

Impact Report

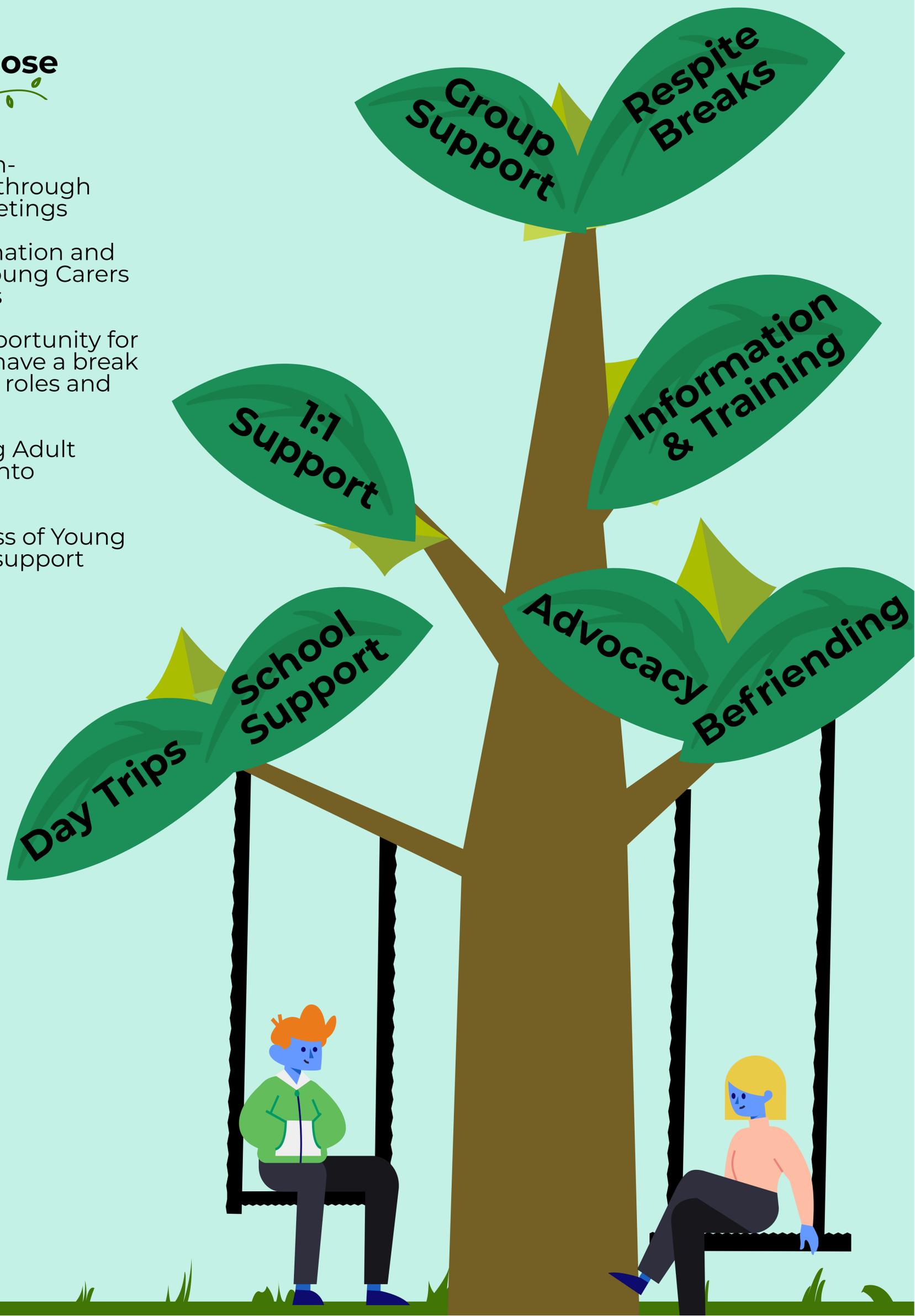
April 2019- March 2020



Our Purpose



- To provide person-centred support through group and 1:1 meetings
- To provide information and signposting to Young Carers and their families
- To provide an opportunity for Young Carers to have a break from their caring roles and build confidence
- To support Young Adult Carers to move onto Adulthood
- To raise awareness of Young Carers and their support needs



Convenor's Report



Thank you for taking time to read our Impact Report.

I am going to depart from previous Convenors Reports by leaving the operational update to the Managers Report.

This report covers the period up to 31 March 2020, just as the impact COVID 19 was becoming apparent.

I want to take this opportunity to thank and recognise the work and support carried out by the team, including sessional staff and volunteers, and the Board at Fife Young Carers.

I would like to especially thank the excellent work by my predecessor, Simon Allan we should be in no doubt without his efforts Fife Young Carers would not be in the stable and successful condition it is now.

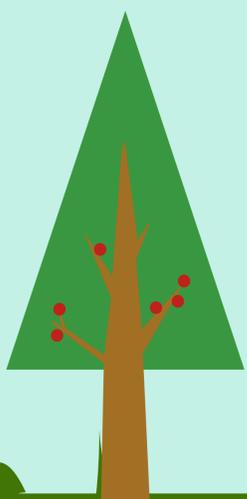
Also, I would like to thank our previous Secretary, Marjorie Lyon, whose years of work and commitment, both at operational and administrative levels, made an enormous contribution to the successful provision of support to our young carers.

We have a wide range of expertise as Trustees of Fife Young Carers on our relatively new Board, I would like to thank them for their support over the year.

Special thanks to the committed, brilliant team of staff, sessional workers and volunteers in the office of Fife Young Carers. It was, for various reasons, a difficult year for the team and their efforts above and beyond the call of duty ensured that there was continued excellent support for our young carers.

Finally, a special thanks to our funders without who our young carers would not have had the excellent support from Fife Young Carers.

Dave Harrold
Convenor



Manager's Report



I am delighted to present this year's Impact Report detailing the fantastic work carried out by Fife Young Carers in 2019-2020.

I would like to extend my thanks to a dedicated staff team, sessional staff, volunteers and Trustees who have worked together to deliver a high standard of support to young carers and young adult carers across Fife.

During this year our focus has continued to be to provide person-centred, tailored support. This last year has again been one of challenges as we continue to exceed our service level agreements and are asked to provide support to increasing numbers in Fife. We have received 154 new referrals and requests for support from our service which highlights the continued need for specialised young carers and young adult carer support.

We have provided respite breaks, one-to-one support, advice, advocacy and training to those who have significant caring responsibilities. In addition, we have continued our commitment to increase the awareness of young carer and young adult carers issues, to support and encourage identification of their needs and support the development of resources to meet those needs.

Throughout this report you will see the highlights of the support we have provided such as group sessions; cooking workshops; Children's Right workshops; Six Nations Rugby Trips; and residential to Alton Towers; Fordell Firs; and Homelands amongst other opportunities. Additionally, this year a group of Young Carers from across Fife came together and developed, designed and produced a Young Carers Cookbook—written for Young Carers by Young Carers.

In April 2019 we started to develop a Befriending Service. This service aims to support young carers to access activities in their communities and alongside their peers, enabling them to have a life outside caring. This year young carers have benefited from group befriending opportunities, enjoying trips and activities with their peers to support them to access opportunities in their communities and develop friendships. We have a partnership with LEAD Scotland to ensure Befriending support is suitable for all. We look forward to growing this service in 2020-2021 and continuing to develop our partnership.

During this year we have continued to offer the successful Young Carers Authorisation Card scheme within Fife allowing young carers and young adult carers to identify themselves to professionals, whether in education, health or in other settings, and be respected for the role and responsibilities they have in supporting their cared-for person. The card has continued to allow young carers to access free travel across Fife with thanks for this to Stagecoach and Moffat and Williamson.

We also have a group of young carers who volunteer their time to be part of the Focus Group. This group of young people have met throughout the year and have worked on various projects such as the Grand Round, Children in Scotland, the Looney Dook and working with Fife Contemporary Arts as well as being involved in recruitment of staff. You will see their report highlighting their successes and achievements this year. I again extend my thanks for their dedication to volunteering for the Focus Group and the hard work they have given to support the service.

In addition, we were granted funding to start development of a Resource Service to support the development, awareness of and use of the Young Carer Statements across Fife and will be looking forward to moving this forward in April 2020.

Thank you again to everyone who has made this busy year so successful. We look forward to continuing providing this support into 2020-21.

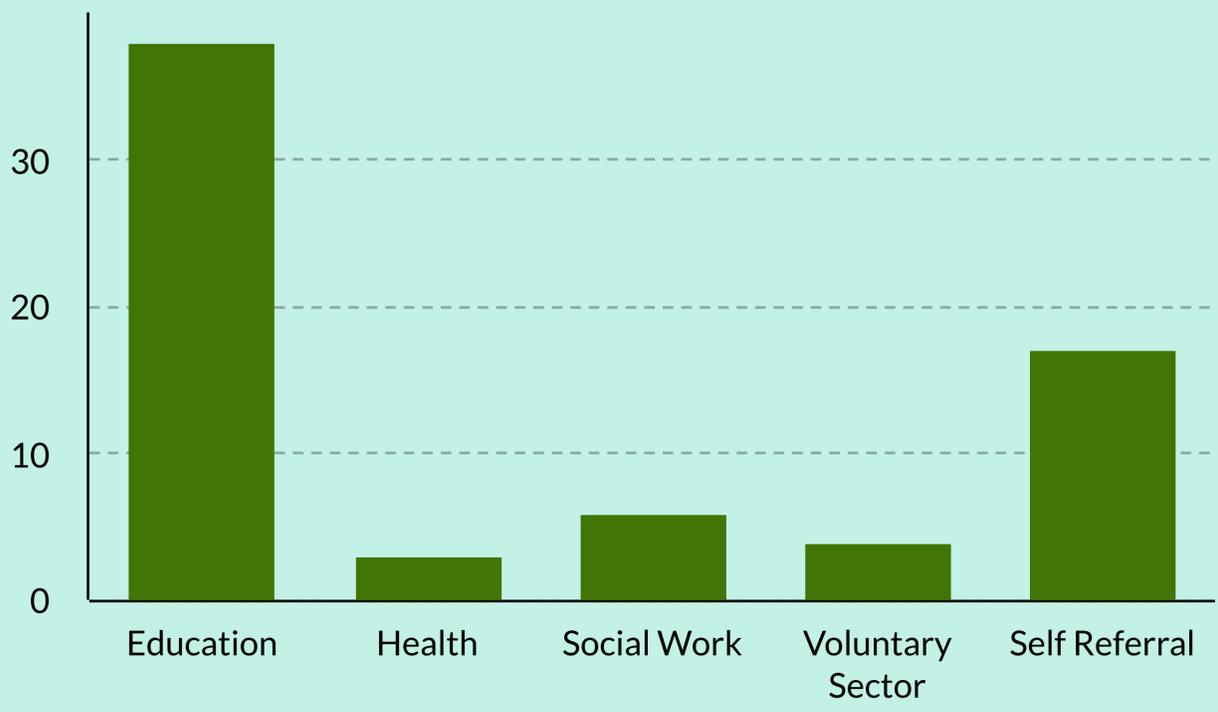
Kirstie Howell, Manager



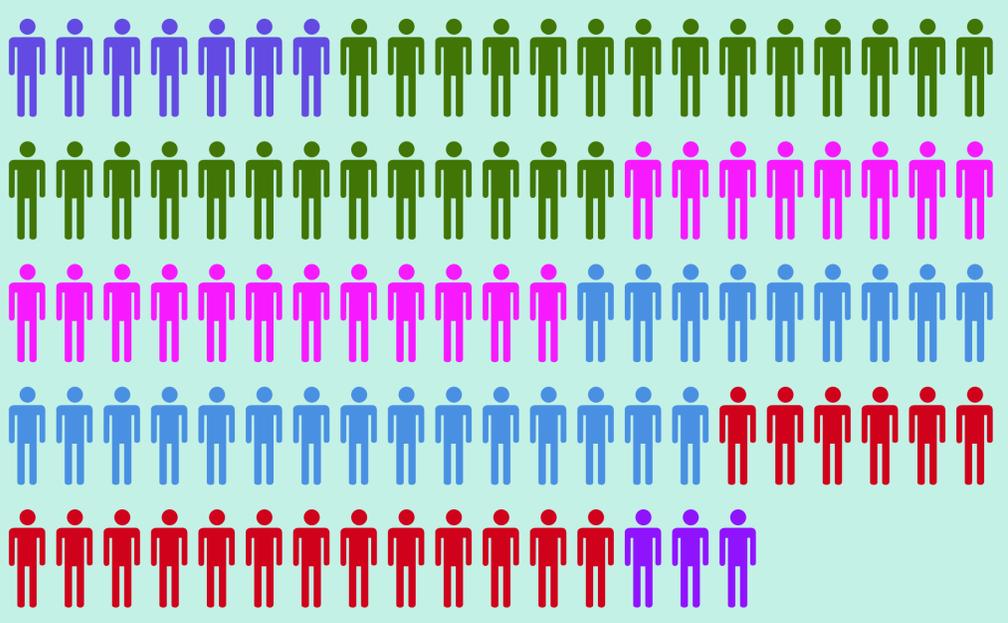
154 Referrals received in 2019/2020

126 Referrals received for 8-15 year olds
28 Referrals received for 16-25 year olds

Referral Organisation

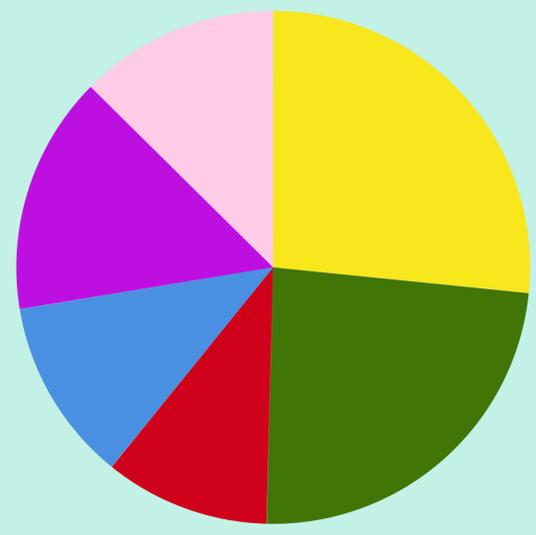


Conditions of Cared-for Person



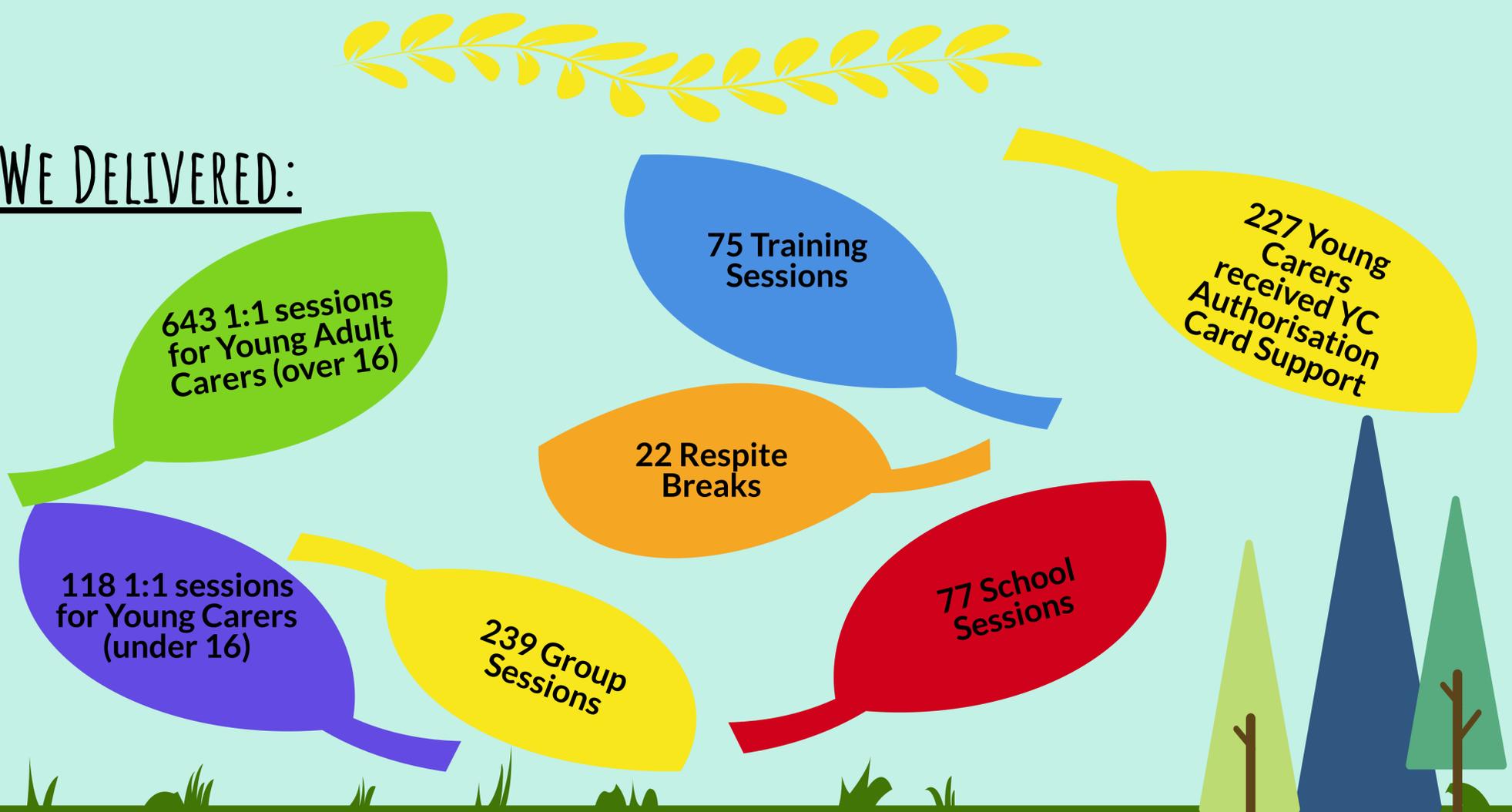
- Cancer (6.72%)
- Mental Health Illness (26.87%)
- ASD (20.15%)
- Physical Disability (23.88%)
- 3 or more Diagnoses (18.66%)
- Alcohol/Drug dependency (3.73%)

Responsibilities of YC/YACS



- Emotional Caring (26.61%)
- Cleaning (23.8%)
- Medication (10.41%)
- Personal Care (11.57%)
- Cooking/Food Responsibility (15.04%)
- Looking after siblings (12.56%)

WE DELIVERED:



Our Thanks



We would like to say a big thank you to everyone who has funded our work over the past year - helping us to make a difference to the lives of Young and Young Adult Carers across Fife.

- Anton Jurgens Charitable Trust
- Bank of Scotland Foundation
- BBC Children in Need
- Big Lottery
- Kilpatrick Fraser Charitable Trust
- Busy Bee Quilters
- Carers Trust
- Carnegie Harriers Running Club
- Collection Tin Donations
- Co-Op Local Community Fund
- Crail Golfing Society
- Dentons
- Dr Guthrie
- Eastern Star
- Elizabeth Errington Charitable Trust
- Ellen Kane Charitable Trust
- Fife Council
- George Oliver
- Grant Foundation
- Inner Wheel
- M E Swinton Paterson Charitable Trust
- Marsh Christian Trust
- Martin Conneil
- Miss A M Pilkington Charitable Trust
- Miss I F Harvey's Charitable Trust
- Nadezda Foundation
- Order of The Eastern Star - Torryburn Chapter
- Pilot Trust
- Populus
- Rotary Club of Anstruther
- Rotary Club of Dunfermline
- Rotary Club of Kirkcaldy
- Rotary Club of Inverkeithing and Dalgety Bay
- Scotland's Garden Scheme - Boarhills Gardens
- Scott P Dryburgh
- Shared Care Scotland
- Souter Charitable Trust
- St Andrews Ladies Putting Club
- St Andrews Rotary Club
- Tayfield Foundation
- The AMW Charitable Trust
- The Gannochy Trust
- The Gertrude Muriel Pattullo Trust
- The Hugh Fraser Foundation
- The Irving Memorial Trust
- The Leathersellers Company
- The Lynn Foundation
- The Nancie Massey Charitable Trust
- The Ralph Slater Foundation
- The Robert Haldane Smith Charitable Foundation
- The Robertson Trust
- The Russell Trust
- The Stafford Trust
- The Thistledown Trust
- Theo Paphitis Charitable Trust
- WCH Trust for Children
- You Gov
- Anonymous funders & donations

Our full financial report for 2019/2020 is available from the Scottish Charity Regulator

Young Carers Focus Group



Grand Round 2020

Thanks again to the support from NHS Fife Equalities team, the Focus Group were invited back along to present at the 'Grand Round', a form of medical education attended by Doctors, Consultants, Nurses and support staff across all specialties.

The aim was to improve health professionals knowledge of Young Carers; who they are, what they do, how to identify and most importantly, how to support them within the Health Sector. The group did amazing, and all who attended commented on how impactful and important their presentation was.



Loony Dook 2020!

As part of fundraising efforts to finance a Team Building residential, Staff and Young Carers Focus Group welcomed in the New Year by jumping head first into the Firth of Forth in the annual Loony Dook in South Queensferry! Between us we managed to raise a whopping £650.

Thank you so much to all that donated to our cause and a massive thank you to the Young Carers and staff who took part—we are so proud.



Other Activities:

- Children in Scotland Conference: Members were sponsored to attend the annual Children in Scotland Conference, networking with a range of professionals and taking part in educational workshops
- H&SCP consultations - The group were asked to consult and provide views on what improved primary care practices should include for patients with an emphasis on a holistic model of care.
- Young Carers Awareness Day 2020 - this year, the group took part in a Bake sale, cooking all their own delicious homemade treats and selling them at a local high school for funds - this was a big success and we ran out of cakes by lunch time.
- Partnership work with Fife Contemporary Arts and Fife Carers Centre - designing and creating art, along with other Young and Adult Carers to sell in an exhibition



Advocacy Service



**33 Emergency
Plans
completed**

**52 dedicated
Advocacy
Cases**

**32
Assessments
completed**

**384 contacts
with Young
Carers**

Fife Young Carers dedicated advocacy service is now well established. The service provides Young and Young Adult Carers and their families a voice, supporting them to express their views and stand up for their rights.

During the year of 2019/2020, the service has made a total of 384 contacts with Young Carers, either in person, at multi-disciplinary meetings, Young Carer drop-ins or as part of our group respite support.

Debbie:

Debbie is 11yrs old. She cares for her mother who has mental health issues and her brother who is autistic. The Coronavirus heightened her brother's state on a moment by moment basis. He quickly became aggressive, verbally abusive, and a significant flight risk. Debbie's mum had a limited network of support and was struggling to cope.

Debbie's mood slumped dramatically during lockdown. Her health deteriorated and her ability to cope with the violent outbursts of her brother had a profound impact on her wellbeing. There had been a series of crises, requiring FYCs to mobilise intense weekly telephone support, inter-professional working and contact with the Covid-19 testing centre to arrange a home test for Debbie who started to display symptoms of the virus.

The advocacy worker was instrumental in relaying the families concerns to social work and education and was able to help secure respite for Debbie at one of the local hubs. Further support led to securing a Creative Breaks application for a laptop to help Debbie with her homework and transition to high school. Respite has since been approved and Debbie now attends the local hub twice weekly.

Behind the scenes contact with social work also assisted mum to push for a Section 23 assessment for Debbie's brother and this assessment is now complete with additional respite pending.

Weekly telephone calls also help Debbie to relax, have an opportunity to process her feelings and play relaxing games and activities. Her mood has improved and although her brother still presents significant risks and demands, the family appear to be coping better.



Under 16 Service



Our under 16 service continues to be as busy as ever, with Support Workers working with 388 Young Carers across Fife in the year 2019/2020.

Through a mixture of group based youth work, 1:1 support, issue based sessions and workshops, the under 16 service continues to be the most in demand service for Fife Young Carers.

Support Group Highlights:

- Science Experiments
- Bake Off Competitions
- Clay Modelling
- Lamb Visit
- Pamper Nights
- Candle Making
- Halloween Activities
- Games Nights
- Movie Nights



217 Group Sessions

299 Young Carers Attended

118 1:1 sessions

With additional funding, we were also able to provide Young Carers with a range of trips and residentials to provide some much needed respite. Highlights include:

- Ocean Youth Trust Sailing Adventure
- Inchcolm Island
- Parliament and Dynamic Earth
- Fordel Firs Adventure residential
- Six Nations Rugby trip
- Young Carers Festival
- Homelands Residential
- Falkland Palace



Under 16 Service

Gordon

Gordon is the eldest of three children and is the primary carer for his mother Susan who has Multiple Sclerosis and depression. Gordon currently lives with his grandmother but continues to support his mum by taking on responsibility for the household alongside looking after his younger siblings.

Gordon was referred to FYC by his G.P. who was concerned about the level of Gordon's caring role and the impact it was having on his wellbeing. Gordon was struggling with anxiety and worried excessively about Susan. Gordon displayed severe bouts of anger and found it extremely difficult to control his emotions. Gordon was bullied and found it difficult to interact with his peers and form friendships, preventing him from having a positive school experience and the ability to reach his potential. As Gordon's grandmother lives outwith the school catchment area, Gordon did not have any of his friends nearby, leading to further isolation.

Gordon says: **“FYC has given me the chance to do things I wouldn't have been able to do otherwise. I feel more confident now and find it easier to make new friends”.**

Gordon began working with FYC and regularly attends the fortnightly group sessions. Although Gordon appeared shy and reluctant in the beginning he has made significant progress and has since formed many valuable friendships. Through issue based sessions at the group Gordon has learned new strategies to help him manage his anxiety and anger and now presents as a much more relaxed and happy boy, this in turn has had a positive impact on Gordon's education. Gordon was recently selected to take part in a further education project with St. Andrews University which he completed successfully.

Overall, Gordon appears much more settled, less isolated and is achieving a good level of success within his education. Gordon is now positive about his future and is working hard to reach his goals. FYC will continue to work alongside Gordon, his family and other professionals to ensure he continues to be supported.

Charlie

Initially Mum did not recognise Charlie as a Young Carer. However, Charlie's head teacher felt he was being affected by Mums' health and recommended a referral. There had been high levels of serious trauma and Charlie's school attendance was around 30%.

Consent was given and an assessment of Charlie's caring role was carried out in school that highlighted him as a young carer in need of support. Initial contact with Mum proved extremely difficult and school agreed to contact Charlie's grandparents in order to support Mum. Through explaining to Mum that the service was there to provide support for Charlie by offering respite at groups, day or short trips and was not about stigmatising Mum for requiring support due to her health needs it was agreed that respite, 1:1 sessions and support with transitioning from primary to secondary school could begin.

Charlie engaged well in group. Due to having several school non-attenders my co-worker and I agreed discussion during snack-time should focus on school and highlight the positives of being in school. We played team building games and activities to encourage the children to enjoy games together which Charlie particularly enjoyed.

At the 12 week review Charlie was lively and chatty, spoke of friends in school with whom relationships were re-forming and of feeling more positive about the future. School attendance had massively improved. Charlie spoke of wanting to take part in trips, and spoke of how much he enjoyed group and friends he had made.

Mum says: **“I'm really glad the school referred Charlie because he is loving it & when he comes home he will not shut up about the things he has done & talks about all the kids as well & how much he likes them & the adults, Thanks, Mum”.**



Under 16 Service

"I've been coming to FYC for roughly a year. I like meeting more people who understand what it's like being a young carer".

"My children totally look forward to coming along to the groups. They can turn to FYC if they have something on their mind, and they have a lot of fun also"

"It is great to be able to switch off for a few hours I am always looking forward to coming to group and seeing my friends there".

"I love coming to the groups, you get to be yourself. I like the workshops and the 1:1s - it's very good support".

"I would like to thank you all for taking S away for the weekend, the break did her the world of good. She's got some new friends out of going away. She really enjoyed herself, thank you so much"

"I really appreciate the support that FYC offer, it really has made such a difference to our family".

"FYC is fun. Cooking is fun and I enjoy going to the park and other places. The adults are fun and caring and nice and good understanding people".



Befriending Service

Midway through 2019 saw Fife Young Carers start the very exciting development process of our new befriending service.

This service will support Young and Young Adult Carers to access respite opportunities and activities within their community, whilst encouraging their own personal development and resilience.

In partnership with Lead Scotland, our Befriending Coordinator has been very busy developing relationships with an array of other projects as well as attending Befriending Network meetings in order to establish the service fully.

In 2019, we engaged and introduced Young and Young Adult Carers to our Befriending Service through a series of Befriending group respite activities, including Inchcolm Island and Falkland trip, a pantomime and bowling trips.

We are very excited to continue this hard work over the next year and build on our volunteer befriender workforce to enable more Young and Young Adult Carers to access and benefit from this very valuable support.



71 Young Carers attended Befriending Group respite opportunities in 2019



Over 16 Service



The Over 16 Service, known as Transitions Service, is well-established in Fife and has enjoyed another year of operations. In this reporting year the Transitions Service has supported **142** Young Adult Carers age 16-25 years throughout the Kingdom. There have been **643** 1:1s & **24** Groups.

Our core support strand remains delivering solution-focused one-to-one sessions which are tailored to each individual — providing a listening ear, advice and advocacy and balancing study, employment and training alongside caring responsibilities. These sessions take place in the local community and college campuses in Fife.

Young Adult Carer Group Highlights:

As well as regular one-to-one support, the service also offers monthly Young Adult Carer groups:

- Therapets
- Halloween & Christmas Party Nights
- DAPL issue based session on Drugs and Alcohol use
- Bake Off competitions
- Cooking workshops
- Movie Nights
- Relaxation sessions
- Employability Workshops



Trips & Respite

- There were various trips to the cinema, bowling and mini-golf as part of our monthly Social Nights which help integrate newer Young Adult Carers to our service and with other young people.
- 2 theatre residentials – Matilda in Edinburgh & a Panto in Glasgow, both were great fun and a really good bonding experience for different groups of YACs.
- We had an amazing 2 day/2 night trip down to Alton Towers thanks to CO-OP donations
- SAMH Family Fun Day/Craigtoun Park
- Edinburgh Dungeons
- Parliament and Dynamic Earth Edinburgh
- Horror Maze Cairnie Farm
- Fireworks Kirkcaldy
- Winter Wonderland Edinburgh
- Snow Factor Glasgow
- Rugby 6 Nations Murrayfield



Over 16 Service



Fiona

One of our YACs has made significant progress since being supported by FYC.

She cared for someone who was abusive, but with intensive support from our staff she moved from that situation.

She has been continuously encouraged to make positive changes and develop some social contacts. She changed from being socially anxious and rarely going out to being a valued member of FYC Voices of Change, a young carer participation group, and attends as many social opportunities and groups she can.

With help from our staff she has applied successfully for college. We also referred her to an organisation for counselling and the YAC has really benefitted from having this additional support.

By encouraging the YAC to slowly take responsibility for making her own appointments at this service the YAC has found making calls less intimidating which in turn allows her to feel a lot more productive and in control.

Fiona Said: "In the few years I have worked with Fife Young Carers my life has changed in so many ways, I've met so many amazing people and I've gotten the help to be strong and confident in my life. I have gained so much independence since working with Fife Young Carers and I had so much support from FYC in making some of the hardest decisions I've ever had to make but if not for me moving forward with my choices I would still be in a very dark and abusive situation. Fife Young Carers has given me so many opportunities to experience such amazing and exciting things I have made amazing friends and I have gained the confidence to feel comfortable doing things for myself and enjoying my life".

Stefanie

One of our YACs is 16 attends high school and has 2 part time jobs, describing herself as "always tired and busy".

She felt she was falling behind in school and in her support plan set the goal to improve her attendance at school.

We provided several 1-2-1s discussing exam stress, anger towards her family, asking school about flexible timetabling, and coping strategies. Working through these and liaising with school our staff member has enabled her to increase her attendance at and enjoyment of school.

At her 3-month review, she reported an improved attendance and better engagement with school. This is shown in the scores in her Carers Star and PANOC-YC20 which have both improved significantly.

Stefanie: "So far FYC have really helped me improve, not only as a carer but as a person. I honestly don't know what I would do without you guys. I feel less alone knowing there is a group of young people with caring roles and so many more. Mentally I'm in a better place than I used to be, I feel more mature about things that used to upset me."



School Service



This year the Schools Service has continued to provide support to all schools across Fife. The service arranged and delivered awareness raising sessions to pupils to support identification of hidden young carers.

The service continued to advise, support and train education professionals in recognising and supporting young carers within an education environment. The service also continued to provide 1:1 school support to young carers on issues such as study skills, anger management, and confidence building.



School Service Highlights:

- 1:1 support provided to 101 young carers over 170 sessions
- Delivered awareness raising events to 2,864 pupils over 60 sessions including classes, assemblies and marketplace events
- Provided Continued Professional Development Sessions to 50 education professionals
- Supported timetable adaptations
- Maintained a network of Young Carer Champions within Schools
- Study skills support boxes
- Assessments and Reviews
- Information and Advice
- School Advocacy
- Resource Building through the Young Carers Resource Pack
- Drop In Support and School Drop In Tool Kits

Evaluations from awareness raising sessions highlights the impact we have made to supporting young carers and identifying hidden young carers in Fife.

Approximately 10% of evaluations received from high schools class sessions highlighted themselves as potential young carers.

“I have learned that you always need to tell someone how you feel because that will make you feel much better”

This feedback from a Teacher attending a CPD event said:

“Thought provoking information, shocked about the amount of Young Carers and the responsibilities and stresses affecting their issues”.

“I have learned that being a young carer isn't easy and can be hard and speaking to a person/teacher/friend can help”

“I learned what a young carer actually is and what they can do to get help”

When asked in evaluations about support young carers said:

95% - I feel I have achieved more in school/college



69%

69% - I feel better supported in school/college

78% - I feel more able to engage with employment/education/training



School Champions

The School Champions continue to be a great support to young carers across Fife. These Champions often go above and beyond in their role to provide support to young carers in schools. Thank you!

Thank You!





Information and Training



Fife Young Carers provides specific training for Young Carers to improve their skills, access to opportunities, Mental and Physical health; all aimed at reducing the impact of their caring roles.

Through either in-house training & Issue based sessions or partnerships with other organisations and agencies, these training opportunities aim to give Young Carers the skills and confidence needed to carry out their caring role safely and improve their wellbeing.

75 Training & Issue Based Sessions

Benefitting 471 Young Carers

WE DELIVERED:

7 Habits of Highly Effective Teens

Childrens Rights Workshops

Employability Training

Mindfulness Workshops

Cooking Workshops

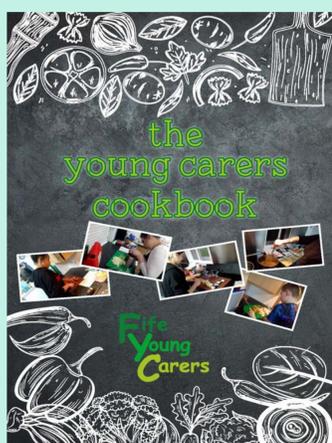
Understanding Mental Health Training

Oral Health Workshops

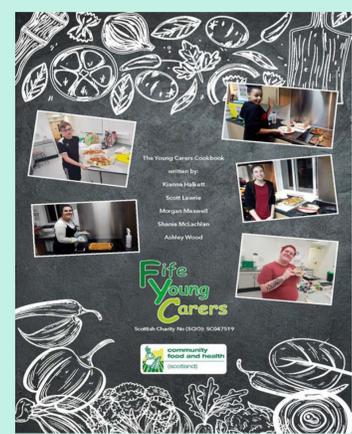
Confidence Building Workshops

Drug & Alcohol Awareness Training





Young Carers Cookbook



Cooking is something most of our Young Carers will take responsibility for at some point in their caring role, however, many have little to no training or skills in the kitchen. Because of this, we gathered together a group of Young Carers from across Fife to help us develop, design and produce a Young Carers Cookbook—written for Young Carers by Young Carers.

Funded by the Community Food and Health (Scotland) Development Fund, the cookbook was developed with 5 Young Carers (12-24 y/o) from across Fife over a series of interactive planning consultations;

- 3 Cooking Workshops concentrating on skill development, improving confidence and knowledge of healthy eating habits and lifestyle choices.
- A Shopping trip to improve YCs understanding of value for money/budgeting, tips/tricks on how to save money when shopping and comparisons of home-cooking vs takeaways/ready meals to encourage preparing a homemade meal.
- A visit to a Community allotment to pick fruit/veg that was used by YCs in the workshops. This encouraged and demonstrated the merits of using fresh produce in cooking.



What's in the Cookbook?

- Health and Safety Tips
- Food Hygiene Guidance
- Budgeting and Healthy Eating guidance
- An array of starter, main meal and dessert recipes
- 'Bloopers' page (because we aren't perfect every time)
- Along with the recipes and walkthrough's, each recipe also has a price per serving calculation, nutritional information, healthy alternatives and vegetarian options (if applicable).

“I wanted to build skills and learn recipes that were quick and simple for me to make at home for my cared-for person, whilst also building knowledge of budgeting and finding healthy ingredients on a budget. I wanted to make sure that there was a simple book for Young Carers to grab and make delicious, yet simple, recipes that doesn't take long and can feed them and their families. I have learned about portion sizes, cooking times, how to tell when food is ready and about better ingredients to buy that are healthy but also cheap. I also learned valuable cooking skills, such as cutting and using a knife properly, what to do with food scraps and building my confidence in the kitchen. At first, the cooking workshops were stressful and new, but from practice and help from workers I have a new found confidence in the kitchen and feel cooking can be fun; you get to taste a variety of new foods and learn new skills!” – Ashley, 24.

This resource is available for our Young Carers to keep at no cost. However if an adult would like one, we ask for a small donation of £5 to cover printing costs and allow us to issue more to other Young Carers. Get in touch if you would like one.

Words from a Young Carer

"The support I receive from Fife Young Carers has honestly changed my life. I don't know where I would be now if it weren't for them. I previously attended group support, which allowed me to interact with other young people in similar situations to me. This showed me that I wasn't alone in my struggles and that there were people I could turn to get support.

Nowadays, I rely on one-to-one support from my support worker. It takes such a weight off my shoulders just to be able to sit down and talk to someone about how the weeks have been. If I'm ever struggling with anything, they're always there to provide any support I may need and offer solutions if possible. The caring nature and determination of the staff at Fife Young Carers to support me throughout the years are what have allowed me to blossom into the person I am now"

