

Impact Report

April 2020- March 2021



Our Purpose



- To provide person-centred support through groups 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



Dave Harrold

Welcome to the Fife Young Carers Impact Report, this report covers the period up to 31 March 2021 after over a year of dealing with the effects of Coronavirus.

As you will read in the Report the pandemic has had a massive effect on the services we provide for our young carers.

That said I am so proud of the team at Fife Young Carers going over and beyond the call of duty to support them. As you will see the team have supported record numbers of the most vulnerable children and young people in our society.

In these times of great difficulty I would like to say a big thank you the team so superbly managed by our Manager Kirstie Howell.

In addition, if it wasn't for the increased generosity of our funders we would not have been able to carry out our important service.

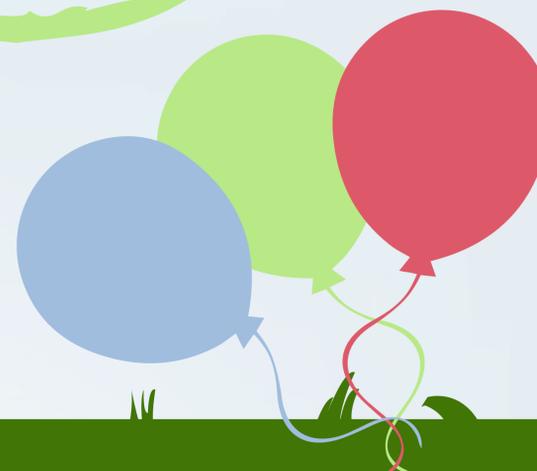
It's the generosity of strangers that is so important; an example of this is the loan by One World Rental, free of charge, 10 ipads for our Young Carers. In addition we have received extra funding for IT equipment to help everyone to keep in contact.

This will be my last Impact Report because I am standing down at the AGM so I would like to thank the team at Fife Young Carers for making me so welcome, they are a great team to work with.

Finally I would like to thank the Trustees of Fife Young Carers for all their support. Without the voluntary contribution of the Trustees, Fife Young Carers would not be the well run organisation it is rightfully known as:

Michaela Sullivan
Corinna Robertson
Ross Drummond
Caroline Mackie
Emma Bousie
Alan Ingram
Rebecca Simpson
Rita Keyte

- Dave Harrold, Convenor





Manager's Report



Kirstie Howell

I am pleased to present this year's Impact Report detailing the fantastic work carried out by Fife Young Carers in 2020-21.

As always 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.

This year has been particularly difficult for all as we have adapted to new ways of working and entered the world of virtual support. The pandemic has been challenging for all staff, volunteers, young and young adult carers alike but all have shown great resilience and adapted well.

We started this year in lockdown and began by providing phone support quickly adapting to virtual means and providing person-centred, tailored support to groups and individuals. When appropriate we have continued with face-to-face meetings providing 'walk and talk' sessions and outdoor groups when lockdown eased we managed some indoor groups too. Some of our team volunteered for local community groups helping to deliver food parcels etc.

To enable young and young adult carers to engage with our sessions, schools and other social or support opportunities we sought funding for and delivered just over 80 IT devices to those who had none.

At the end of 2021 we have 621 young and young adult carers that we are supporting; with us receiving 131 new referrals during this year. This large increase in numbers highlights the continued need for specialised young and young adult carers support. Going forward we will be increasing our group sizes and employing more sessional staff to accommodate demand.

Unfortunately we have been unable to have any residentials this year but have instead provided exciting virtual activities some of which you will read about in more detail in this publication. These activities included: a magician; virtual llama visits; ceramics painting; laughter yoga; arts & crafts; games nights; escape rooms; animal show and tell; and baking. Staff delivered everything needed for these groups to young and young adult carers homes before they took place.

In addition to offering advice, advocacy, befriending, Young Carers Statements and training to those who have significant caring responsibilities, 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. 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.

Our young carers participation group changed their name from the Focus Group to Voices of Change and wrote their Terms of Reference, developing their vision for the future. This group of young people have met virtually throughout the year and have worked on various projects such as the Young Carers Action Day, social media campaigns for Carers Week, networked with health, education and local authority professionals, presented to GP cluster meetings 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 Voices of Change and the hard work they have given to support the service.

Thank you again to everyone who has made this unusual and difficult year so successful. We look forward to providing support to young and young adult carers and their families in 2021-22.

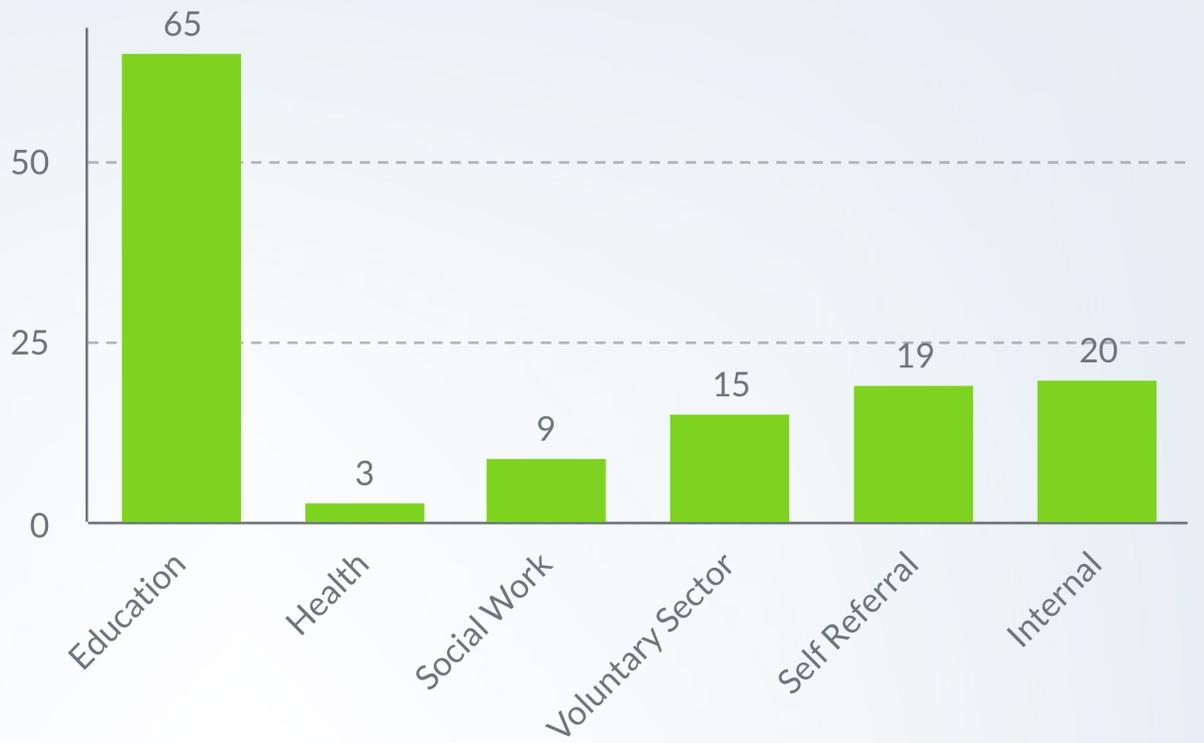
Kirstie Howell, Manager



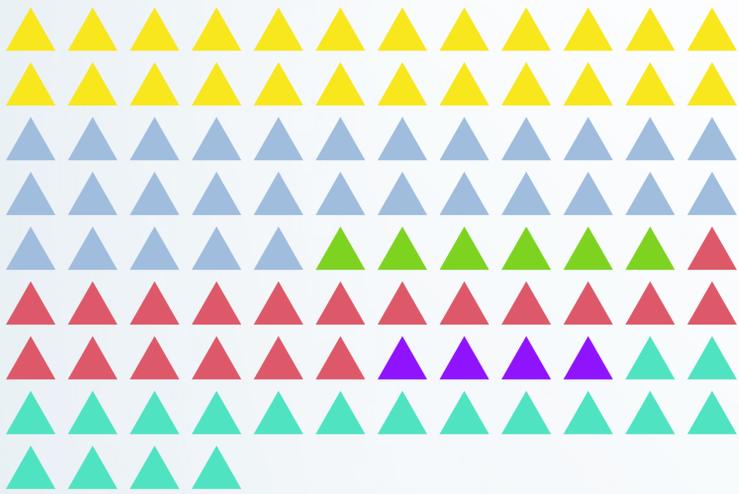
131 Referrals received in 2020/2021

92 referrals received for 8-15 year olds.
39 referrals received for 16-25 year olds.

Referral Organisations

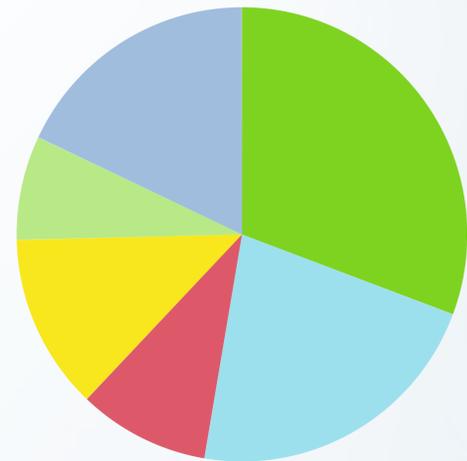


Conditions of Cared-For Persons



- ▲ Mental Health illness (24.21%)
- ▲ Additional Support Needs (29.02%)
- ▲ Cancer (5.73%) ▲ Physical Disability (19.22%)
- ▲ Alcohol/Drug Dependency (3.88%)
- ▲ 3 or more Diagnoses (17.93%)

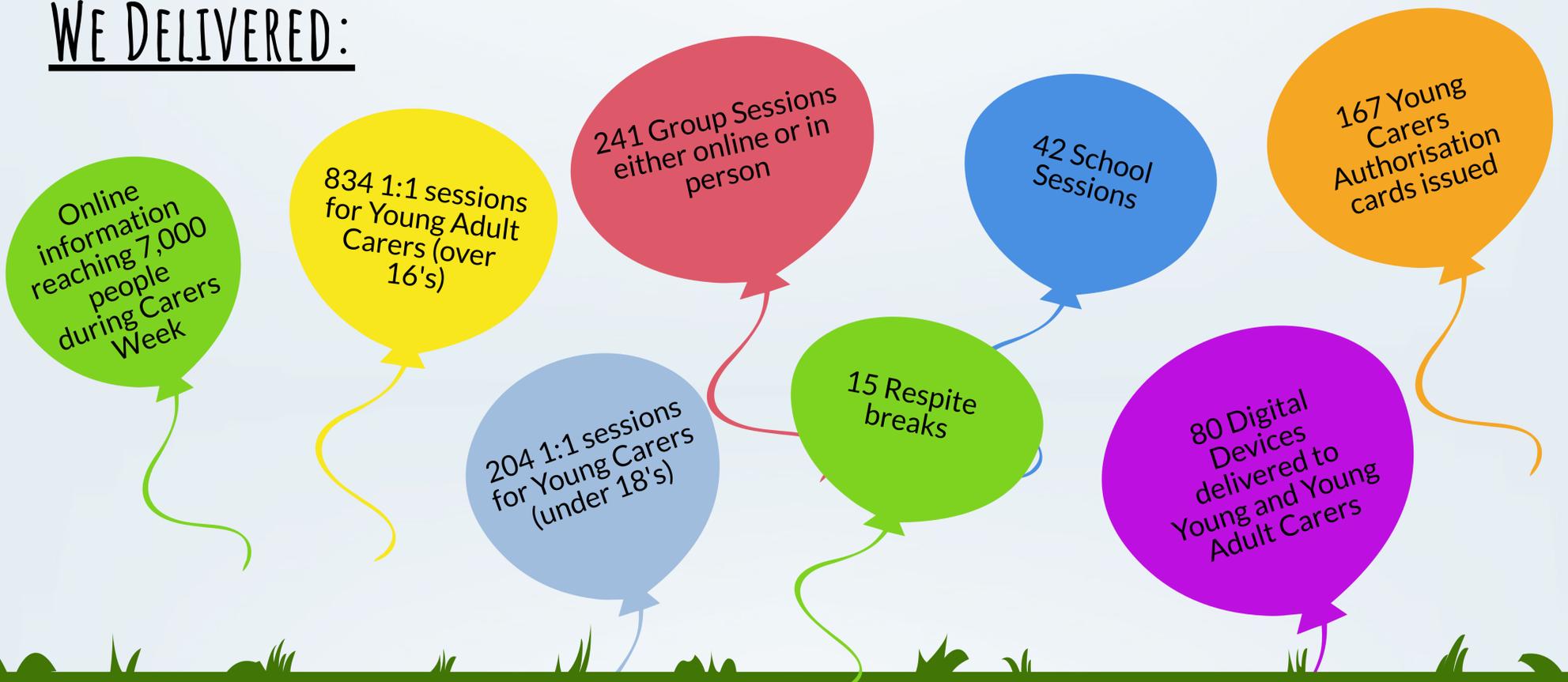
Responsibilities of young carers and young adult carers



- Emotional Caring (30.72%) ■ Cleaning (21.95%)
- Medication (9.42%) ■ Personal Care (12.54%)
- Cooking/Food Responsibility (7.42%)
- Looking after siblings (17.95%)

Young and Young Adult Carers may be doing many of these things simultaneously

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.

- Aberlour Urgent Assistance fund
- Barrett Developments PLC Charitable Trust
- Bayside Football Club
- BBC Children In Need
- Big Lottery
- Binks Trust
- Carers Trust
- Cash for Kids
- Collydean Community Fund
- Connecting Scotland
- Conundrum Charitable Trust
- Creative Breaks
- David Family Foundation
- Donation from Probate estate
- Donations from members of the public
- Exon Mobile
- Fife Council - Education and Children's Services
- Great Gizmos Limited
- Haig Glenrothes via Rotary Club
- Health and Social Care Partnership
- Inverkeithing Hillfield Swifts FC
- Isabella Memorial Trust
- Lochgelly High School and YPI Wood Foundation
- Marks & Spencer - St Andrews Store
- Miss A M Pilkington Charitable Trust
- Miss I F Harvey Charitable Trust
- New Park Education Trust Ltd
- Nimar Charitable Trust
- One World Rental
- Online Donations through Just Giving
- QBE Foundation
- Reach - Bank of Scotland
- Red Rose Contracts
- Robert Haldane Smith Charitable Trust
- Rotary Club of Anstruther
- Rotary Club of Dunfermline
- Rotary Club of Kirkcaldy
- Rotary Club of St Andrews
- Rotary in Fife
- Santa Barbara Heights Charitable Trust
- Scottish Fisheries Museum
- SCVO
- Shared Care Scotland
- Souter Charitable Trust
- St Andrews Kilrymont Rotary Club
- The Allister Charitable Trust
- The Appletree Trust
- The Clothworkers Foundation
- The Cookie Jar Foundation
- The Coop Community Fund
- The Corra Foundation
- The Cruden Foundation
- The Dentons Charitable Trust
- The D'Oyly Carte Charitable Trust
- The Erskine Cunningham Hill Trust
- The Fitton Trust
- The Gannochy Trust
- The Iron Bridge Trust
- The Leathersellers Company
- The Leaver Family Trust
- The Leeds Building Society
- The Mbili Charitable Trust
- The Mickle Fund
- The Misses Barrie Charitable Trust
- The Nancie Massey Charitable Trust
- The Paristamen CIO
- The Pilot Trust
- The Roberston Trust
- The Rotary of St Andrews
- The Rozelle Trust
- The Ryvoan Trust
- The Schuh Trust
- The Tayfield Foundation
- The UK Online Giving Foundation
- The W.M. Mann Foundation
- The Walker Family Charitable Trust
- The Ward Family Charitable Trust
- William Howarth Charitable Trust
- WM Sword Charitable Trust
- Youth 1st

Thank you

Our full financial report for 2020/2021 will be available from the Scottish Charity Regulator



VOICES OF CHANGE

During the early stages of the pandemic, we thought it was a perfect opportunity to analyse and reflect on what we really were as a group. Because of this, we officially changed the name of our group from the Focus Group to The Voices of Change as we believed it was a better reflection of what we are. We are a well-rounded participation and engagement group, rather than a focus group in the traditional sense. Along with this, we also created our new Purpose:

'The Voices of Change Group is a participation and engagement group dedicated to raising the profile of Young and Young Adult Carers in the Fife area. We are campaigners and advocates for Young Carers rights and needs. We represent Young Carers at all levels within service and work with professionals, the public and Fife Young Carers staff and Board.'

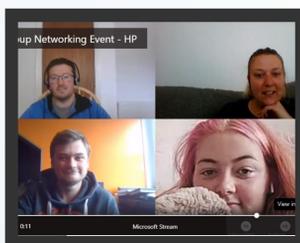
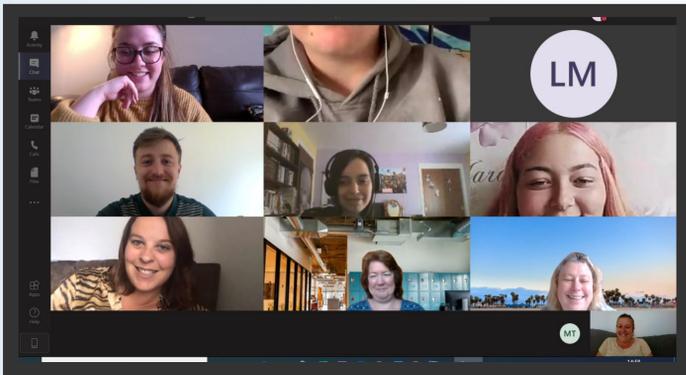


We are continuing with all our great work and projects you know us for: raising awareness for Young Carers across sectors, providing training, engaging other Young Carers and consulting on issues that affect us. Ultimately, we aim to be the Voice of Change: for Young Carers, by Young Carers.



Carers Week

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2020



Carers Week was, as you would expect, slightly different for us this year. Rather than the usual networking events we host, we had to adapt and think of alternative ways to achieve our goals and harnessed the power of the internet to do this:

- Designing high quality posters with facts, statistics and guides to share on social media and spread awareness.
- Sharing our own personal stories on Social media: 1 for every day of Carers Week.
- Virtual Networking meetings with professionals in Education, Health and Local Authority; giving guidance and advice on how to support Young Carers from within their sectors.
- 'Our Journey' Video—the group developed and filmed a very moving and impactful video of themselves sharing the experiences of being a Young Carer throughout their life. This is available to watch on the Fife Young Carers Youtube channel.

Young Carers Awareness Day

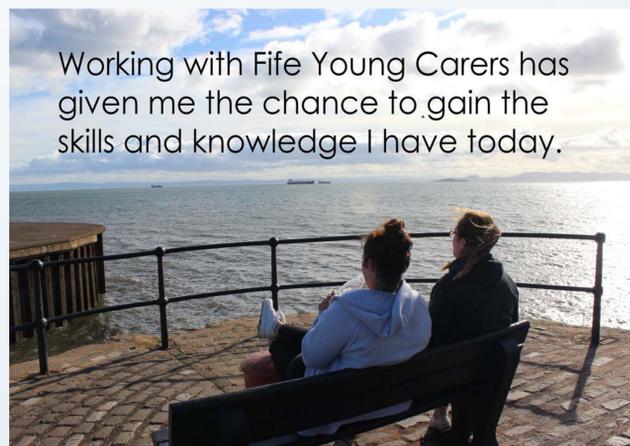
This years Young Carers Action day was focused around 'What can you do to Protect Young Carers' Futures?'

As part of this we looked at the different skills young carers have, and how these help them through adult life into higher education and employment. We contacted other Young Carers and asked them how being a Young Carer has impacted them positively for the future, and used this information to shape our campaign.

We used these quotes to create some inviting social media content and shared these across our platforms.

This campaign allows us to show the importance of Young Carers and the role they play; this is something that should be seen as a positive in employment and further education.

These posts reached 3,019 people and helped share an insight into protecting the futures of Young Carers.



Working with Fife Young Carers has given me the chance to gain the skills and knowledge I have today.



Working with Fife Young Carers has allowed me to gain some invaluable skills such as boosting my confidence and communication skills, this has allowed me to secure a management role with my current employer.

Words from a Young Carer

Coping with Covid

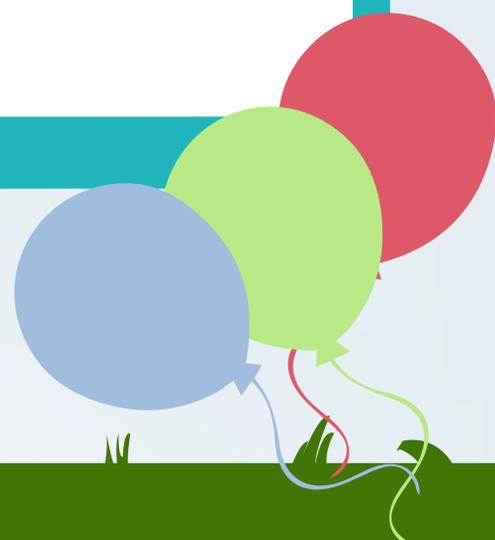
Lockdown has been an experience to say the least. For me, it flipped my entire reality upside down and made my situation more difficult than usual. Simple things such as going to the shops now filled my cared-for person with anxiety and we had some difficulty getting into shops given the one person per household rule. Thankfully, we got everything sorted and managed to slowly adapt to the new normal.

I work in a supermarket part time, so that gave me the chance to see any changes that were taking place each week before we went shopping the next. I'm fortunate to be in that position. With the lockdown, it meant that I was in the house with my cared-for person near enough all day every day, which caused some tension at times. I didn't really have anywhere that I could escape to other than my room and I became even more anxious myself with feeling trapped inside.

On a positive note, the time we've spent together has brought us closer and I realised that I should use this time to find things that interest me so I can have that escape when I need it. I think it has also given me the opportunity to think more, which has been both a good and a bad thing. While sometimes I get trapped in those thoughts of doubt, I also get the chance to just breathe and consider how much control I have over whatever situation is bothering me. I've learned the importance of keeping in touch with the people you love. My friends have been a real lifeline for me throughout this whole lockdown, as well as the FYC staff.

I would just say to everyone to remind yourself that you're not alone in all of this. I felt lonely and helpless, but I reached out to others and now I've learned to adapt and cope. We've all become that bit more resilient. As young carers we already deal with a lot so lockdown hasn't been easy for any of us, but look at us now. Look at yourself and how far you've come. We made it through the worst parts. Yes, this virus isn't going away any time soon, but we've learned how to cope and we're slowly but surely moving on. Things will get better.

Chloe, YAC.



Support Services



Adapt & Thrive

'I was actually beginning to feel unwell and ill due to the stress of the broken freezer. I had spent my PIP money on a big meat package that has went to waste. Thank you so much for helping us out I really do appreciate it!'



Essential Care Packages

Realising that lockdown could have a very real harmful affect on our Young Carers and their families, we applied and were successful in receiving funding from Radio Forth's Cash for Kids scheme to buy and deliver essential care packages to Young and Young Adult Carers throughout Fife.

These packs including vital food items such as bread, milk and dry foods, as well as necessary toiletries and cleaning products to keep the house sanitary. The pack also included a small game or 'treat' for the Young Carers themselves.

We delivered over 80 of these packages across Fife. Feedback from this has been amazing, with many saying how it has helped to decrease their stress and anxiety about food shopping, especially since they are caring for a person at particularly high risk and shielding.



"It has helped me as I have been able to complete school work, attend FYC groups on zoom, access tutorials for learning the keyboard and provide me with time out to socialise with my friends."

IT Equipment

Another concerning part of lockdown, we realised, was the switch to and focus on digital resources and learning. Young People were asked to learn online during this time, however we realised that not everyone would have access to the equipment required to do this, creating a major barrier.

We successfully applied for funding to buy laptops and tablets to give to our young carers. With this funding we are pleased to say that we managed to deliver 80 IT devices to Young Carer and Young Adult Carers throughout Fife to help them with their digital learning and to access virtual support. We also received a loan of an additional 10 ipads.

We are pleased to say we were successful in securing funding and so far, have managed to get 80 IT devices delivered to Young Carer and Young Adult Carers throughout Fife to help them with their digital learning and to access virtual support.

"Having a laptop allowed me to complete my school work when they were closed, it also gave me some time out to play games online."



Under 18 Service

Our under 18 service continues to be as busy as ever, with Support Workers working with **498** Young Carers across Fife.

Through a mixture of group based youth work, 1:1 support, issue based sessions and workshops we have provided **169** group sessions - either online or in person and **204** 1:1 sessions.

Over 16 Service

The over 16 Service, known as the Transitions Service, is well established in Fife and has enjoyed another year of operations.

In this reporting year the Transitions Service has supported **148** Young Adult Carers aged 16-25 years throughout the Kingdom. There have been **834** 1:1s and **53** groups.



'The online activities throughout the lockdown were fantastic, they allowed for time away from my caring role giving me a break and a breath of fresh air. The activities were engaging and fun and really helped to break up the monotonous weeks of being stuck in the house. The walks were great, as it allowed for us to safely meet with other people again, along with getting a break. These were a real mental health boost!'

'The online activities with the carers massively helped my mental health during lockdown. As I had just left school and hadn't yet started University, I felt a little bit lost and having the routine of the drawing game on a Monday and our quiz on a Wednesday helped me get through! When we got to do the outdoor one to ones it was a breath of relief to actually see someone out with my bubble again.'

Digital Groups

Harnessing the power of Zoom and Teams, we were able to continue providing group support to our Young Carers and Young Adult Carers and did loads of fun activities.

- Online Escape Rooms
- Drawing Competition Games
- Mindfulness Sand Crafts
- Baking Groups
- Quizzes
- Alpaca Visit

Case Studies

Claire's Story:

Claire is currently a primary seven pupil, she helps care for her mum who suffers from endometriosis, anxiety, and depression. Mum's conditions mean that she is in a lot of pain and spends a lot of time in bed, mum also feels too anxious to leave the house and has not gone outside for quite some time. Claire has two younger brothers whom mum struggles to care for, Claire has taken on a lot of responsibility for the care of her siblings and often looks after them whilst mum is unable. Claire has little to no time to herself and can feel overwhelmed by her caring responsibilities.

Claire was initially referred to Fife Young Carers not long before the pandemic struck. She was assessed as requiring group support and respite opportunities. Unfortunately, due to COVID-19 our usual groups and activities were unable to go ahead - Claire was extremely disappointed as she was looking forward to joining in. Fife Young Carers devised a programme to deliver groups to young carers virtually, which would allow the young people to continue receiving much needed support.

"Using Zoom for virtual support sessions was easy to access through the app on my phone. When taking part, I enjoyed being able to have a laugh with other people which made me feel less isolated. It was important to me because I found it difficult to cope sometimes but knowing I could contact Fife Young Carers or knowing I could speak about it at an online group really helped."

Due to mum's health issues the family struggle financially and did not have access to the internet or a computer in their home, this meant that Claire now felt even more isolated as she could not have any contact with her friends or peers. FYC were lucky enough to be able to provide laptops and WIFI dongles to young carers in need, Claire was one of these young people.

Claire is now able to join in with the virtual groups and has been attending every week. She has been able to meet other young carers whilst taking part in fun activities and is enjoying having some time for herself. The online groups have also allowed Claire to build a relationship with her Support Worker, which has in turn, given her reassurance that she will continue to be supported in her caring role as the pandemic restrictions ease.

Claire has formed new friendships from attending the online group and is now feeling better about her transition to high school knowing there are others in a similar position to her. Staff have observed Claire's confidence growing each week as she excitedly chats to FYC staff and her new friends.

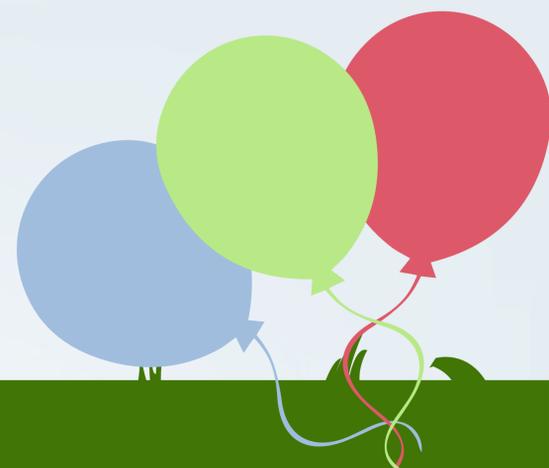
Claire and her mum have shown their appreciation and admit without the support of FYC, Claire would have remained socially isolated during the pandemic.

"FYC have helped me become so confident just from the support given. When I first came to them I was very shy and worried but my worker has always believed in me and that's helped me grow so much. The 1:1 meetings are very valuable to me as not a lot of people understand my personal situation."

Before I joined FYC I felt I had no one to speak to about my mum. The group meetings and activities done as a group help massively as it shows you're not alone and also just gets you out of your everyday life. FYC have helped me to come out of my shell and not feel embarrassed about being a Young Carer."

Thanks to my FYC worker I received a maths tutor which allowed me to get into university which was my dream. Although I'm at university I know the support is always there for me. FYC has been a support to both me and mum and it's made a huge difference to us both."

"My experience with Fife Young Carers since I joined has been nothing but great and inclusive. Anytime I have come along to group or trips I've never felt left out once and since I started going to these my confidence in myself has been greatly boosted. I've made some great friends and the support I've received from Allison has been great and helped me whenever I have needed it! Overall being with young carers has changed my life for the better"



Case Studies

Jason's Story:

Jason is 10 years old and caring for brother who is 11 yrs old with severe epilepsy.

His caring role was having a serious impact on Jason's health as he shares a room with his brother who has moderate to severe seizures during the night, preventing him having a healthy sleep routine and causing emotional distress due to witnessing these seizures. Poor sleep is impacting Jason's education as he is often sleepy in school or missing days in school as he has had no sleep throughout the night.

To reduce the sense of responsibility for Jason to be awake in case of a seizure, his worker investigated various night alarms that can detect seizures and alert their parent. After speaking with Epilepsy Scotland and the family's Epilepsy Nurse it was found that the alarm that is widely used would be unsuitable for his brother as it would more than likely give false alarms and the alarm itself would sound in the same room as that of Jason and his brother, again interrupting sleep.

Further research highlighted a new to the market alarm, Nightwatch, which is more accurate in detecting seizures. This alarm would fit the family and Jason's needs perfectly – however the alarm can not be funded through the local authority or NHS and it comes with a cost of over £1000.

Jason's worker contacted the manufacturer of the alarm to find out what, if any options the family may have. The representative from Nightwatch kindly referred us to a charity in England, The Peter Doodie Foundation, who had purchased several of the alarms to give out on loan to families in need. Jason's worker spoke with the charity and they were more than happy to provide an alarm to the family for as long as it is required, free of charge.

Jason reported on the impact the Nightwatch has had on his sleep, he stated "I sleep better now". Jason's mum also stated that it makes her feel better that the alarm is there, and it reduces the impact on Jason but also that it alerts immediately to a seizure and records the information with doctors, which helps with medical treatment plans.



Sophia's Story:

Sophia had asked for help as she was really frustrated with her college.

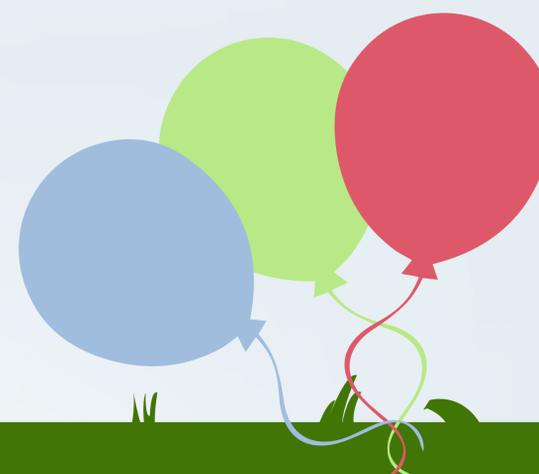
She had asked for extra support and college gave her a guidance councillor to talk to about her mental health, but she had asked for help with the work. Sophie explained that she felt she wasn't being listened to when she was saying she needed help.

When Sophia had explained to college that she was a young carer and finding it hard with things at home, college said they can extend deadlines, but that just prolonged the anxiety she was feeling.

Sophia then went to her Transitions worker and asked to help speak to college. Her worker asked who she would like her to contact at college and then sent an email, explaining the situation, her feelings and supported the conversation about how college and Sophia could work together to improve the experience.

A Teams call was arranged for Sophia and her FYC worker to meet with her year head. The discussion centred around her needs and how the college could support her. Her year head explained the work she had been struggling with and suggested areas to focus on. Her year head also said she would ensure all lectures were recorded so they could be viewed in her own time.

After the Teams call Sophia messaged to say how grateful she was that her worker was there to support her and she had much less to worry about now.



Development Services



Advocacy

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 2020/2021, the service has made a total of **475** contacts with Young Carers, either in person, online, at multi-disciplinary meetings, young carer drop-in sessions or as part of our group respite support.



8
Volunteers
Recruited
and Trained

6,339 people
reached on
social media
during our
Befriending
Week campaign

19
Emergency
Plans
completed

111
advocacy
sessions,
both formal
and informal

Dedicated issue based support including:

- Housing
- School Support
- Multi-agency meetings
- Employment issues

Befriending

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

Our Befriending Coordinator has been busy developing relationships with an array of other projects, developing a robust and recognisable marketing strategy, and also recruiting and training a bank of very hard working volunteers.

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.

We are working in partnership with Lead Scotland to deliver multiple opportunities through befriending support.

School Support

Lockdown has brought many challenges to the way we have provided School Support over the last year.

We have provided:

- Telephone and Virtual Support to both young carers and Parents/Carers about education at home
- Provided Information Sessions to School Champions
- Given out Study Skill boxes
- Provided virtual P7 transition support
- Provided 1:1 support to young carers who were struggling with education
- Supported Young Carers to complete School Profile Pages
- Delivered sessions to school pupils about what a Young Carer is and how to self-identify as a young carer and get support in school



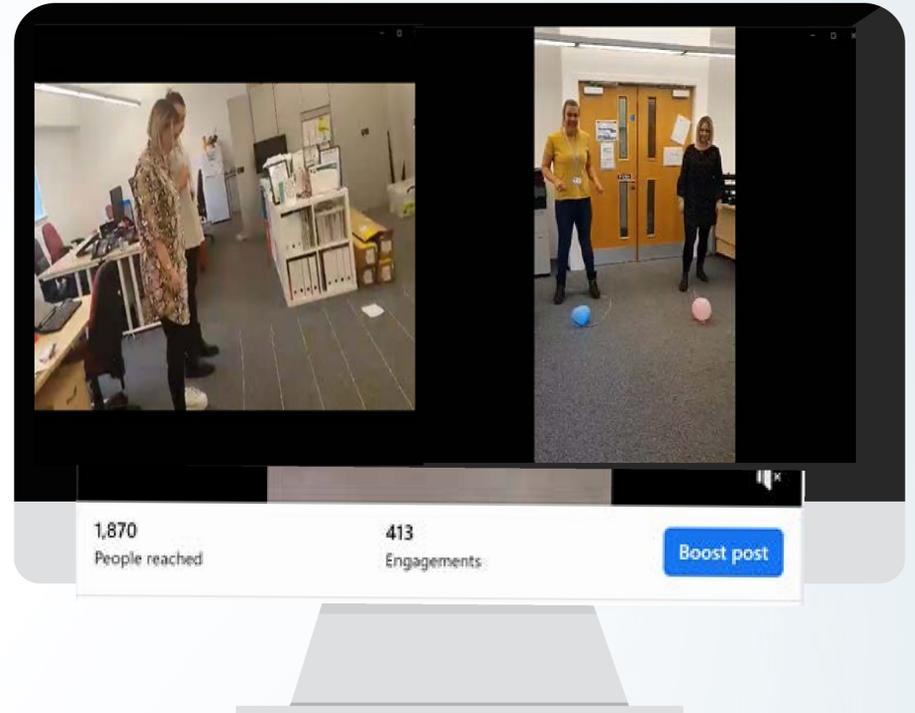
Information, resources and training

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.

During the year we developed various activities for young carers and young adult carers to do in the house and shared these on our social media channels and website.

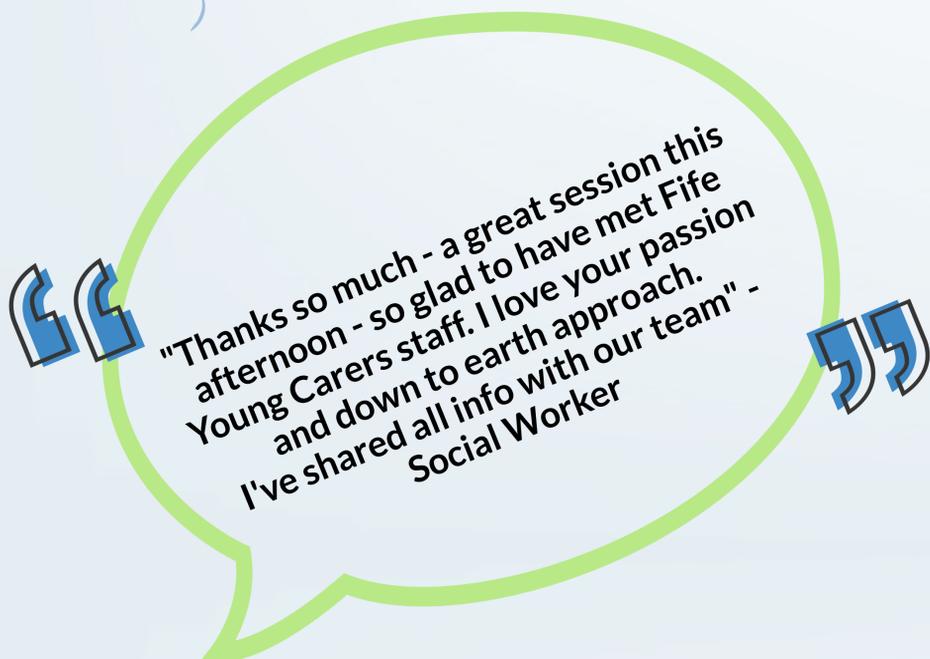
Activities included:

- Scavenger hunts
- Balloon popping physical activity
- Music and beats activity



We have provided digital information and training sessions to professionals across Fife, as well as awareness raising sessions to the general public.

For instance, this year we provided virtual workshops to Social Work Professionals across Fife providing them with the skills and knowledge to identify and support Young Carers, and giving them confidence to complete Young Carers Statements.



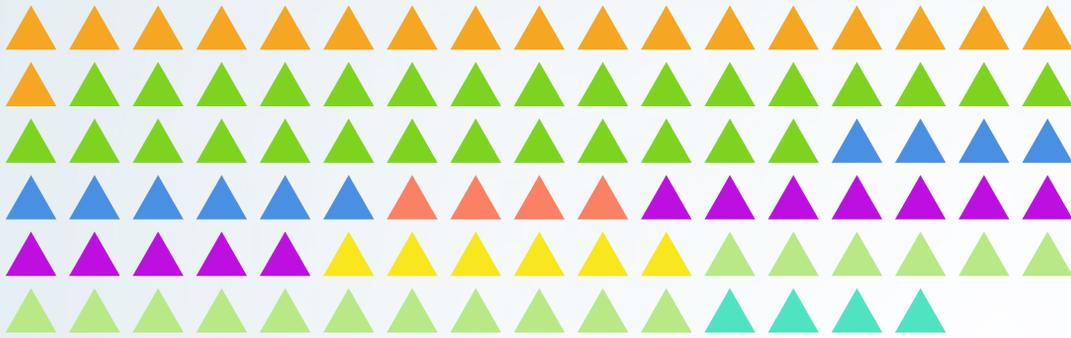
The Young Carer Statement is a **tool** that **identifies personal outcomes** for the young carer, and contains information about:

- The **impact** of caring on the young carer's wellbeing
- The extent to which the young carer is **able and willing to provide care**
- The extent to which the nature of the care provided is **appropriate**
- The **support** which is needed, if any
- The **support** that will be provided
- Whether a **short break** is needed

Service Questionnaire

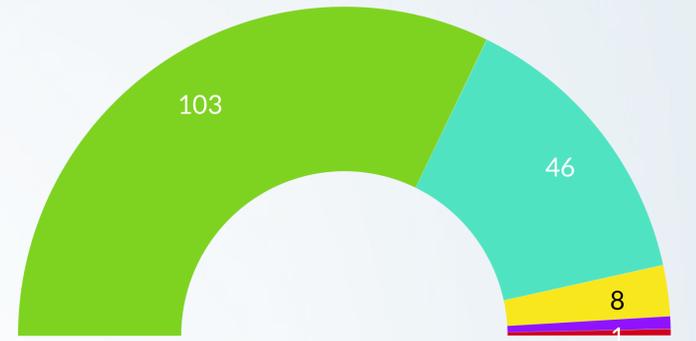
Regularly we ask Young Carers and Young Adult Carers in our service to provide feedback on the support we provide to them. This year, 160 young people completed the questionnaire and these are the results.

Support Received



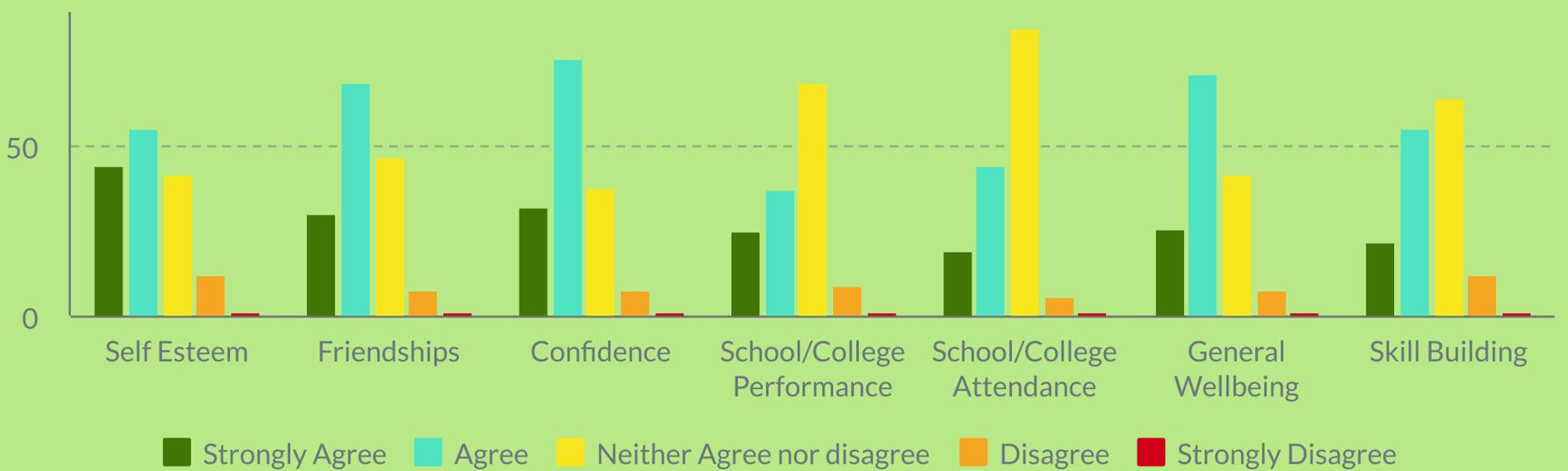
- ▲ 1:1 (17.59%)
- ▲ Group (29.13%)
- ▲ School Support (9.97%)
- ▲ Advocacy (4.2%)
- ▲ Respite/Trips (12.07%)
- ▲ Information & Advice (5.77%)
- ▲ YC Card (16.8%)
- ▲ Skill Building (4.46%)

Have FYC services benefitted you?



- Strongly Agree (64.38%)
- Agree (28.75%)
- Neither Agree nor Disagree (5%)
- Disagree (1.25%)
- Strongly Disagree (0.63%)

Improvements from FYC Support



- Strongly Agree
- Agree
- Neither Agree nor disagree
- Disagree
- Strongly Disagree

What type of support has made the biggest difference?

- Group
- 1:1 support
- Having someone to talk to
- Respite and trips
- All of it
- School Support

What can we do to improve our support?

- More Groups
- Longer respite breaks
- Keep doing what your doing
- Nothing - doing a great job!

How would you rate FYC Services as a whole? (10 being the best and 1 needing serious improvement)



Fife Young Carers



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