



**DREAM
ARTS**

**DREAM ARTS YOUNG
CARERS
CASE STUDY**

Background and achievement of the project

Prior to the Young Carers Navigator role being developed, there was not a single point of contact for young carers in Westminster or dedicated resources for this vulnerable group.

Evidence shows that whilst the Children and Families Act (2014) requires local authorities to assess young carers needs and transitions before they reach 18, the true numbers of young carers remain uncertain due to challenges with disclosure, lack of access to support and lack of recognition of role/responsibilities.

Given that young carers tend to have poorer employment and health outcomes than those without caregiving responsibilities the need to prioritise early intervention with this group is essential. To bridge this gap, DreamArts, leveraging their expertise in creative programs for young carers, effectively managed and delivered the Young Carers Project and Young Carer Navigator role.



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Key achievements include:

- ✓ Development of a Provision Map and Referral Pathway, linking young carers and their families to a comprehensive array of support services through nine pathway partners, covering areas like mental health, SEND, Early Help, Family, School, Therapeutic, Youth offerings, and Careers.
- ✓ Creation of a young carers assessment model derived from research, focus groups, and development, aimed at motivating and engaging young caregivers and their families in assessments. Fourteen assessments have been conducted across various services, with three Family Navigators trained to employ the model.
- ✓ Successful delivery of the DreamArts Carers Express flagship project, engaging 43 young carers (ages 11-19) through a blend of photography and drama-based activities, fostering inclusion, and facilitating exploration of pertinent issues, resulting in enhanced wellbeing and valuable feedback.
- ✓ Introduction of a research-based, practical arts-based training session to heighten awareness of young carers among professionals working with children and families in Westminster, with successful piloting involving 13 participants from the voluntary sector and early help sectors.



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Next steps for Young Carers Project

- 3-year grant from John Lyon's Charity, to expand the Young Carers Project, including a juniors group, therapeutic support (both 1:1 and group), and an additional Carers Express practitioner.
- Training for professionals and volunteers involved with children, young people, and families, extending to ICA, Family Lives, and Portman Early Childhood Centre teams.
- Development of an online Resource Library by DreamArts, catering to young carers, parents/carers, professionals, and schools.
- Redesigning the Pathway Visual Map and Supporting Document to enhance accessibility for children, young people, and families, facilitated by a graphic designer engaged by DreamArts.



“The young carers assessment is a useful and practical tool that draws out what the young person with a caring role really needs and wants. It also provides practitioners with an insight into their worries.”

-Senior Systemic Family Practitioner, Westminster Early Help Team

Appendix

[Dream Arts](#)

[Dream Arts Young Carers Pathway](#)

