

Edinburgh Young Carers

Children's Rights & Wellbeing Impact Assessment (CRWIA)

Introduction and Overview

Edinburgh Young Carers is committed to ensuring we meet our legal duties and international obligations in respect of human rights. In terms of our work with children and young people, this requires respect for and the promotion of children's human rights as set out in the UN Convention on the Rights of the Child (UNCRC).

In relation to the Children and Young People (Scotland) Act 2014, Part One places children's rights duties on Scottish Ministers and public authorities, with duties to report every three years on the steps they have taken to give better or further effect to the requirements of the UNCRC. The 2014 Children and Young People (Scotland) Act also places in statute key elements of Getting It Right for Every Child (GIRFEC). GIRFEC is Scotland's national approach to improving the wellbeing of children and young people and is linked to children's rights through the Children's Rights and Wellbeing Impact Assessment (CRWIA).

This Children's Rights and Wellbeing Impact Assessment (CRWIA) will assist Edinburgh Young Carers to fulfil existing UNCRC international obligations and specific duties under the 2014 Act, and to promote the wellbeing of children and young people through our policies and services.

Purpose of Edinburgh Young Carers' 3 year Strategic plan – 2021-2024

Our Vision

To make a positive and demonstrable difference in the lives and futures of young carers and their families across Edinburgh.

Each young carer is a unique individual, a child who is entitled to a childhood, a person who is entitled to discover their potential and a human being whose rights should be respected.

Strategic Aims are:

- To provide high quality, child and young person-centred support services to young people with caring responsibilities in Edinburgh
- To raise awareness of young carers' needs, and to inform and assist agencies in developing appropriate support services
- To ensure a rights-based ethos to the work of the service, with the active involvement and participation of young carers and young adult carers
- Informing and delivering local and national policy relevant to young carers and young adult carers

By achieving these aims, we will increase the identification of 'hidden' young/young adult carers and by doing this, provide them with the relevant age and stage support and reduce the amount of young people undertaking inappropriate caring roles.

Project Summary:

Edinburgh Young Carers is here to improve the lives, wellbeing and life chances of children and young people in Edinburgh who care for somebody at home - usually a parent, but often a sibling. We do this by raising awareness of young carers' (YCs) needs and supporting them to balance their caring role, their personal development and their right to a childhood. We enable them to overcome issues resulting from their caring role including lack of confidence, poor mental health, difficulties at school and financial worries. In the last year we supported over 400 young people aged 5-25.

Each young carer will have a dedicated 'key worker' to assess the impact of their caring role. This will help them identify their support needs to reduce the negative impact of their caring role, and allow them to be children first and foremost.

The team has a 'hub' based at Norton Park centre in Leith and taxi travel to and from the Hub will be provided for all young carers aged 5-15. Each young carer will have an individualised development plan comprising some or all of the following:

Our current services include:

- Specialist support for YCs whose parents are drug or alcohol dependent
- One-to-one mental health support, including professional Counselling
- Peer support groups including 'Happy Heids' groups for very young carers (5-9)
- Transitions support for young adult carers (aged 16+)
- Respite activities, allowing YCs a break from caring responsibilities and an opportunity to share their experience with peers. This includes days out, camping trips and 2-5-night residential breaks during school holidays
- A school's awareness project, supporting school staff to identify vulnerable YCs
- A YC Forum allowing YCs to become involved in decision-making and develop leadership skills
- A 'light touch' support and information service for YCs who require less intensive support
- Core Skills Development through activities supporting literacy, motor skills and environment awareness. The content is determined by the young people and may include equine therapy, outdoor skills, educational programmes, swimming and support with school transition.

Last year we carried out a feedback survey with our young people and families. The feedback received was very positive and the results are listed below:

% of YCs who feel that their support at EYC has:	
helped them feel more confident?	91%
helped them feel less alone?	87%
helped them make new friendships?	87%
helped them feel supported in their caring role?	90%
helped them to feel better about themselves?	85%
helped them cope better in life?	87%

The UNCRC has 54 articles; those noted below most closely align with Edinburgh Young Carers current programme of work:

Article 2 (non-discrimination)	We recognise that the UNCRC applies equally to all children and young people regardless of race, sex, gender, disability; all
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	<p>appropriate measures are taken to ensure that the child/young person is protected against all forms of discrimination.</p> <p>All EYC services operate on the basis of non-discrimination. We have an Equal Opportunities/Managing diversity policy and robust procedures in place to ensure compliance.</p>
<p>Article 3 (best interests of the child)</p>	<p>The best interests of the child are a primary consideration in all actions taken for or on behalf of the child; all relevant standards and protocols ensure this is adhered to.</p> <p>All services are focused on the best interests of children and young people involved and are consistent with the Convention. We have a Child Protection policy and Safeguarding Statement in place. Staff working directly with families and young people are trained in child protection/safeguarding and work within the principles of SHANARRI and GIRFEC.</p>
<p>Article 12 (respect for the views of the child)</p>	<p>The views of all children and young people who use our services are highly valued and form a fundamental building block of our approach.</p> <p>We actively seek the views of children and young people through a variety of means, ensuring that their voices and views are heard. One example of this is through our Young carers forum whereby children and young people are consulted on our strategy and operational programme and relevant policy and legislation.</p>
<p>Article 13 (freedom of expression)</p>	<p>To ensure that our youngest young carers were able to express themselves, we ran a BIG BOOK project where children worked together to create a story about young carers, made their own characters, designed them and gave them a voice to raise awareness and help identify young carers aged 7 and below.</p> <p>Working in partnership with Dance Base our young carers used dance to express how it felt to be a child with caring responsibilities.</p>
<p>Article 24 (health and health services)</p>	<p>Edinburgh Young Carers recognises that health and access to health services for the children and young people with whom we work is a fundamental aspect in the promotion of their wellbeing. They have the right to the highest attainable standard of health and to facilities for the treatment of illness and rehabilitation of health. They should have a say in how they get this and be able to say what they like and dislike.</p>
<p>Article 28 (right to education)</p>	<p>Edinburgh Young Carers acknowledges the importance of children and young people's right to education regardless of race, sex, gender, or disability. We believe education, in its</p>

	widest sense, is essential to their development and reaching their fullest potential.
Article 31 (leisure, play and culture)	We recognise the importance of relaxation and play and breaking down barriers. We support the children and young people we work with to shape what we provide and what they wish to participate in, providing for example: theatre, trips to the Zoo, quiet space, toys, books, relaxation, music, art, sports, hobbies, etc.
Article 42 (knowledge of rights)	In line with our commitment to The Promise, and our rights-based approach which is aligned with the UNCRC, GIRFEC and SHANARRI, we talk to children and young people about their rights through service provision, and our youth participation and engagement activities such as our young carers forum.

What impact will the policy/measure have on children’s rights?

Edinburgh Young Carers’ Strategic plan will have a positive impact on all the articles outlined above. Our work is subject to internal review using the self-evaluation resource; ‘How good is our third sector organisation’ (HGIOTSO), using quality indicators with the emphasis on evaluating impact and outcomes. This ensures that we are delivering on our stated aims and objectives.

Respecting the rights of children and young people is an integral part of our service delivery which will continue throughout the duration of the plan.

Will there be different impacts on different groups of children and young people?

As an organisation, Edinburgh Young Carers acknowledges that there may be different impacts on different groups of children and young people, within families, and on those who are marginalised in society.

We strive to ensure that, in line with Scotland’s aspiration to be ‘the best place in the world to grow up’, we will continue to mitigate potential negative impacts, and to create positive opportunities for children and young people in their lives. We will continue to monitor, assess and review how our strategy, policies and practice removes barriers and eliminates prejudice in respect of the protected characteristics.

How will the policy/measures contribute to the wellbeing of children and young people in Scotland?

The wellbeing of children and young people in Scotland is measured against the eight wellbeing indicators outlined in the Scottish Government’s Getting it Right for Every Child framework. We record progress and outcomes across our services, using the SHANARRI indicators: Safe, healthy, achieving, nurtured, active, respected, responsible and included.

Monitoring and review

Edinburgh Young Carers will continue to review all policy and practice through the application of our CRWIA when reviewing and developing new services and/or policies.

Next review due – December 2024

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