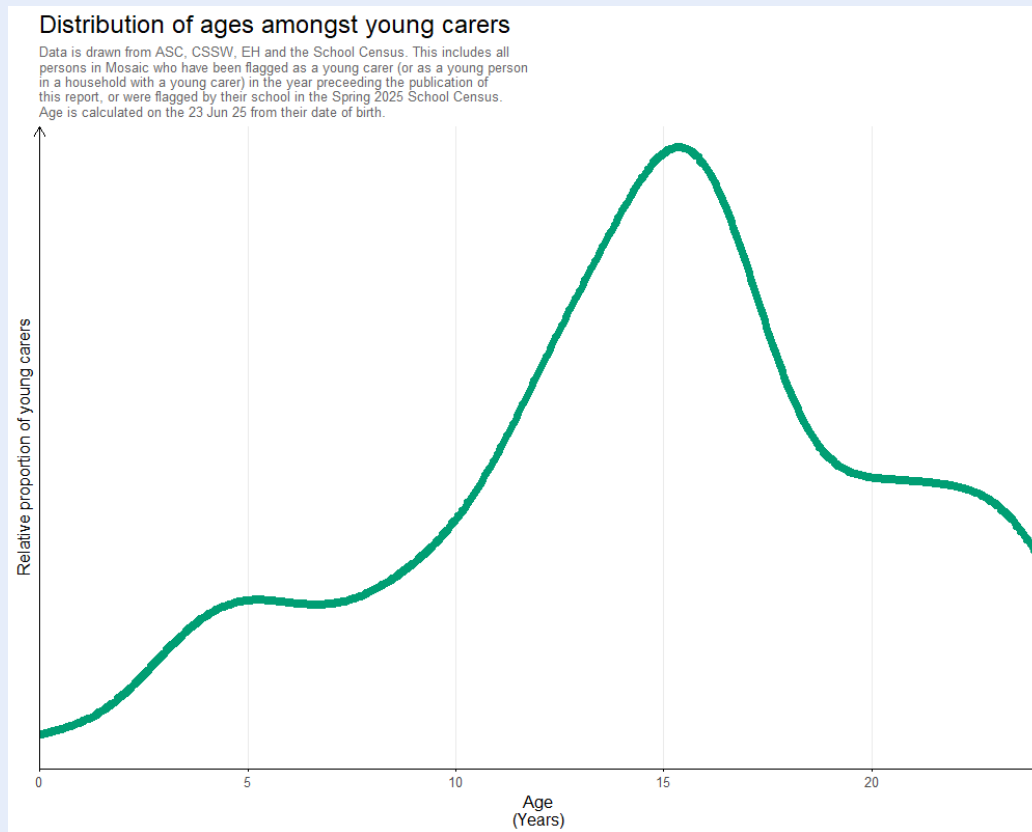
- Between April 1st 2024 and April 1st 2025, a total of 147 young carers aged 0-25 years have been identified or supported by a Camden service.
- Compared to the 2023/24 financial year, the rate of reporting for young carers may be showing **early signs of improvement**.
- The distribution of young carers broadly **mirrors patterns of inequality** in the borough.
- **Two thirds of identified young carers were girls**, and young carers were most likely to be secondary school aged.
- **Schools consistently under-reported the number of young carers** in their school in the School Census.
- **Most young carers were identified and supported through CSSW** (MASH Assessments).

Girls formed two thirds of the identified young carers amongst Camden's records.

- An approximate 60:40 split was seen in ASC, Early Help and CSSW records. The School Census was predominantly girls (88%).
- Research conducted in the UK and Europe often return similar splits between boys and girls, with girls typically forming between 55-70% of identified young carers.



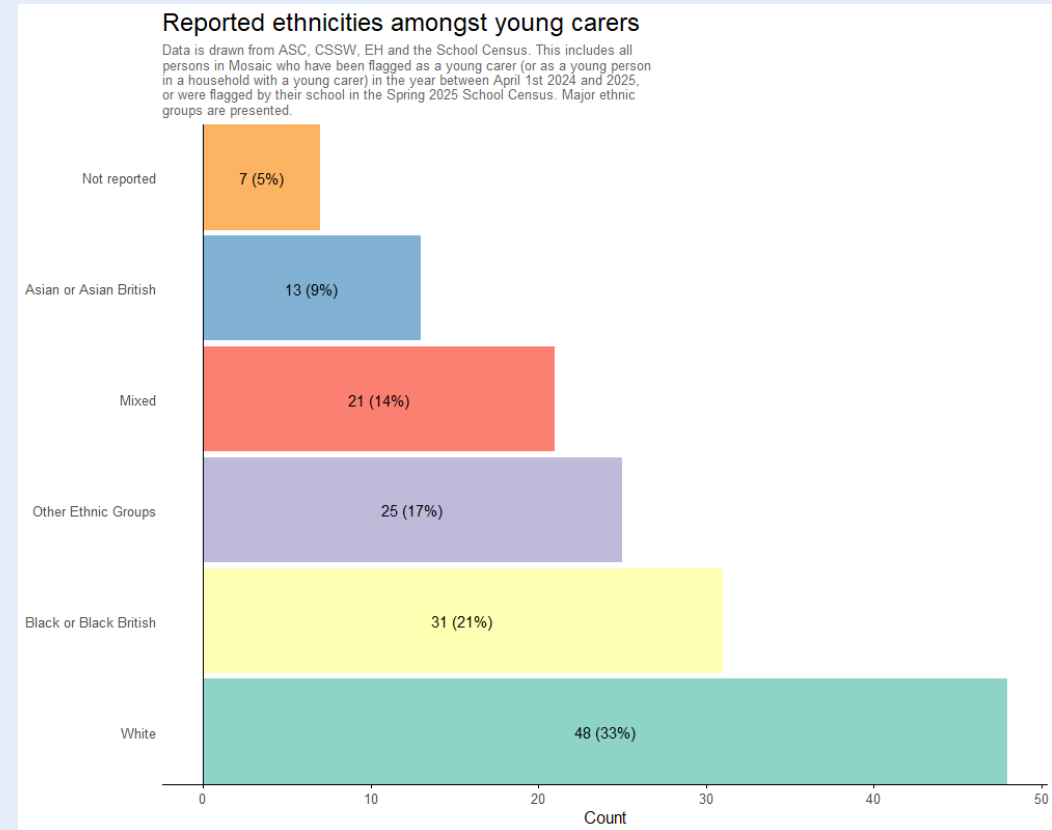
Caring was more common at older ages.



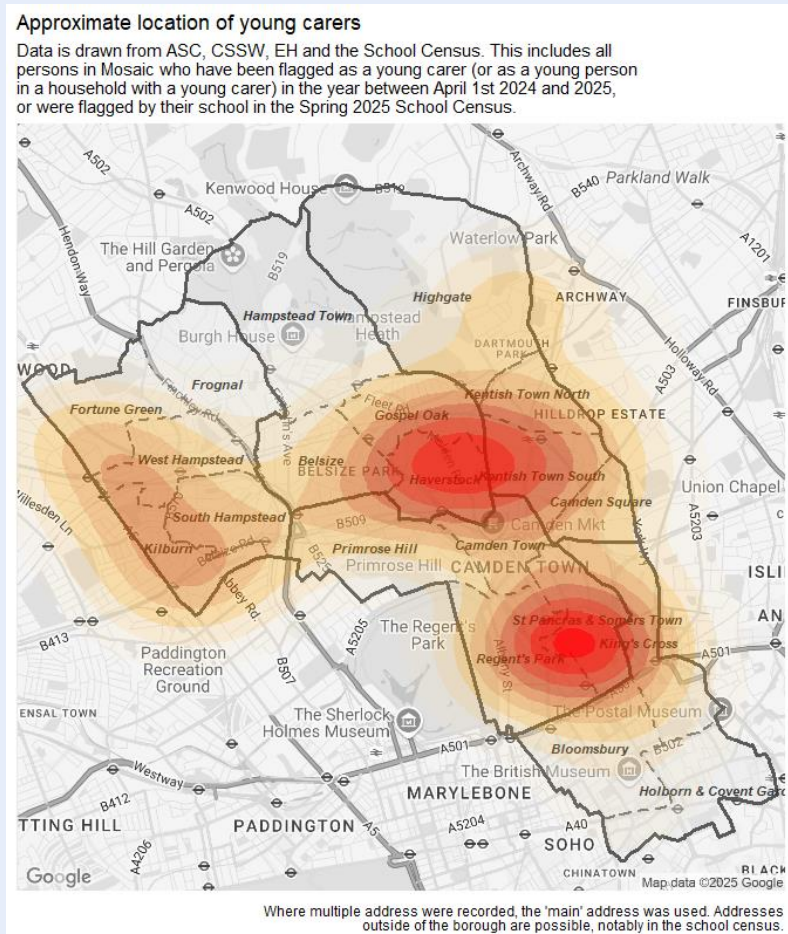
- The average age of young carers was 15 years, with most young carers falling in the 12-17 Years age group (or secondary school aged students).
- In the 2021 Census, the number of young carers was greater at greater ages. Between ages 5 and 18 years, for each three year interval, the relative number of young carers approximately doubled. This continued into early adulthood.

Young carers come from all ethnicities.

- The composition of identified as young carers broadly follows observations for London young carers in the 2021 Census.
- The most numerous major ethnic group was 'White', with 34% of the recorded young carers. The second most numerous major ethnic group was 'Black or Black British', with 20% of the recorded young carers.
- Records indicate less young carers identified were Asian or Asian British and more were identified as of Other ethnicities relative to the Camden youth population.



Young caring is not uniform across the borough.



- Peaks of density can be seen around St Pancras and Somers Town, Gospel oak, Haverstock, and Kilburn.
- As a proportion of the youth population*, young caring is most common in the Kilburn and St Pancras and Somers Town Wards (5.1 & 4.2 young carers per 1000 young persons) and lowest in *Kings Cross, Frognal and Hampstead Town* (all ~0.5 young carers per 1000 young persons).

*Under 25 years, 2021 Census

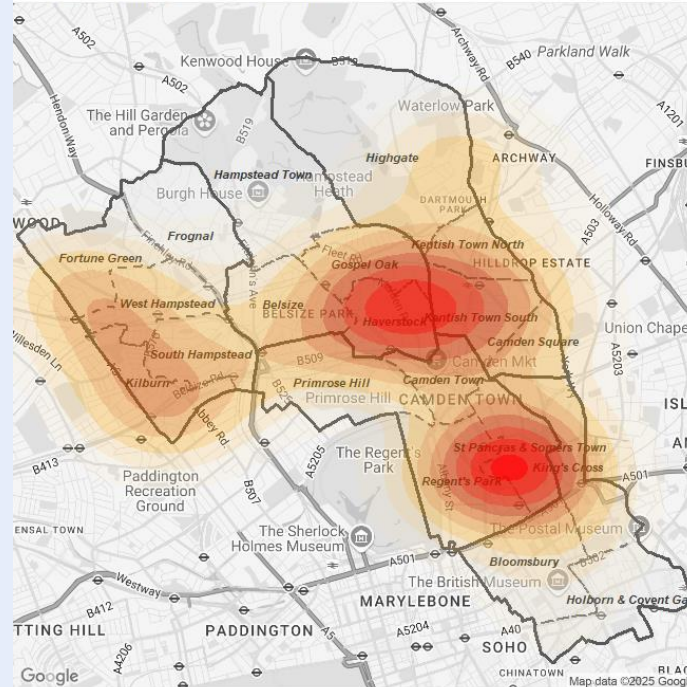
The geographic distribution of young carers follows patterns of deprivation

The geographic distribution of young carers maps onto patterns of social deprivation within the borough.

This mirrors observations across England, with rates of unpaid care higher in more deprived areas (2021 Census and Letelier et al., (2024)).

Approximate location of young carers

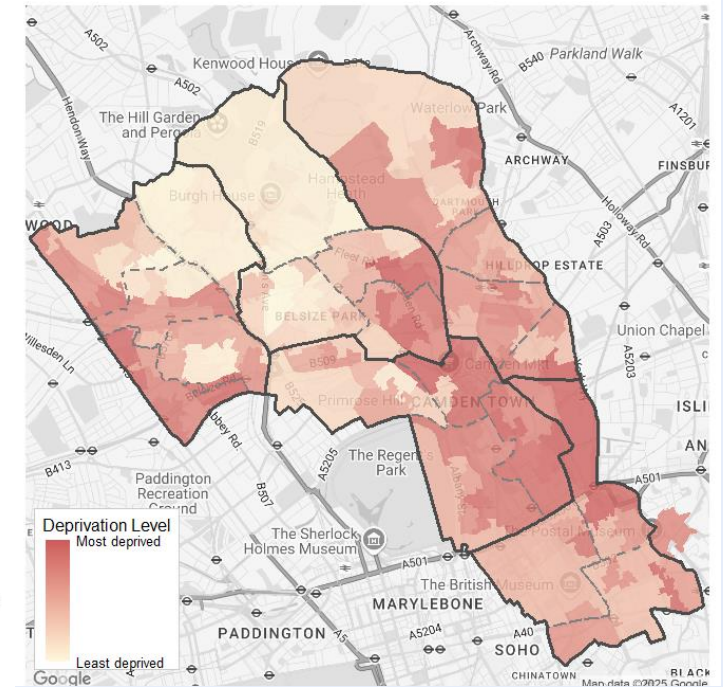
Data is drawn from ASC, CSSW, EH and the School Census. This includes all persons in Mosaic who have been flagged as a young carer (or as a young person in a household with a young carer) in the year between April 1st 2024 and 2025, or were flagged by their school in the Spring 2025 School Census.



Where multiple address were recorded, the 'main' address was used. Addresses outside of the borough are possible, notably in the school census.

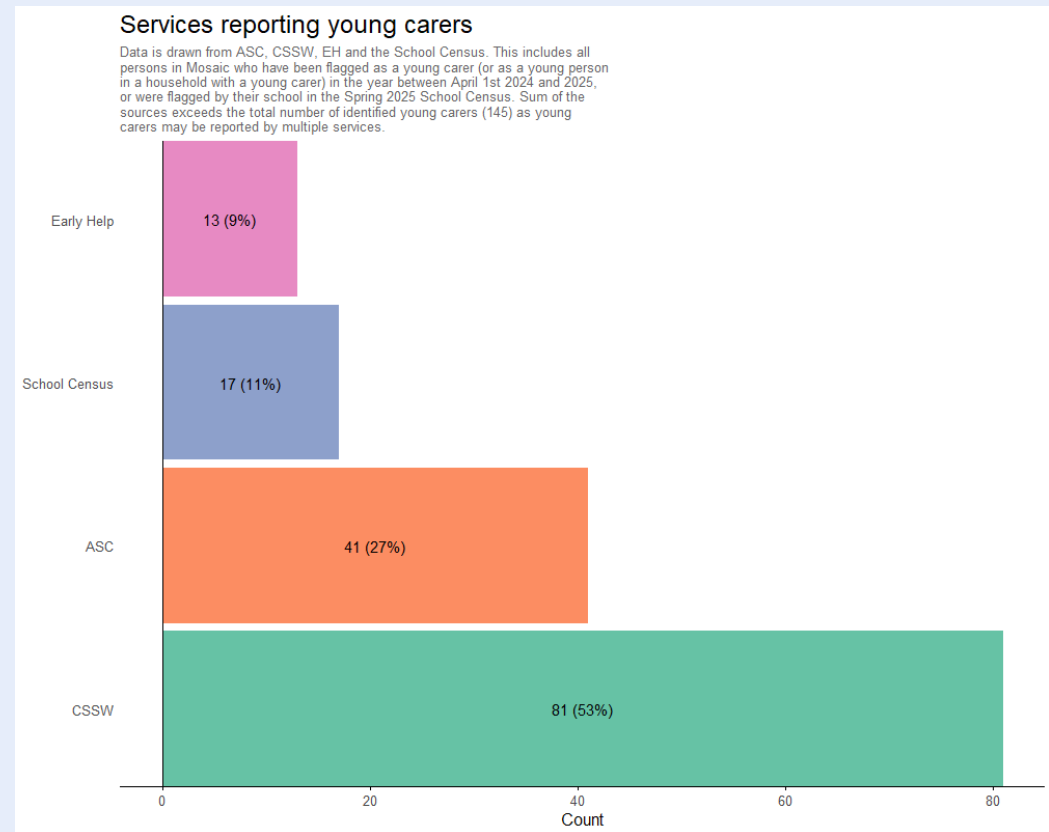
LSOA Index of Multiple Deprivation

Polygons are coloured by the Index of Multiple Deprivation score associated with their postcode, aggregated to a LSOA level. Red indicates greater relative deprivation. IMD was calculated in 2019 and is based on income, education, employment, health, crime, housing, and living environment at the LSOA level.

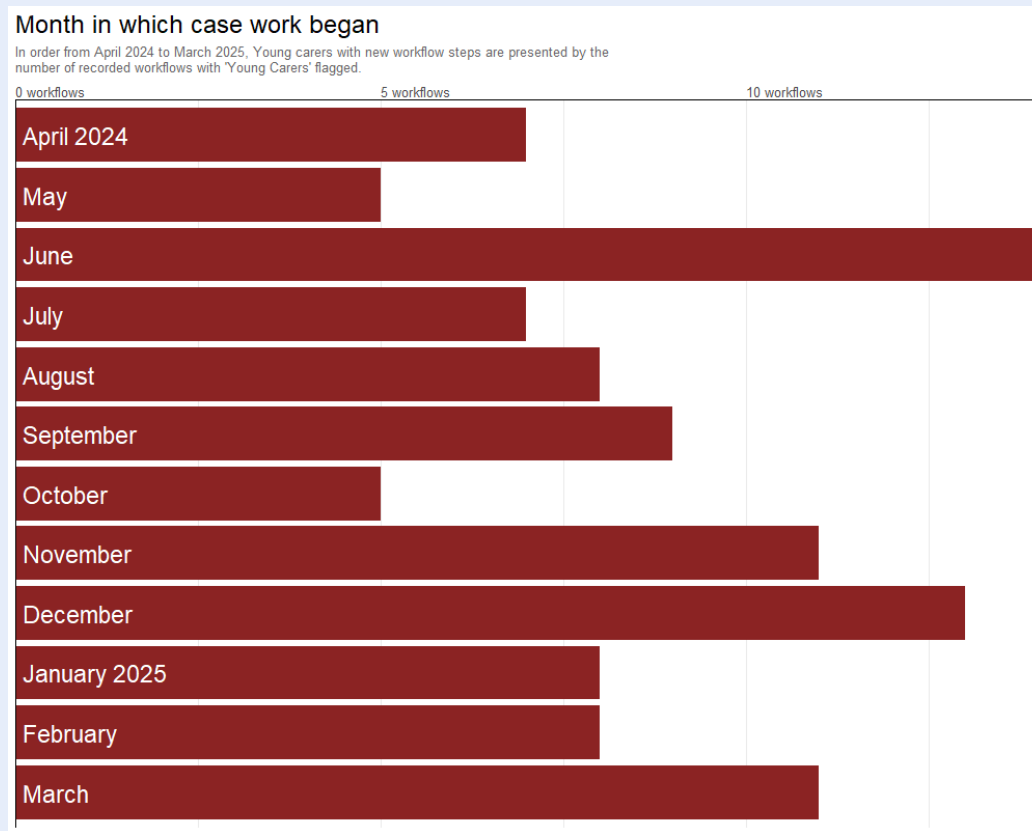


CSSW is the main route through which we identify young carers.

- The largest reporter of young carers is CSSW reporting 54% young carers. This is followed by ASC (27%), the School Census reporting (11%) and Early Help (8%).



We identify a young carer every few days.



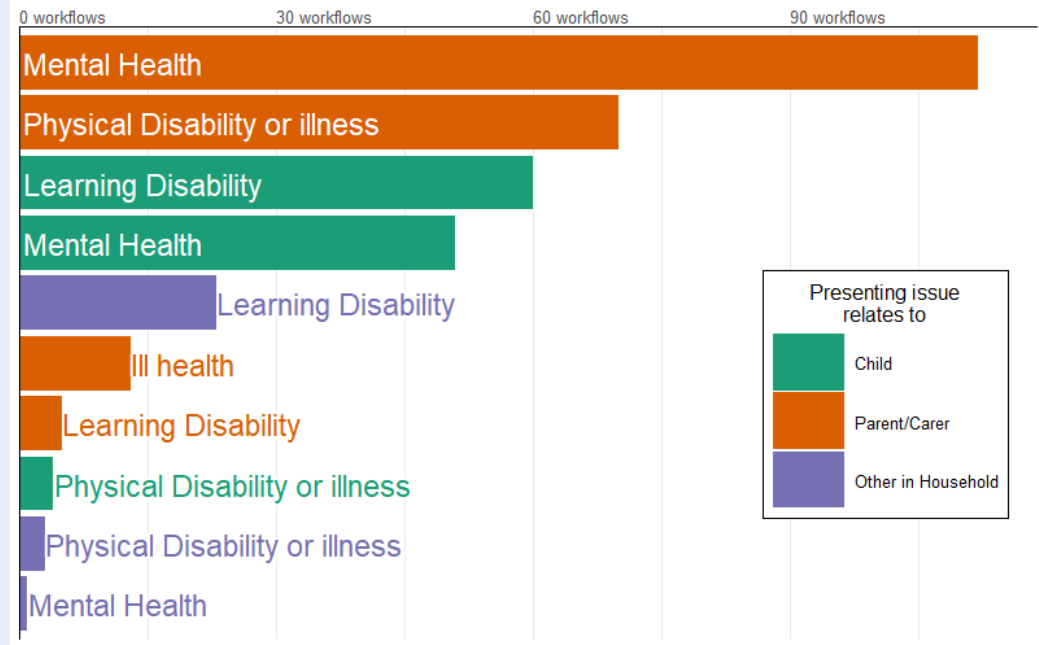
- One hundred seven workflows for young carers started last year, giving an approximate rate of one new assessment identifying a young carer every 3 days (or 9 every month).

Young carers are typically identified with multiple presenting factors.

- Beyond being a Young Carer, the most common presenting issues were Mental health, Learning disability, Physical disability or illness, and Domestic violence.
- Parents and guardians were most frequently referenced. Parental mental health was the most common presenting issue across early help and CSSW workflows, followed by their physical health.
- Only one CSSW and EH workflow referenced only 'Young Carer' as their presenting issue.

Health and disability related presenting issues presented by who they relate to.

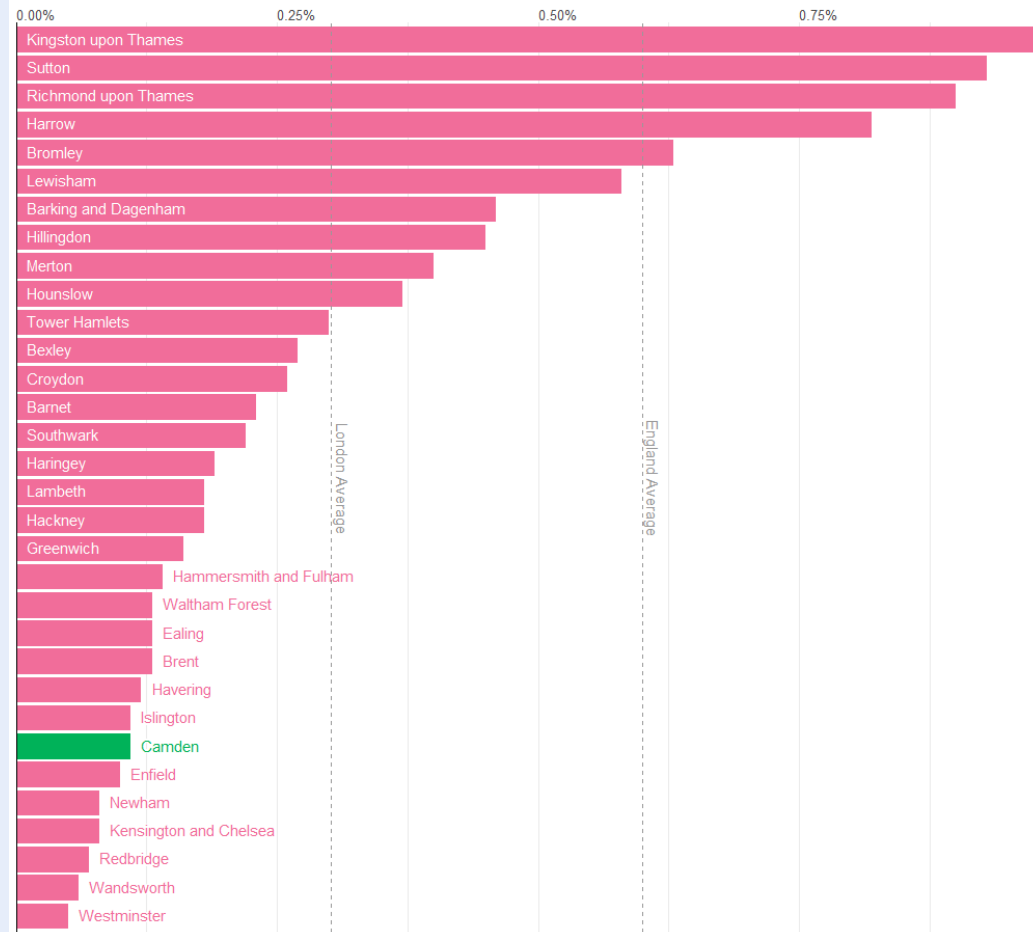
Presenting issues by whom they related to are presented in descending order. Presenting issues are recorded at assessment phase for CIN and CAF assessments. Most are captured in CSSW, reflecting the higher number of young carers reported by this service. Presented here are only factors that relate to mental or physical health, or a learning disability. One young carers workflow may have multiple co-occurring presenting issues.



Schools are a vital avenue for identifying and supporting young carers.

Percentage of students identified as a young carer in the School Census

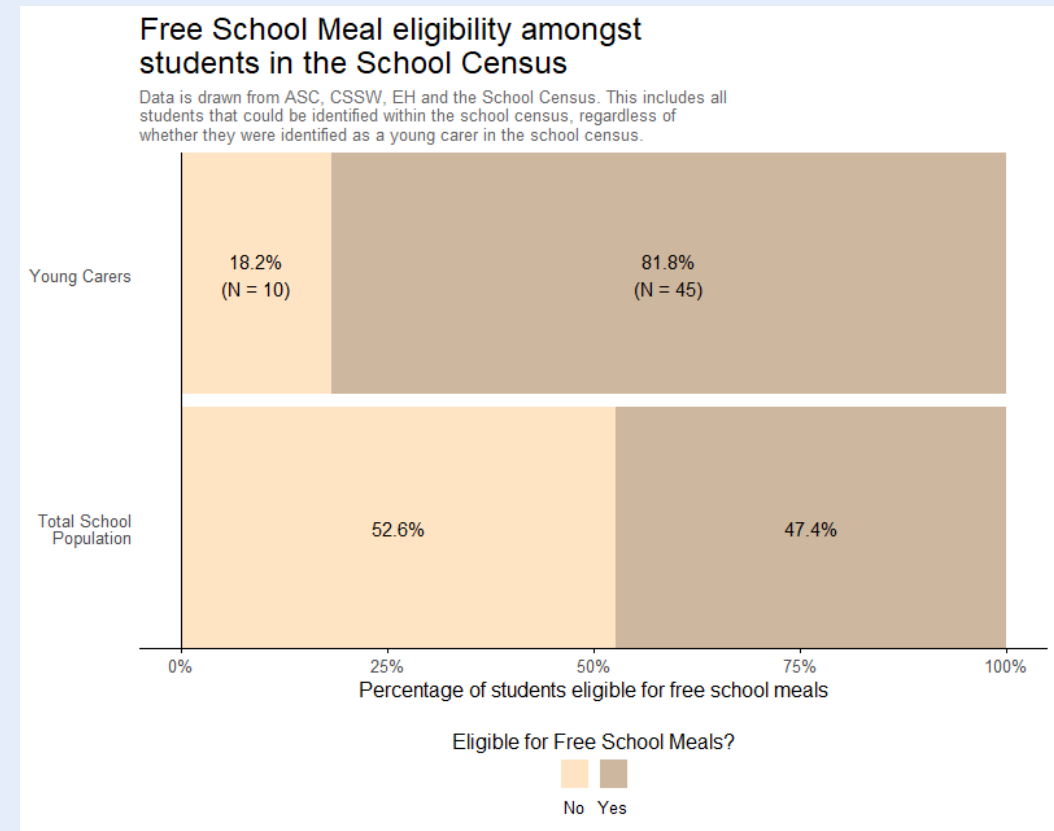
Percentage of state-educated students identified as young carers in the 23/24 Academic year, arranged by percentage. City of London is not displayed owing to a return of 0 young carers.



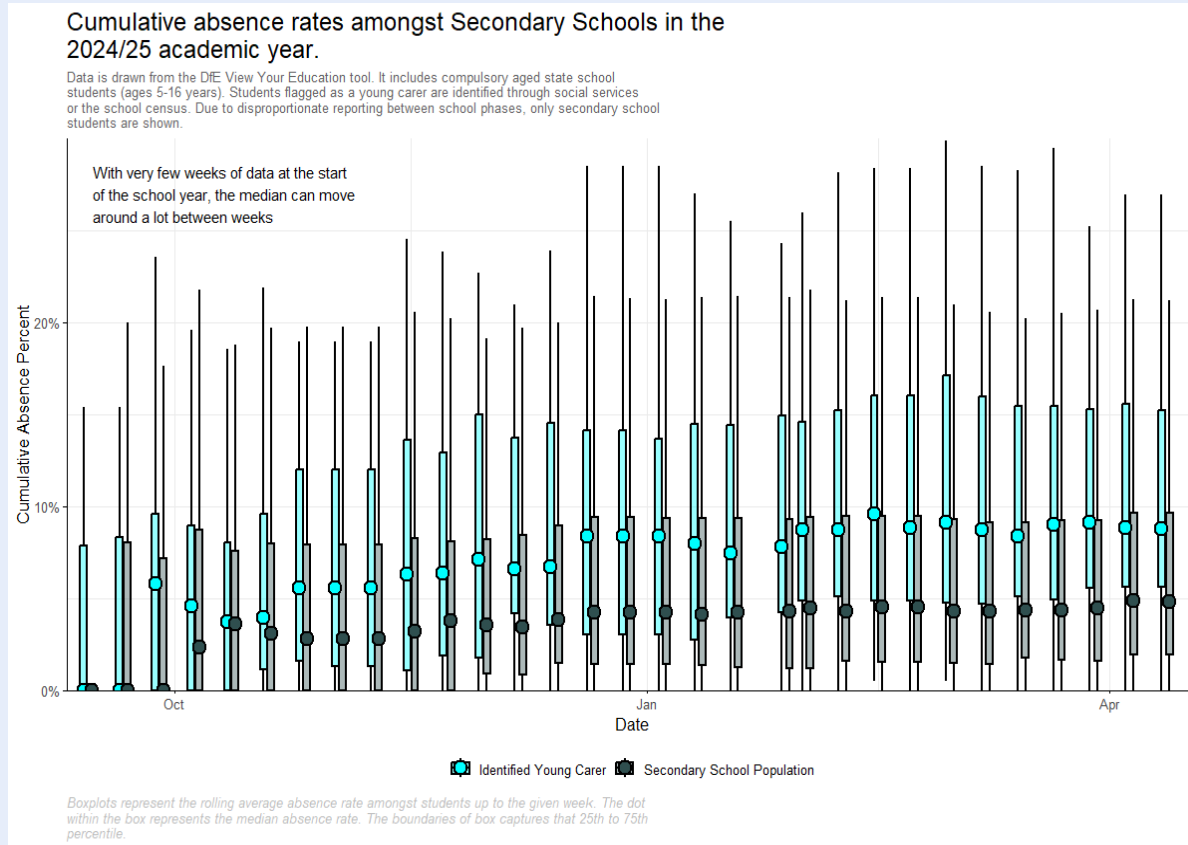
- The school census reports young carers independently of the council's social services. These reports are based on the parent or guardian, the student or a member of school staff raising awareness to the fact that a student is providing unpaid care.
- Camden has a low reporting rate in the school census compared to other boroughs. Taken from the **2023/24 School Census** (which contained a higher number of young carers in Camden than the 24/25 School Census), schools in Camden reported one of the lowest percentages of young carers amongst their state-educated population.

Young carers are more likely to come from households experiencing financial deprivation.

- Compared to their peers, young carers in Camden state-schools were more likely to be in receipt of free school meals.



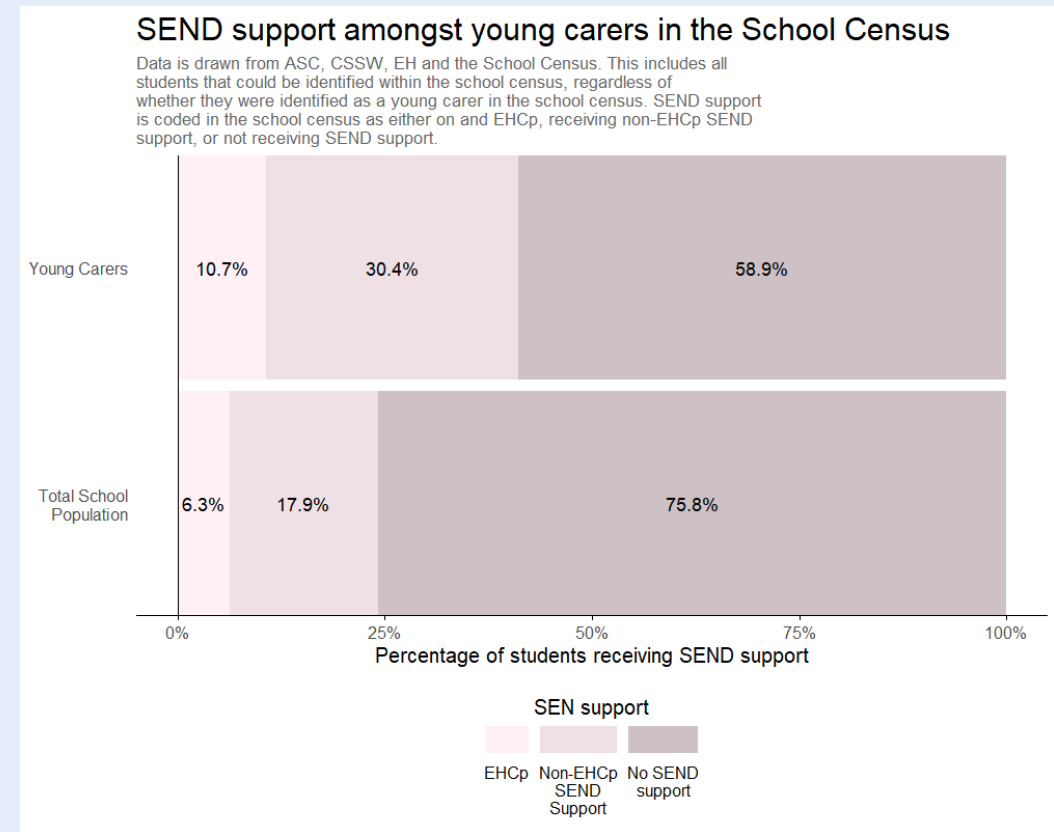
School absences are higher amongst young carers.



- Young carers (identified either through social services or the school census) have had a higher rate of absence.
- As of 10 May 2025; young carers had a median absence rate of 8% compared to 5% for the remaining school population.
- In previous work relating to school attendance, young carers were consistently observed to be a group at risk of absences, whether that is calculated as total, authorised, unauthorised or likelihood of being persistently absent.

Young carers are more likely to receive SEND support.

- Young carers are more likely to be receiving SEND (Special educational needs and disabilities) support than the Camden school population.
- The Children's Society estimate that young carers are 1.5x more likely to have special educational needs than their peers.



We're moving in the right direction but there's still a long way to go.

- The increased number of young carers identified in the previous financial year may represent a positive direction of travel if it is sustained.
- To this end, more can be done to support partners to identify young carers, particularly GPs and Schools.
- No statistics from social services data indicate a disproportionate departure from broader national trends.
- While this presents *who* a young carer is, it lacks detail to speak to *why* young people are caring, *what* care they are providing and *how* much, as well as an exploration of their subjective experience of caring. Work by The Children's Society has started to fill in those gaps.