

Caring for Carers - Sunderland Carers Centre**£32,000**

The total cost of the project will be £44,428. Match funding of £12,428 will be provided. The project will commence in May 2019 and continue until April 2020.

A comprehensive mapping exercise will be carried out with a range of VCS organisations in the Coalfield area at the commencement of the project

A range of awareness raising events which will meet the needs of a broad range of audiences will be delivered. This will be followed up by a variety of roadshows throughout the Coalfields which will entail workshops *'Who are the Carers Centre and What do they do'* and individually tailored *'Carer Awareness'* workshop sessions bespoke to the needs of groups.

The intense mapping exercise will serve to identify specific geographical areas where there are fewer known carers as well as those areas with fewer support resources. This will inform priorities for the initial development of the project and co-ordination with partner organisations to develop provision within that area.

We will use the intelligence data from the mapping and partnership approaches in order to link organisations and raise the profile of service provision within the area and networks in order to ensure that individuals are able to access the most appropriate support to meet their needs. We will utilise social media, existing VCS network and All for Carers Network to share information and resources.

The success of this project will rely upon the development and embedding of effective trusted partnership approaches throughout the Coalfields. Identifying and supporting partner agencies to effectively identify, engage with, and support carers and their families and provide bespoke provision to meet identified needs. As an embedded partner within the Coalfields VCS network we will involve key organisations such as B Active N B Fit; Community Transport; ShARP; Fire and Police Service in order to ensure early identification and effective support pathways for carers. We will also link with Age UK Front Door Provision to ensure effective signposting into and from the project.

We will also develop a rolling programme of more intense Carer Awareness Training, available throughout the length of the project and beyond, in order to ensure that as new groups are identified/develop and needs change provision continues to be available in order to embed and develop carer awareness; identification and support which is sustainable throughout the area. We will offer Carers Awareness Sessions to smaller community groups and engage with them within the VCS network.

Learning from our intergenerational *'from me to you project'* will provide a baseline from which we can develop intergenerational projects with our partner providers, which will be led by the needs of carers and their families within the locality areas. This would be supported by members of our 0 – 25 team who have knowledge and expertise in working with and engaging children and young people.

Our *Self - Care Train the Trainer Programme* will be adapted and facilitated for organisations wishing to access the training element and deliver sessions within their area/group, the sessions will also be available on a rolling programme directly to carers and their families promoting self-care and wellbeing. To complement the sessions, we will also work with partners to produce visual self-help guides, and potentially commission partners to deliver sessions which improve health and wellbeing.

In line with the intergenerational work we will work with our 0 – 25 team; educational establishments and partner organisations, such as Hetton New Dawn etc to identify *'hidden'* carers who do not recognise their caring role and engage them through partnership approaches. Opportunities for engagement may also arise via SNCBC School Opportunities Programme. We will seek to identify activities, projects and services which have a higher uptake of male participants in order to identify and engage male carers and subsequently support them to access services as and when they require.

We will partner with the Step Up SIB funded volunteering programme in order to develop a range of opportunities specific to the Coalfields area's identified needs. The Volunteer Co-ordinator will actively recruit, train and support volunteers within the locality.

We will use our Data Monitoring System in order record, monitor and evaluate quantitative and qualitative data in line with funding reporting requirements. Reporting will be monitored and scrutinised through our internal

management systems. Working in partnership with Sunderland University a comprehensive impartial evaluation of the project will take place. Partner organisations, including those successful through the small call for projects 'loneliness and social isolation' will feed into the evaluation process.

The success of this project will depend upon the establishment and effective development of a robust VCS provider network, through which development needs can be identified and fulfilled. Partner VCS organisations will be invited to submit project ideas which can be developed in order to expand the carer offer throughout the coalfields.

34 carers/family members will receive individual or 1-2-1 support (unique individuals)

26 individuals/family members will be referred to other services and organisations (unique individuals)

40 additional group training sessions/awareness sessions will be delivered

35 people will participate in structured training sessions

20 local groups and organisations will be supported to engage with the project

Recommendation: Approve. Meets Area Priority 'support for older and vulnerable adults and carers'