

Carers Services Small Grants Programme 2021

Guidance notes

1 Introduction

- 1.1 Adult Social Care and Health (ASCH), East Sussex Clinical Commissioning Groups (CCGs) and the Council's strategic partner, Care for the Carers want to promote, maintain and enhance people's wellbeing and independence in their communities so they are healthier, more resilient and less likely to need formal health and social care services.
- 1.2 The outcomes we are looking to achieve for our population are:
- People remain independently in their own homes with less need for formal interventions or statutory support;
 - People report enhanced health and wellbeing/quality of life, and;
 - Population health is improved, and health inequalities are reduced.
- 1.3 There is clear evidence the Covid-19 pandemic does not affect all population groups equally.
- Seventy per cent of carers are providing more care due to the pandemic – on average, 10 additional hours of care a week¹.
 - There has been a lack of access to community support services for people who already have mental health support needs and for people who need this support for the first time, and this is impacting on the wellbeing of carers of people with mental health conditions².
 - Many analyses have shown that there is an increased likelihood of testing positive and dying with COVID-19 for those in Black, Asian and minority ethnic (BAME) groups. A corresponding increase in carers in BAME groups is anticipated³.
- 1.4 We would therefore be interested to hear from organisations that represent BAME communities in East Sussex and/or organisations who could support carers caring for a person with a mental health condition. We are interested in proposals that reach and support more carers from these communities, supporting them to register with the Carers Centre and connecting them with the wider carer community and support offer.

¹ Carers UK (April 2020) - Caring behind closed doors Forgotten families in the coronavirus outbreak

² Social Care institute for Excellence (SCIE) June 2020 – Understanding the impact of Covid-19 responses on citizens

³ Public Health England June 2020 - Beyond the data: Understanding the impact of COVID-19 on BAME groups

2. Small Grants Programme

- 2.1 East Sussex County Council and its strategic partner, Care for the Carers is **offering grants of up to £15,000** (fifteen thousand pounds) per annum to organisations, groups or individuals who can deliver services to support carers to maintain their health, wellbeing and to manage their caring role alongside other responsibilities. Care for the Carers is responsible for the grant application process and ongoing monitoring and support.
- 2.2 This funding is initially for 12 months; however, it is our intention to commit to year on year funding of the project up to 31st March 2025 subject to ongoing available funding and satisfactory performance. The aim is to offer continuity of support to carers as well addressing uncertainties experienced by organisation, groups and individual with short-term funding.
- 2.3 Ongoing grant funding for your project from 1st April 2022 will be subject to a yearly review with Care for the Carers and agreed Key Performance Indicators being met.
- 2.4 Care for the Carers will have the responsibility for monitoring the outcomes achieved through the small grants programme.
- 2.5 There is no income limit for groups or organisations who wish to apply for this Small Grants funding programme.
- 2.6 If you are an organisation who is currently providing grant funded services for carers through the Carers Services Small Grants Programme and you wish to **continue to deliver your existing** service from 1st April 2021, we propose to do this by rolling over funding subject to review and KPI's being met. Please provide a brief outline of your proposal together with a Financial Template. The financial template is available to download at www.cftc.org.uk/small-grants-available-for-carers-services You will need to submit your application stephanieb@cftc.org.uk by **13th November 2020**.
- 2.7 If you are an organisation who is currently providing grant funded services for carers and you wish to apply for grant funding to fund a *new* project instead of, or in addition to, your current grant funded service, this is considered a new Grant Application and you will need to complete Small Grant Application Form and Financial Template detailing your new project.
- 2.8 If you would like to apply for a Carers Services Small Grant, you can download a Carers Services Small Grants application form at www.cftc.org.uk/small-grants-available-for-carers-services

The closing date for grant applications is 5pm, Friday 27th November 2020.

3. Available Funding

- 3.1 Organisations, groups or individuals can apply for a grant up to £15,000 (fifteen thousand pounds).
- 3.2 This funding is initially for 12 months to deliver services to carers from 1st April 2021 – 31st March 2022.

- 3.3 If either the Council or the Clinical Commissioning Group need to make savings during the Contract Period, the total maximum budget may be reduced.
- 3.4 If the annual budget is reduced, ESCC, Care for the Carers and the Service Provider shall agree what impact this will have on the Services and any adjustments to performance requirements that need to be made.
- 3.5 The Service Provider shall be responsible for ensuring that the Services are provided within the available budget. This will include ensuring that the cost of securing equipment, facilities and materials necessary to deliver the Services are met within the budget available.
- 3.6 Payments for the Service will be made annually in advance.

4. Definition

- 4.1 An unpaid carer is someone who looks after a family member, partner, friend or neighbour with care and support needs who due to disability, illness, age, a mental health problem or an addiction could not cope without their support.

5. Scope

- 5.1 For the purposes of this small grants programme, the term carer refers to those aged 18+ caring for someone aged 18+ who lives in East Sussex and/or has a GP in East Sussex.
- 5.2 The following shall be out of scope for this Small Grants Programme:
Carers of disabled children aged under 18 and young carers aged under 18.
People who are paid or employed to carry out a caring role, or who are volunteering, except where their caring role exceeds that which they are contracted to undertake.

6. Support to carers in East Sussex

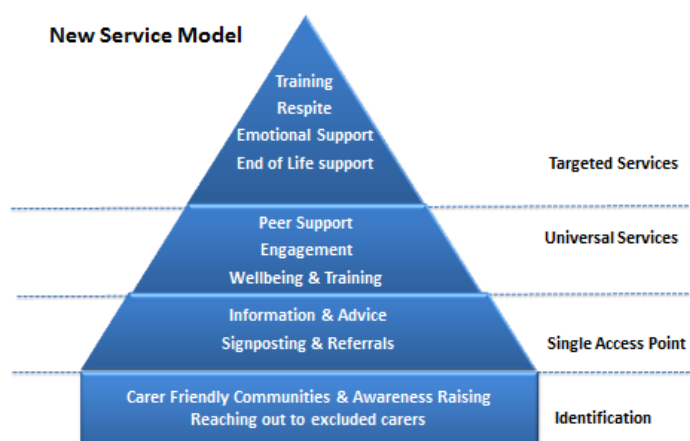
- 6.1 There are approximately 60,000 carers in East Sussex with up to 20% of those known to statutory and/or community services. There is a 32% turnover in caring⁴, meaning that every year in East Sussex, there are approximately 19,000 new carers and the same number gain ending their caring roles. 3 in 5 people will be carers at some point in their lives⁵.

7. Service Model

The offer to carers focuses on four overarching outcomes as set out below.

⁴ Analysis conducted for Carers UK by Michael Hirst (2014) Transitions into and out of unpaid care

⁵ Carers UK (2001) It Could Be You – A report on the chances of becoming a carer



8. Overarching Outcomes

8.1 We are looking for individuals, groups or organisations who can deliver universal and/or targeted services to carers to enable them to achieve the following overarching outcomes.

8.2 Universal services: services available to all carers *Outcomes:*

8.2.1 Carers can access peer support e.g. through groups or online fora.

8.2.2 Carers have access to engagement opportunities (such as consultation).

8.2.3 Carers have access to health and wellbeing opportunities.

8.2.4 Carers can access universal services which reduce the need for access to targeted services.

8.3. Suggested Services/activities:

8.3.1 Facilitation of a range of peer support opportunities.

8.3.2 Facilitation of engagement events and activities.

8.3.3 Identification and signposting and/or delivery of community services and activities that will support carer health and wellbeing.

8.4 Targeted services *Outcomes:*

8.4.1 Carers can access emotional and practical support including face to face, counselling, short-term and crisis interventions that enable carers to look after their own health and wellbeing and sustain their caring role.

8.4.2 Carers can access training, e.g. condition specific, building resilience, stress management and digital inclusion that will inform their caring role and enable them to care without negatively impacting on their own health and wellbeing.

- 8.4.3 Services are inclusive of carers caring at end of life and experiencing bereavement; carers from deprived, isolated, excluded and marginalised communities; those who have additional vulnerabilities and those at key transition points.

8.5 Suggested Services/activities:

- 8.5.1 Provision of one to one support offering short-term, outcome focused interventions.
- 8.5.2 Access to counselling.
- 8.5.3 A range of training to meet carers' needs.

9. Equalities and Inclusion

- 9.1 Providers will be expected to take account of the specific needs of carers, ensuring the support needs of carers who are more vulnerable or at key transition points are identified early.
- 9.2 Transition Points may include:
- point of diagnosis
 - start of active caring role as needs increase, following hospital discharge and/or as capacity declines
 - young carers reaching adulthood
 - parent carers where their disabled child moves to adult services/leaves home
 - becoming a parent/grandparent
 - entering or leaving paid work
- 9.3 Carers may experience additional challenges/vulnerabilities such as:
- older carers particularly those aged 75+
 - Young Adult Carers
 - carers from Black, Asian and minority ethnic (BAME) backgrounds
 - carers from LGBT communities
 - carers with their own physical and/or mental health issues
 - multiple caring roles
 - providing end of life care
 - bereaved carers
 - caring for someone with substance misuse issues
 - caring for someone with severe mental illness or dementia
 - accessing/maintaining employment
 - rural isolation
 - low income
 - caring for people with learning disabilities
 - mutual carers
 - carers from excluded and marginalised communities

10. Key Performance Indicators

- 10.1 As a provider of services to carers you will be expected to report performance against agreed Key Performance Indicators (KPIs).
- 10.2 The provider will be expected to use an appropriate monitoring tool that demonstrates the outcomes for carers as set out in this document.
- 10.3 Reporting and ongoing monitoring of small grants will be the responsibility of Care for the Carers as the Council's strategic partner during the funding period.

11. Providers of Carers' Services

There is an expectation that all services for carers will:

- 11.1 Work closely with the "Carers Centre" to ensure carers have a seamless journey of information, advice, support and other interventions
- 11.2 Encourage carers to maintain their own health and wellbeing as well as, of the person they care for.
- 11.3 Encourage independence and reduce reliance on both commissioned and formal health and social care services.
- 11.4 Manage expectations of the level of service available to assist carers in moving on and maintaining capacity for other carers

12. Who can apply?

- Not-for –profit voluntary and community groups/ organisations
- Support with Confidence provider

12.1 *Groups or organisations* must have the following requirements:

- a set of rules or constitution that outlines governance arrangements
- a bank account
- a public liability Insurance
- employer's liability insurance
- accounts or record of expenditure
- an Equalities Policy
- a Safeguarding Children policy
- a Safeguarding Adults at Risk Policy

12.2 *Support with Confidence Provider* must have:

- a current accredited membership to the East Sussex Support with Confidence Scheme