

Fife Young Carers Impact Report 2022-2023



Our year supporting
Young Carers and
Young Adult Carers
across Fife.



Thank you to all our young carers, young adult carers and their families who have allowed us to share their stories.

All names have been changed.



Our vision, mission and values.

Fife Young Carers provides person-centred support options: we offer each young and young adult carer an individualised package to maintain mental and physical wellbeing, manage their caring roles and help them to reach their full potential.

Through our extensive networks, packages of awareness raising, training sessions and culture of co-working with a wide range of children's services, schools and local authority services, we play a key role in identifying and engaging with young people who previously have not been identified as young carers.

VISION

Our vision is of a world where the role and contribution of unpaid young carers is recognised, and they have the quality support and services they need to follow their own path and flourish.

MISSION

Fife Young Carers will keep Young Carers at the heart of everything we do and strive to empower Young Carers to reach their full potential; overcome barriers and stigma; and achieve a quality of life that is comparative with their peers.



VALUES

RESPECT
INNOVATION
INTEGRITY
INCLUSIVENESS
DIVERSITY

A word from our Convenor

Once again I am very proud to be contributing to the Fife Young Carers 2022/23 Impact Report. It's been a bittersweet year for Fife Young Carers, and I appreciate that part of my report happened in the 2023/24 year.

In May of 2023 our Chief Executive Officer, Kirstie Howell, sadly died after a short illness. There is no doubt the main reason Fife Young Carers has moved from strength to strength was the commitment, knowledge and enthusiasm was due to Kirstie's unique contribution. It was a real privilege and honour to work with Kirstie. She is sorely missed.

A special comment of appreciation for the team at Fife Young Carers who have dealt with this sad event superbly. Special thanks to Jodie Burn for stepping into the breach and carrying out the CEO duties during this difficult time.

We embarked on the process to recruit a Chief Executive Officer and I am pleased to report that Harvey Carruthers was successful in his application and will be starting with Fife Young Carers in October 2023.

In June of 2022 Kirstie and I started a project to move from our current offices, which we had outgrown in Lochgelly, to more suitable premises that would support our young carers and our team. On one exhausting day we visited 10 properties, of different shapes and sizes in Fife.

To cut a very long story short, we decided that the ex-VELUX call centre in Glenrothes would perfectly suit our needs and we moved into the premises on 07/06/2023.

I am very pleased to report that the move to the new premises has been (and continues to be) a resounding success due to the hard work of the Service Managers and the team at Fife Young Carers – thank you!

We now have high quality premises that both provides both an excellent facility for young carers and an excellent working environment for our team.

I am very proud to say that support for young carers during this turbulent time continued at its very high standard.

You will get a more detailed report of operations in the report, but suffice it to say that year on year Fife Young Carers increases the number it supports.

I would like to take this opportunity to thank all our funders without which we couldn't carry our important work. The list of funders can be found in this document.

Finally, I would like to thank our Trustees for their support over which was a very difficult year. I am looking forward to serving as Convenor during the 25th Anniversary year of Fife Young Carers.

Our Trustees during the 2022/23 year were:

Michaela Sullivan
Corinna Robertson
Emma Bousie
Rita Keyte
Alan Ingram
Margaret Nethery
Joan Newbigging

We are always looking for more Trustees so if you would like to work or volunteer with this worthwhile cause please email me at convenor@fifeyoungcarers.co.uk

Thank you for taking the time to read this.



Dave Harrold
Convenor

A word from our interim CEO

Firstly, I would like to say thank you to Kirstie Howell for the dedication and work that she put into Fife Young Carers throughout the years that she was the CEO. Because of the work Kirstie had done, Fife Young Carers has grown significantly. We wish Kirstie's family and friends the very best going forward.

Although in sad circumstances, I am delighted to be writing this introduction to this report as the interim CEO for FYC. The reporting year 2022-2023 was a year full of positivity and progress. We have continued to grow over the year and actively supported 938 carers and received 319 referrals for support. Once again this is a massive increase on the year before and shows the continued requirement of support that is needed for young carers and young adult carers across Fife.

We continued to provide a wide range of support throughout the year. We provided advice, advocacy, befriending, education, training, respite, group support, one-to-one support and bought services such as counselling and art therapy. We supported young carers and young adult carers to access Young Carer Statements, Adult Carer Support Plans, and Emergency Plans. We provided carers with a Young Carers Authorisation Card which supports conversations with professionals about the person they care for, supports them to access support within education and allows them to access free bus travel, kindly supported by Stagecoach and Moffat and Williamson.

We have provided various awareness raising and training to multiple groups including school staff, social work and other professionals to support them to identify hidden young carers and support young carers in their organisations.

In this reporting year we were able to provide extra day trips and residential respite support. We ran over 30 breaks including residentials at Hopscotch, Scottish Young Carers Festival, Dalguise, 7-Habits regroup at Glentress and a Young Adult Carer Spa Trip. Some of our young adult carers also joined Venture Trust for an outdoor residential experience. Day trips included, Waterskiing, East Link Family Park, Ecology Centre, Inchcolm Island, Five Sisters Zoo, Edinburgh Winter Wonderland, Innoflate, a panto trip and much more.

Thank you to the funders and the people who continue to support Fife Young Carers. I also want to add that the work we do at FYC would not be possible without the hard work and dedication of our team of staff, sessional staff, trustees, and volunteers. Thank you.

Finally, we are looking forward to the next year in which we will be celebrating Fife Young Carers' 25th Birthday. We hope you will be able to join us in the celebration of this milestone year.

Jodie Burn
Interim CEO





Thank you

We would not be able to provide the support to young carers across Fife without the support of our funders and people who donate funding and goods to us. Thank you.

Baillie Gifford's

Baynes Charitable Trust

Big Lottery

Carers Trust

Children In Need

Conundrum Charitable Trust

Craig Roxburgh

Cruden Foundation

Fife Council - Minds Matter

Fife Council Education and Children's Services

Fife Council Health and Social Care Partnership

Fife Voluntary Action

Forth Bridges Rotary

General public donations

Jardine Charitable Trust

John Scott Charitable Trust

Just Giving

Kilrymont St Andrews Rotary Club

Leng Charitable Trust

Lochgelly High School

Miss A M Pilkington

Nancy Brown Charitable Trust

Nimar Charitable Trust

Order of the Eastern Star Fife & Kinross Chapter

Rotary in Fife

Scott Davidson Charitable Trust

SCVO

Shared Care Scotland - Creative Breaks

SLCC

Squire Patton Boggs Charitable Trust

St Margaret's Church Guild

TechnipFMC

Tesco Little Helps Grant Programme

The Cordis Charitable Trust

The Ireland Roddan Trust

The Irving Memorial Trust

The James M McNab Trust

The JTH Charitable Trust

The Leigh Trust

The Mbili Charitable Trust

The Michael & Shirley Hunt Charitable Trust

The Missess Barrie Charitable Trust

The Morrison Foundation

The Murdoch Forrest Charitable Trust

The Pilot Trust

The Robertson Trust

The Rotary Club of Kirkcaldy

The Sylvia Aitken Charitable Trust

The Walker-Schoolbraid Charitable Trust

The Walter Craig Trust

The Wood Foundation

Thistledown Trust

Tilehouse Trust

Vanessa Gibson

W.G Forsyth Fund

WCH Trust For Children

WRAAP

Year in numbers

This year we have supported more young carers and young adult carers than ever before.



319

Number of referrals for support



1161

Number of one-to-one support sessions



202

Number of group support sessions



35%

Percentage increase of referrals from 2021/2022



37

Number of trips and residential support



938

Number receiving active support

Tell us a bit about yourself

I am a carer for my dad and I help him with daily tasks and support him day to day.

How has FYC supported you this year?

I have been supported with one-to-ones about education and had support from FYC with housing.

What is the best thing about FYC?

The workers are all supportive and kind and always there.



Resource Delivery



The Resource Delivery Service had a busy year. The team provided awareness raising and training sessions with many organisations including: Fife Gingerbread; Nourish; Frontline Fife; and Social Work. The team attended Kinship Carer Support meetings organised through social work to discuss young carers' support. Additionally, the team took part in the Our Minds Matter event, provided a pop-up stand at the Community Voice in Cupar and hosted a number of marketplace stalls amongst other opportunities.

The team provided specific Young Carers Statement training with Nourish and Fife Gingerbread staff, as well as with supporting staff with these important documents at several schools.

For young carers, the team have supported the use of Viewpoint at FYC. Viewpoint is an App that has changed the way we offer Young Carer Statements and Adult Carer Support Plans. Young carers can use this interactive tool to complete their plans alongside their worker. Young carers have commented that the system is much easier than filling in paperwork.

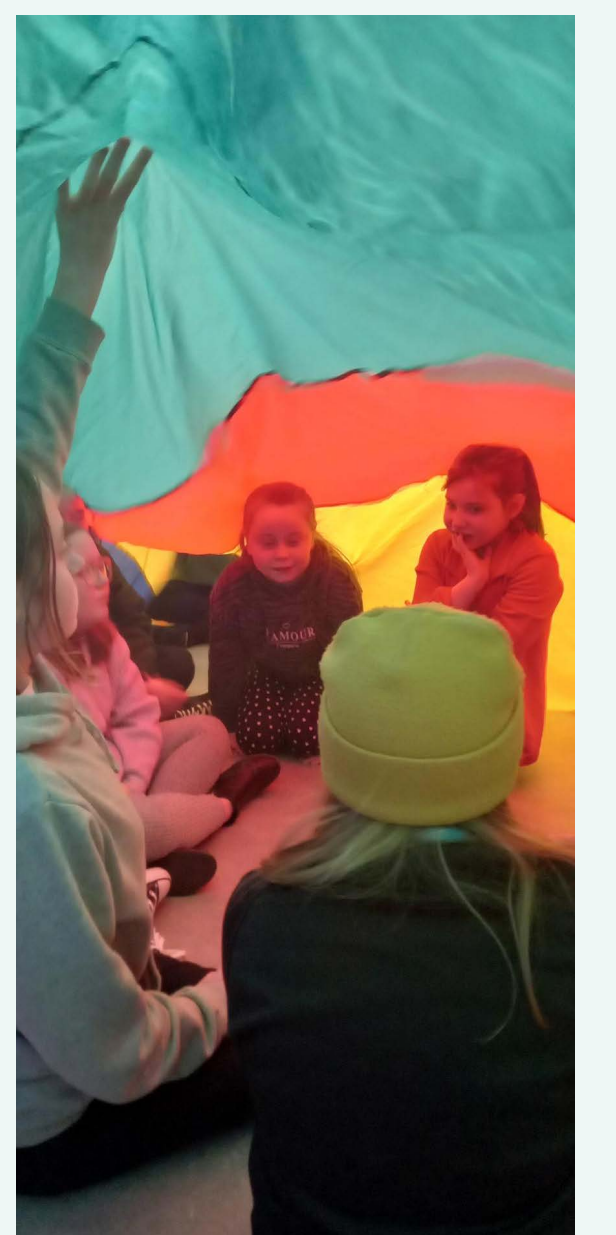
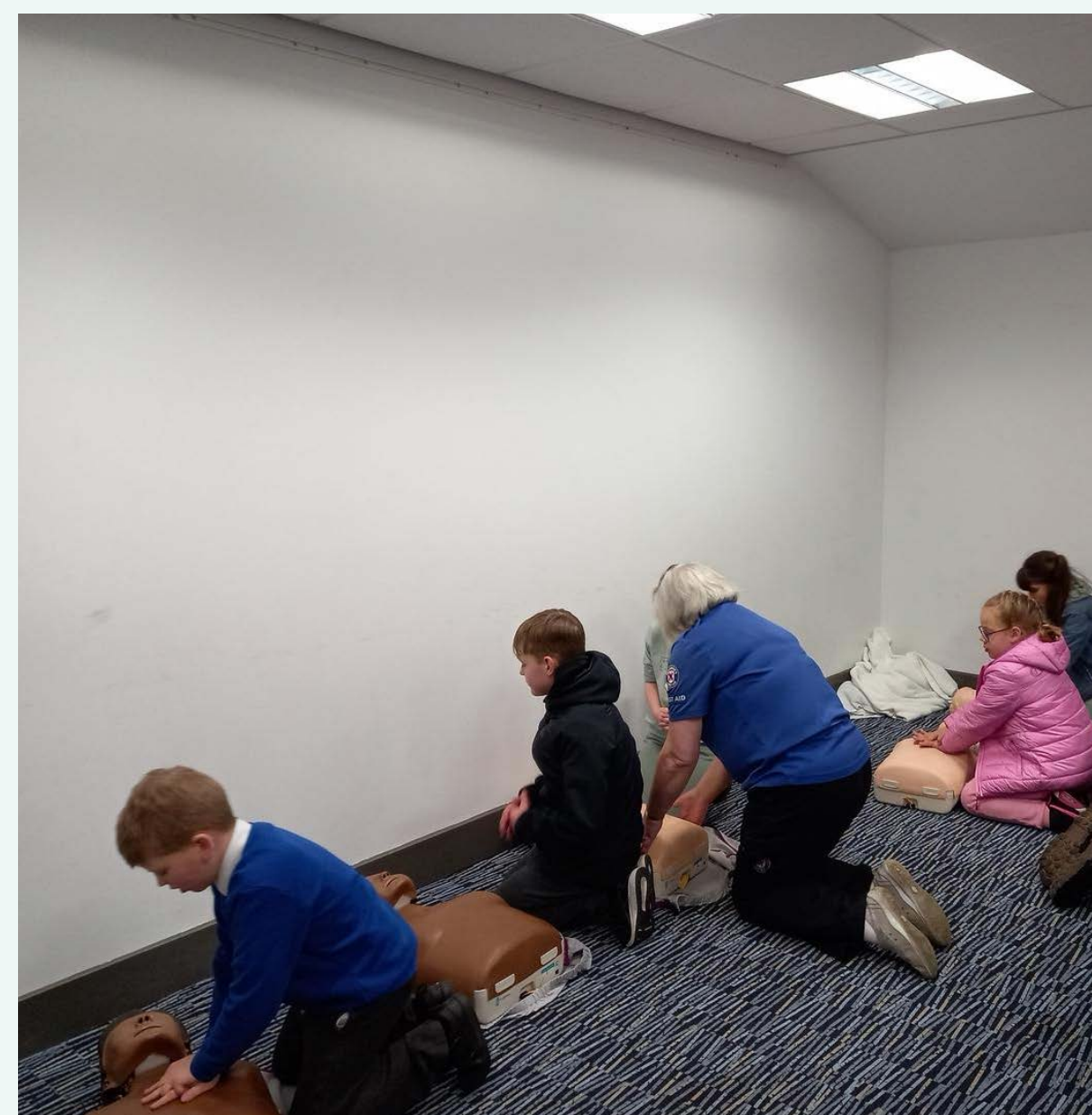
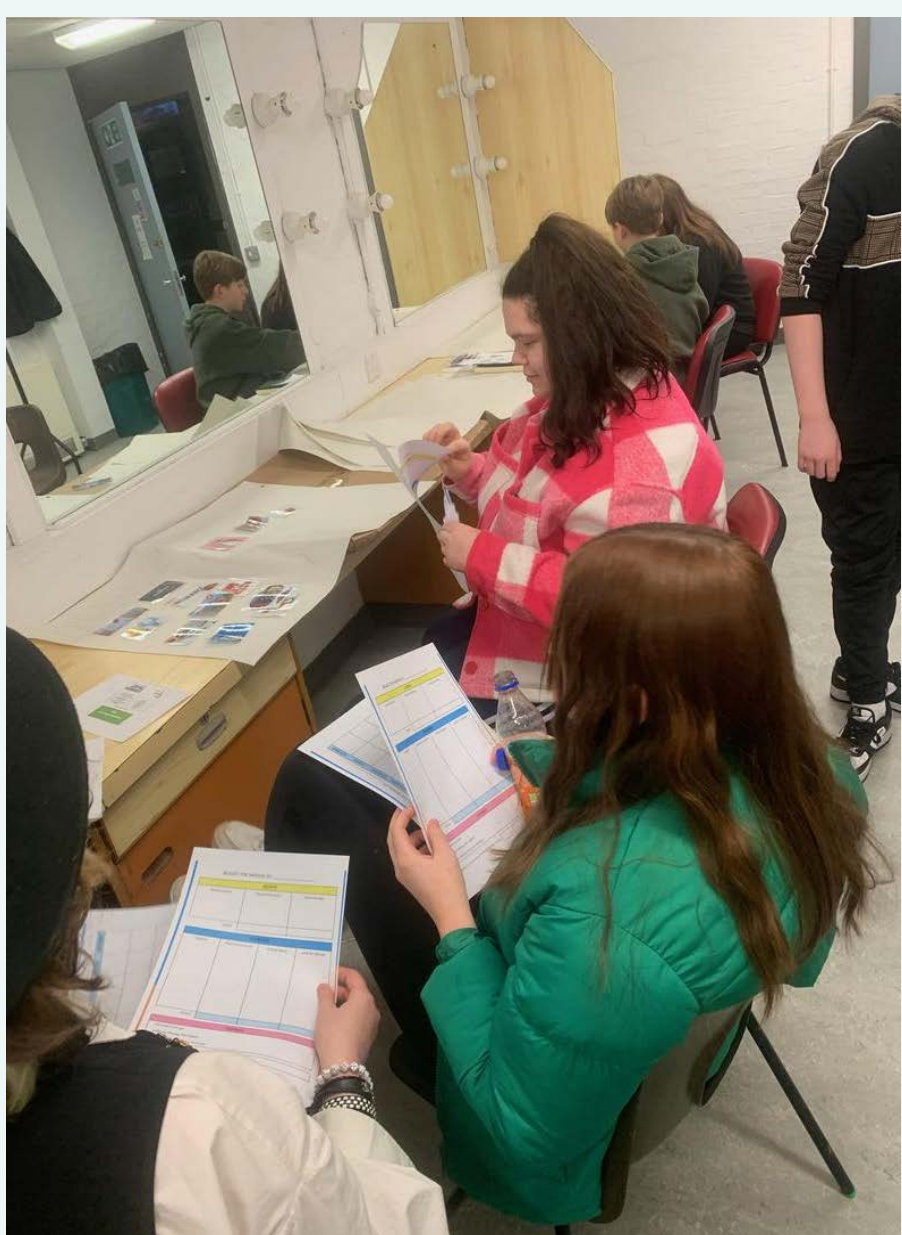
The team ran a training course for Young Adult Carers using the Open University Caring Counts Course. They supported the young carers to access and complete this course which helped young carers reflect on their personal experiences, gain a clearer understanding of who they are, and recognise the range of skills and abilities they've developed from their caring role. It will help them to look forward, to think about what they would like to do now or in the future, and to make plans that will help get them where they hope to be.

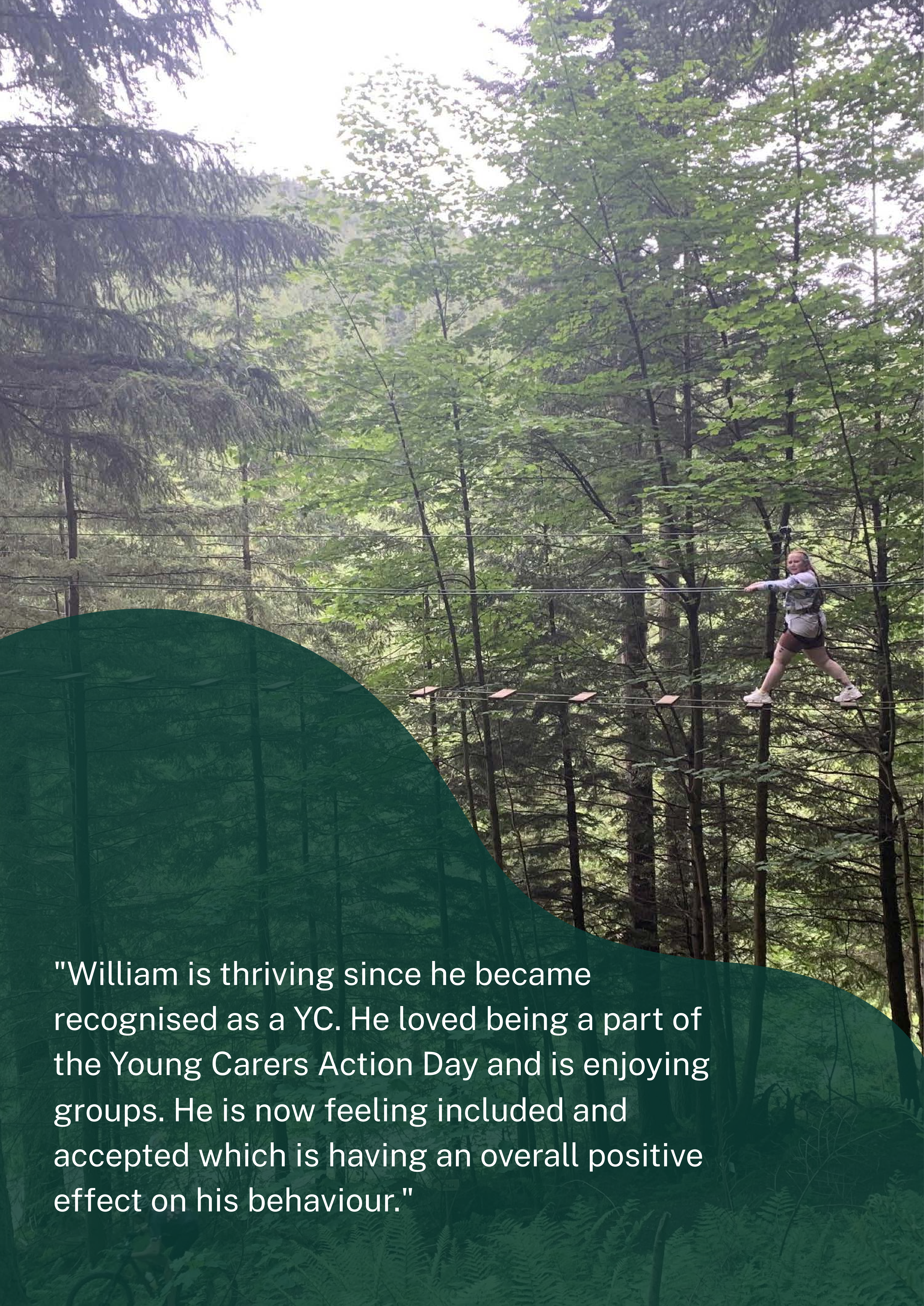
Young Carers Action Day

Fife Young Carers celebrated Young Carers Action Day in March 2023 by hosting a celebration event at Lochgelly Arts Centre sponsored by Carers Trust.

We had 112 young carers attend this event. There were 10 different workshops the young carers could choose to attend: Budgeting; Emergency planning; First Aid facilitated by St Andrews First Aid; Crafts led by the Peer Leadership group; Football; Sports and Fitness; Listening Stone taster session; Caring Counts taster session; Scottish History; and a Cooking Workshop. At the closing session a quick energizing game was led by young carers from the Voices of Change Participation group and everyone took part.

Feedback from Young Carers was positive, with majority saying they had learned something new and made new friends.





"William is thriving since he became recognised as a YC. He loved being a part of the Young Carers Action Day and is enjoying groups. He is now feeling included and accepted which is having an overall positive effect on his behaviour."



Trips and Respite

This year those young carers who required additional respite support were offered a variety of trips and residential opportunities.

Respite opportunities are an important part of the support we offer at Fife Young Carers as it gives carers an opportunity for a break from their caring role, a chance to meet other young carers, time to take part in different opportunities and have the chance to be a child and young person first and foremost. This year we ran multiple events for young carers to attend. These are just two of the highlights.

Young Adult Carers visit to Winter Wonderland - "The respite trip to Winter Wonderland was amazing! These last few months have been a whole new adventure for me and my caring role, so to have been given the opportunity right before the festive holidays has got me right in the Christmas spirit! So much laughter and joy between us all... from the views from the top of the wheel to the looking at everything upside down it was most definitely a day filled with fun".

A group visited the Halloween Maze Horror at Cairnie Fruit Farm. They went into the maze and enjoyed some really good scares and giggles. When heading home, they said how much fun they had and that they enjoyed the respite and the chance to be a young person. "I really appreciated and enjoyed the Cairnie Fruit Farm Halloween maze. I met other carers I don't see at group, but we all mingled together if we knew each other or not. I made new friends and had fun that is a once in a blue moon. Thank you, would 100% do it again."

Other respite activities included:

Roths Hall Pantomime Cinderella; Innoflate; East Links Family Park; Bubble football and archery; Five Sisters Zoo; Chocolate tasting tour in Edinburgh; Timberbush tour to Loch Lomond with a boat trip, Stirling Castle and The Kelpies; Edinburgh Festival and Escape room; Queen's Jubilee Celebrations at HMS Albion in Leith; Edinburgh Dungeons; Bowling; Mini Golf; Skiing and Sledging at Intu Braehead; and the Ecology Centre.

Lou

Tell us a bit about yourself.

My name is Lou, I am 22 and I'm a Young Adult Carer looking after my mum. I look after my nieces and my siblings as mum sometimes struggles with this. I have lots and lots of responsibilities and it can be very very stressful. I am trying to find my own life and time for myself.

How has FYC supported you this year?

This year, FYC has supported me with providing one-to-one support to give me dedicated time to speak about me and my life as I don't get the chance to do that elsewhere. They have taken me away for breaks from my caring role. I have been away to Edinburgh for a Pantomime, Airth Castle for a Spa night away and also camping in Glentress and taking part in Go-Ape. My worker also referred me to Venture Trust and I went on an 8 day resilience and confidence building trip in the highlands of Scotland!

Has FYC made a difference to you?

It has made so much difference to me, I have made new friends which I wasn't good at before. My confidence has grown so much and I now want to pursue a career in youth work and work with Young Carers and I have seen the difference it can make first hand.

Can other people see the difference it has made?

Yes – I talk a lot more in group and I am more open to making new friends and introducing myself to new people. My worker says I take on a peer leader role now.

What is the best thing about FYC?

I love everything I have received from FYC, especially having a dedicated support worker and trips away.



Residentials

Glentress 7-Habits re-group

This residential was a chance for those young carers who had previously taken part in the 7-Habits training programme to come back together. The group took part in lots of activities including, games, football, team building games, quizzes, music, Go Ape, Zip Line, where they encouraged and cheered each other on. In the evening they had a BBQ, a fire pit and marshmallows, and sang campsite songs. They took part in the 7-Habits activities around communication and cooperating to support them to succeed in their goals.

"My favourite was Go Ape. I tried something I wouldn't have a few years ago and enjoyed it. I also really liked just chilling with music and chatting. It was relaxed and gave me time to breathe."

Young Adult Carer (YAC) Spa Weekend

The group of 12 young adult carers visited Airth Castle where an overnight spa treat was waiting for them. The group enjoyed various therapeutic treatments and enjoyed the leisure facilities on site. In the evening the group had a sit down dinner and enjoyed a games night which included card games and quizzes.

Feedback: 12 out of 12 enjoyed time at the castle. 12 out of 12 agreed that it was a new opportunity and activity that they would not normally get to take part in. All the young adult carers agreed that it gave them a chance to meet new people and make new friends. The carers also said that the night away gave them a break and respite from their caring role.

"I liked the food and the hotel space. Showers were nice and spa activities were nice and relaxing"

Hopscotch

A group of 12 young carers aged 8 to 12 visited the Hopscotch residential near Fort William for four nights. The group had an adventurous time visiting waterfalls, going on segways, playing games, going on the climbing wall, combing rock pools, visiting the beach, playing team building games, yoga, roasting marshmallows on a campfire, tubing, visiting Ballachulish, going to an adventure park, having a pampering night, drinking hot chocolate, going on forest walks and much more. George who is 10, cares for his mum and his brother attended this opportunity.

Mum said "George has come back from Hopscotch a more confident boy. He will now go and try new things without me being there. He looks forward to having group as it's just for him."



Dalguise

15 young carers of high school age attended a three night residential at Dalguise Adventure Centre and took part in various activities throughout their time there.

The first activity - Capture the Flag - was done on the first evening where all the young carers participated and enjoyed. Over the next two days the group took part in a variety of activities including abseiling, zip wire, raft building, and walking a sensory trail.

The young carers participated or tried all of the activities and it was clear as the days went on they were becoming more confident in their abilities. There was great team work in both teams.

Some good, and different friendships were made and some were crying when the weekend ended due to this. The staff noted that all the carers should all be proud of their achievements made throughout the trip. The carers commented that they all had a great weekend and made lots of new friends. A couple commented that they tried things that they would never have tried before, which boosted their confidence and self-esteem.

YAC in Edinburgh

The Young Adult Carers requested a residential trip Edinburgh and 11 were able to go along. The group decided that they wanted to go to the Christmas Panto and then go out for dinner at a nearby restaurant.

The next day the group visited an escape room to complete Alice in Puzzle-land, 4th Samurai and Blackbeard's Treasure. Everyone took part and enjoyed the experience of a city break. The group agreed they would like further city breaks in the future.

Scottish Young Carers Festival

This year 29 young carers participated in this year's Scottish Young Carers Festival in which hundreds of young carers from around Scotland gather to celebrate with other carers.

There were loads of activities for the young carers to do, including lots of wellbeing activities such as a massage tent, wellbeing tent, meditation tent, and therapets. Fordell Firs staff supported activities on site too so the young carers could take part in the 3G swing, climbing tower and nerf wars. The boys played football with the other carers in a big group. It was nice to see them all mixing. There was also a gaming tent, hair braiding and glitter tattoos. There were lots of inflatables that the carers spent a lot of time on. The young carers made new friends with the young carers from Stirling and Falkirk areas and would arrange to do activities together.

On the first night there was a welcome show at the camp fire where fire dancers and a band performed for the carers. The second night there was a silent disco where the carers got dressed up and had a great time.

On day two the young carers went into the big tent to speak to the local MPs. They discussed their caring roles and where they felt they needed support and what support they receive from FYC.

As we had 29 young carers attending from all over Fife, some had not met each other before as they live at opposite ends of Fife. It was great to see them all bond over the few days.

The weather was dry and sunny and the young carers were living life to the full especially when they discovered there was a water slide. FYC staff said that it was really nice to spend time with the young carers, hear their stories and give them the chance to enjoy a break.



Befriending

Befriending was very busy year, delivering different opportunities to our young carers. Young carers were supported through one-to-one support and group befriending sessions.

For most of our young people, Covid-19 is still a big concern. They might still be wearing masks and not participating in the day to day fun activities other young people will be. The magic of this project is we can have small groups or one-to-one sessions so the young carers feel at ease.

Our one-to-one sessions held with befriending volunteers have been successful this year. Through attending this support, we have seen young people return to group support after building their confidence and independence in community settings and by trying new activities.

The young carers attending sessions had opportunities they may not normally have the chance to do. For example, we have one young person take part in regular judo lessons with their volunteer befriender. These sessions are building resilience and self-esteem. The young person's parent has noted they are calmer when coming home and are now more engaged in school.

Another young person had never eaten at Nando's. For them this was an opportunity they appreciated immensely with their befriender. The befriending volunteer reported that they were becoming more comfortable and confident at trying different types of food and that they asked if they could try Nando's. They went for 4 boneless thighs with medium spice. They said it was really tasty!

Mum said at drop off how great he is doing now since meeting the volunteer. The young person no longer stays in their room and is now confident going out, heads off on bus into town, is rarely home, and is now loving football training and being in a team since joining at the end of 2022.

Other one-to-one activities included visits to: Carnegie Library and Galleries, Dunfermline Abbey, Ravenraig Park and a ceramic cafe. Young carers also had the chance to play badminton, basketball and golf.

Group befriending has included many opportunities particularly in the school holidays. The aim of these opportunities were to give young carers the opportunity to attend activities with their peers within the community they live and to build up their confidence.

The Ninja Play October holiday activity saw us bring together young carers who are not confident to attend group support. The Ninja Play activity was a great way to bring these young carers together. The young carers got to connect with others who also needed support and encouragement to join in with activities in a safe and fun environment.

Other opportunities included attending: Craft workshop; Comic Art workshop; Drama workshop; Petting Zoo; Adventure Golf; Summer games on the beach; Cluny Clays Activities; Alpaca trekking; and the St Andrews Aquarium.

If you are aged 18+ and would like to become a Volunteer Befriender get in touch at admin@fifeyoungcarers.co.uk



Advocacy

This year, we have seen a rise in referrals for advocacy support. The manner of work carried out by the advocacy team has been varied and included: child wellbeing meetings; community support; liaising with voluntary organisations; housing applications; funding and grants applications; DWP meetings; employment rights support; support in education and emergency planning.

Engagement with the support has been excellent, and we have been able to continue building positive relationships with external agencies, both statutory and third sector. The following case study demonstrates the changes that were made for some of the individuals in our service.

The service provided emergency preparedness training which was well received by all. This training supports young carers to think about what would happen if they were unable to do their caring role.

The Emergency Plans:

- puts carer's minds at ease knowing a back up plan is available in emergencies;
- encourage and support carers to feel confident being away from their caring role;
- are an instruction manual, covering all aspects of the caring role; and
- are easy to access and are available to support a change in personnel to organise and provide adequate care.

"This was really useful. I feel a lot less anxious now that I know I can get support if things were to get bad at home and I will definitely be filling in an emergency plan for my family."

"It's a scary thought to think about if something happened to me, but this helped me a lot thank you."

Tracey

Tracey is 13 and lives with her mum, Lorraine. Tracey supports her mum with both her physical and mental health which impacts on her mum's day-to-day life.

Tracey and Mum were struggling with managing finances in the home and mum was feeling overwhelmed with household repairs that were in need of completion, as well as her being anxious about applying for and completing relevant paperwork for Adult Disability Payment (ADP).

The Advocacy service supported mum to apply for a hardship fund and received £1,000. The advocacy worker contacted housing and booked all repairs to be completed which have now been completed and mum has been able to buy all necessary items to sort her home using the hardship fund.

The advocacy worker then supported mum to complete ADP initial claim request and supported her to complete claim forms upon arrival, mum has now received this. Due to her award level the worker supported with mum confirming the Disability Premium for the Employment and Support Allowance on top of this.

Mum was supported to speak with Cosy Kingdom and a joint visit was held where mum received thermal curtains, an electric blanket, a halogen heater, cosy heat packs for her and her daughter, insulation behind radiators as well as a small grant for supporting with electric bills due to cost of living crisis.

Contact was made to Occupational Therapy regarding mum's health affecting her ability to use her bath safely and a full functional assessment was carried out. We have been informed that the request for adaptations in the bathroom were accepted and mum has now been placed on a waiting list to have a wet room installed. The Advocacy Worker has arranged a meeting with Housing Officer to support mum to build upon her relationship with them and to address any further need for support/repairs. Mum has been very grateful for support received and feels much happier.

"Thank you, you always manage to calm me down thank you for being there for me"

Young Carer Films



Young carers were able to film three films with Screen Education Edinburgh this year on the topic of Making Sense of a Changing World.

The project itself took place over four days, working on story ideas with the young people, and encouraging them to find story subjects that mattered to them, therefore giving them an opportunity to express themselves. The film was written, shot, directed and edited by the young people as a group, ensuring that everyone got experience of all the roles. This was a great success and the films that the young carers produced were amazing.

- Day one was a focus on finding a story and creating a short outline;
- Days two and three were when the film was shot;
- On day four, the young people edited the film together, adding titles and music.



All the films can be found here:

Understanding Rachel – <https://vimeo.com/745067264/dfbf103aa1>

Ellie's Story – <https://vimeo.com/745067928/38ad3ebd79>

It's Not That I'm Weird – <https://vimeo.com/746969067/83d2397d39>



Therapeutic Sessions

This year we have been able to offer young carers and young adult carers therapeutic sessions. These have included: Counselling from Relationship Scotland; Art Therapy; Music Therapy; Massages; CALM app subscriptions; and other mindfulness opportunities.

With our counselling service, we aimed to give young carers a safe, confidential space to explore their thoughts, feelings and worries and build trust through engaging in a trusting relationship with their therapist. This has led to improved mental wellbeing and resilience; young carers have developed coping mechanisms, and staff and family have witnessed improved family relationships. We are continuing to work with our counselling service.

"It has helped me so much with sleep and with helping me calm myself when I am outside and my anxiety is playing up it is a really good and helpful app"

"I feel like these sessions have helped me a lot with building my confidence, as well as being comfortable with myself and around others. They have also helped me to deal with my anxiety and self-doubt."

"I'm very grateful to have been given free sessions as I would not have been able to receive counselling otherwise. It's been a huge benefit to both myself and my family. I would strongly recommend your service to other young carers."

'Going to Relationship Scotland made a huge improvement on my mental health in terms of my past and my current relationships.'

"I have used the CALM app alongside my mindful colouring book when I was having a bad day and feeling really anxious and I had a panic attack. I feel it really helped calm me and take my mind to a better place so I could get myself off to sleep" - YAC, aged 17

"Hey, that's me redeemed my subscription. Thank you so much again. It's got so much on it, this will defo help me and I got a great sleep last night because of it"

Let me tell you about a band
Of whom you may not have heard
A band who don't have drums or guitars,
Who's music isn't shared

For we're a band of heroes,
Tragically unsung,
Much unlike The Avengers,
Who are revered both far and wide,
Most of our support seem to run and hide

Our band's name is Young Carers,
Who are they? Folk say,
A supergroup of young folks,
Who work both night and day

We want to share our work with you,
But it falls upon deaf ears,
We don't get to stand on stage,
And soak up all your cheers

Our following is little,
The word of thanks are few
But we do have that one Roadie,
And that Roadie is you

You are Fife Young Carers,
Our number one fan.
The one who brings us all together,
As one big mighty clan

We really appreciate your support,
To help us out to hold the fort.
You help to give us a little break
And all worries you try to take

Your little band of workers
Are all so wonderful
They always, always do their best
To make our lives so full

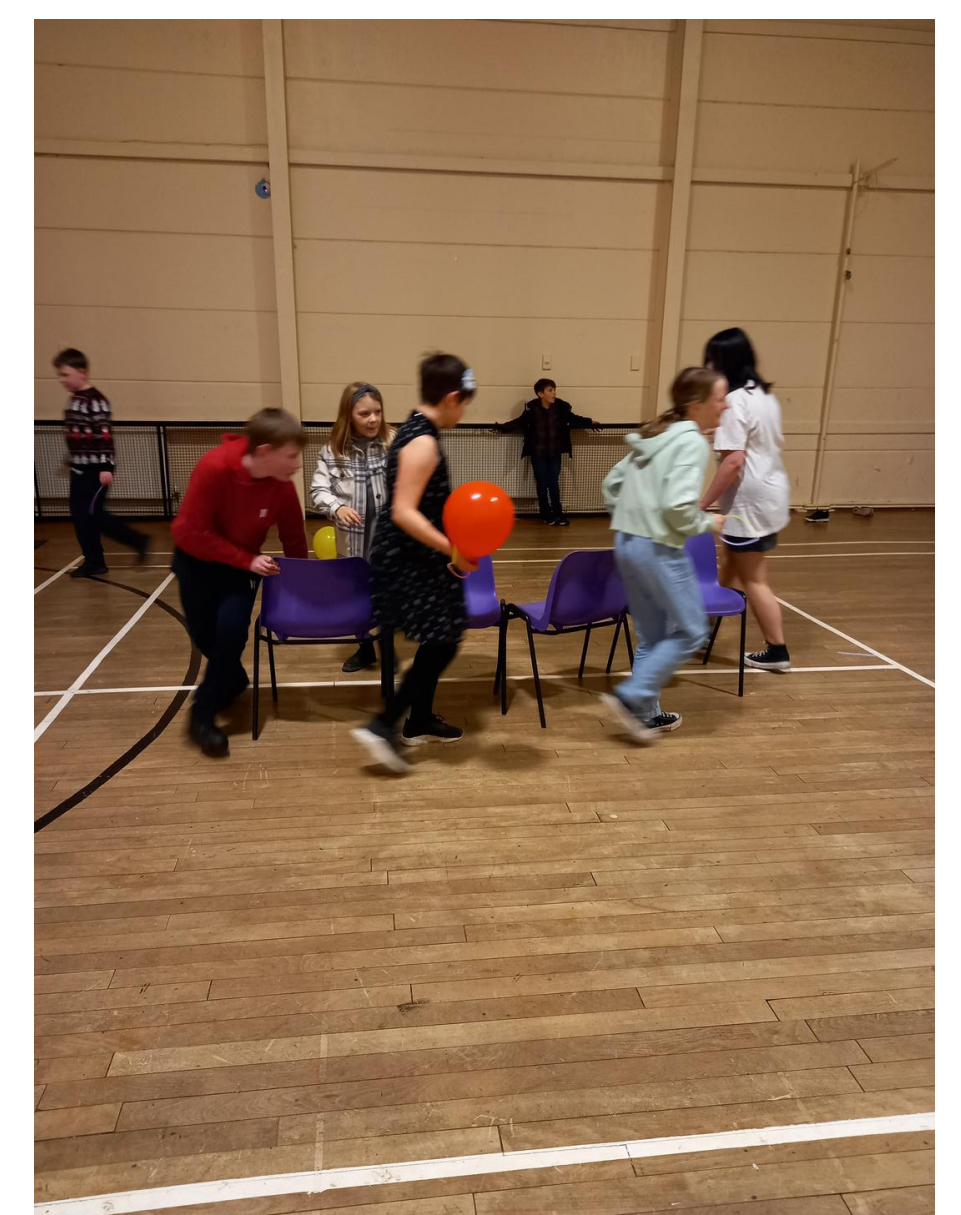
Under 18 support

For our Under 18 Support, 2022 has been a successful year for providing support to young carers. This has been the first year since 2019 when we have not been impacted by Covid-19 restrictions which has allowed a vast range of activities to be on offer during group sessions. Group numbers have continued to increase over the course of the year with some geographic areas having to host additional groups to ensure all young carers are offered regular respite from their caring role.

Activities at group have included but not limited to:

- Healthy eating workshops.
- Issue based sessions.
- Wellbeing sessions.
- Cyber awareness.
- Multi-cultural celebration events such as Chinese New Year and St Andrew's Day.
- Visits from Therapets.

Although all restrictions for Covid-19 have eased we have found many of the young carers are continuing to face challenges because of the pandemic. We have continued to provide regular one-to-one support allowing young carers a safe space to discuss any worries and challenges they may be facing, provide practical support and offer advice and information on issues affecting the young carers and their families. Support workers have been able to refer families and young carers for specialist support when a need has been identified such as Relationship Scotland, Art Therapy Sessions or other specialised support.



Tell us a bit about yourself.

I am 6 years old and love to dance sing and learn. I have many friends at school, and they are very supportive. I help my mum with daily tasks like cleaning up and helping and playing with my sister.

If my mummy has a seizure, I make sure mummy is safe and then take my sister and step aside. I love to make sure she is okay.

How has FYC supported you this year?

FYC has supported me this year through youth group and visiting my school to chat with me about everything. This has helped me make more friends who are going through similar things and have fun together and have time for me.

Knowing someone comes to school sometimes to chat helps me know someone is there if I need to talk.



Sophie

Sophie is 15 years old and lives with her mum and brother. She is a secondary carer for her sibling who is autistic. Sophie provides a high level of emotional support for both her mum and her brother and she helps with daily tasks around the home.

During assessment Sophie reported having anxiety due to the pressure she feels under due to caring, this is often heightened by her brother's behaviour and her brother being a victim of bullying and physical assault within the local community. Sophie feels responsible for looking out for her brother when at school, and feels she is always on high alert when out with of the family home due to incidents in the past. During the assessment process Sophie rated her confidence and self-worth as low, stating she feels undervalued and often overlooked within the family home.

One-to-one support was put in place to allow Sophie the opportunity to explore her feelings and build on her self-confidence as well as exploring ways to improve her relationships within the family home. During these sessions Sophie discussed the idea of self-harm, although she stated she had never self-harmed. Through conversations with the support worker it became apparent that Sophie was self-harming by not eating or eating very little. Sophie and the support worker used Kitbag to improve Sophie's confidence and explore her emotions and feelings. Through regular sessions, Sophie was able to recognise the importance of a healthy diet, she was able to be more open and honest with her mum about her thoughts and feelings and through completing a Young Carers Statement and sharing this with school Sophie had the confidence to confide in her guidance teacher surrounding her concerns for her brother at school.

Following a review Sophie felt confident to attend fortnightly group support. She continues to attend group support and has built good friendships with other young carers within her local area. This has provided Sophie with a peer group who understand the difficulties that she may face. Sophie recently attended Art Therapy sessions where she has been able to explore ways to channel her emotions in a positive way. Sophie now receives 6 weekly one-to-one sessions and feels a lot more confident; she reports being able to have discussions with her mum regarding her feelings and she is feeling more positive about her future choices.

In October 2021 Sophie rated her Confidence, Friendships and Relationships as a 3. In October 2022 her confidence and Relationships had improved to 4 with her friendships improving to 5; with 5 being the top score.





Family Wellbeing

The support our Family Wellbeing Team (FWB) have given has varied greatly from case to case and the Family Star Plus Assessment (FS+) has allowed the team to ensure individual needs are met.

The aim of FWB is to ensure improvement in the quality of life for both the parents/guardians and the young carers. By supporting the adults at home, we ensure positive changes for the children and young people too. The families we supported have needed help with accessing support around:

- **Mental health** - for both themselves, and those they look after.
- **Attending medical appointments and/or seeking medical help** - which has been completed through signposting to various health professional services but also by supporting parents to make initial contact.
- **Establishing boundaries and routines within the home** - this has been highlighted as an issue for most of the families supported. FWB have supported parents to develop and implement robust routines and boundaries. The whole family is encouraged to engage in the process of negotiation and compromise when establishing boundaries. This supports the children in the family to take ownership of and adhere to the new boundaries and routines.
- **Housing issues** - such as repairs needing to be carried out or queries re council tax and rent bills. FWB have supported families to arrange payment plans for those who have been in arrears through no fault of their own.
- **Benefits checks** - applying for benefits is another large part of the FWB team's role especially since the Scottish Government introduced the Scottish Child Payments to all children under the age of 16. For some families we support this has meant an extra £600 per month. This makes a massive difference to their finances.
- **Additional opportunities** - applications are completed regularly with FWB support. Funding is acquired through sources such as Time For Me, Creative Breaks, FYC Hardship Fund, Carer's Trust and nominating families for shopping vouchers and gifts for Christmas.

Interdisciplinary partnership working with professionals such as Social Work, Occupational Therapy, Housing, and DWP are a key tool in supporting our families as it ensures support is being offered cohesively and to the highest possible level across all services working with the family. Our FWB Service is an intervention service to try and lessen or avoid the need of social work involvement. These professional relationships allow for either avoidance of social work intervention or a smoother transition.

"Thank you so much for pushing me to keep going with this." (From a parent in regard to boundary-setting)

"Thank you for our funding I have ordered the hoover, paid off the rest of the P7 trip and ordered some clothes for the trip for her." (Time For Me application)

"Thank you for thinking of us. It really means a lot." (Christmas Gifts)

Violet

Tell us a bit about yourself.

My Name is Violet. I am 42 years old and mum to Ruby, who is the looked after person, and Finn, who is the young carer.

How has FYC supported you this year?

FYC has helped us with a housing application, an emergency plan, general support and having someone to talk to. Finn attends group for respite and his support worker is amazing.

Has FYC made a difference to you?

Yes. It's been amazing to have someone to talk to and get help and support from. Going to groups for respite gives him the break he really needs from helping out with his sister.

Can other people see the difference it has made?

Yes. Friends and family can tell that some of the stress we had is gone.

What is the best thing about FYC?

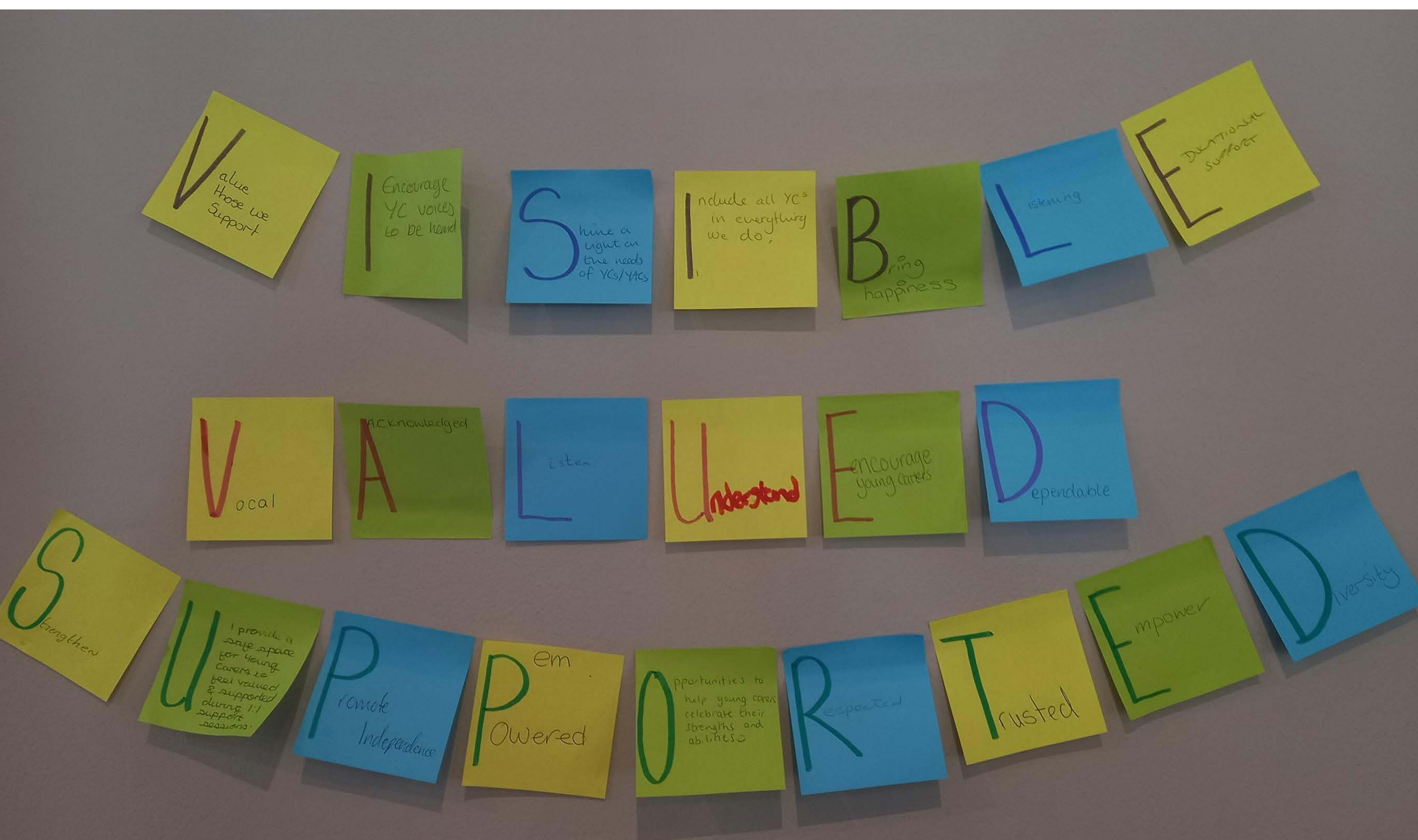
The support network that is available to us.

Anything else they would like to add?

We would be lost without FYC and the support they offer. Finn is able to do so many more things and have more opportunities that he would otherwise not have had.

Carers Week 2022

A few words from our team on how we support Young Carers and Young Adult Carers to feel:
Visible, Valued and Supported.



Young Adult Carer Support

The following case study about Stacey demonstrates the change this service has made to this young adult carer.

Previously, Stacey cared for her Dad and younger siblings. However 3 years ago, dad sadly passed away. The bereavement of this has hit the family very hard and Stacey now undertakes a caring role for mum who, in the aftermath of dad's death, had been through numerous medical testing and different diagnoses, including Fibromyalgia, ME and MS. It has now been discovered that mum has Functional Neurological Disorder. Mum's condition presents in many different and challenging ways in which nearly all aspects of her life are affected. This has had an impact on Stacey and her caring role. Some of the daily tasks Stacey takes responsibility for are: childcare responsibilities; household management; financial assistance; emotional care; personal care; and manual handling.

Through investigation using an Adult Carer Support plan, Stacey's support worker was able to identify many issues and implement timely, consistent and holistic interventions including: one-to-one support every two weeks; invites to our YAC Group; invites to trips/respite activities; and advocacy support with professionals involved in mum's case. The following outcomes were observed as a result of the intervention:

- Social work have reopened the case and will re-assess mum's needs and liaise with OT to make the home suitable.
- Complex Care Team accepted referral for mum and a Multi Disciplinary meeting was held. CCT took over case management for mum and liaised directly with neurology, pain management and OT. Mum now has a dedicated Frailty Nurse that is exploring options for mum's health and wellbeing.
- Mum and Stacey have been supported to fill out a mandatory reconsideration for PIP.
- Stacey and siblings received gifts for Christmas.

Stacey's Carers Star evaluation was completed and the outcome 'the Caring role' went from a 2 to a 4 over the time period indicating a measurable improvement in how the caring role is managed due the intervention. Through the dedicated one-to-one support and invites to trips and respite opportunities, Stacey's 'How Do You Feel?' outcome on the Carers Star has increased from a 2 to a 3.

“FYC has helped me with my caring roles in so many ways, helping me to gain independence and to feel more supported and secure than I ever have. The support they give is amazing and means everything to me and I don't know where I would be without it.”





This year was the first for the Young Adult Carer (YAC) Service being fully out of restrictions and guidelines concerning the pandemic. We have made adaptations however as the pandemic and various restrictions allowed us to evaluate and reflect on the service more fully and innovate on our already highly thought of provisions. This included more outdoor pursuits such as walk and talks and increased social gatherings in the community and nature. The YACs themselves reported very positively to these adaptations and is something we will continue in our practice.

The outcomes for the year were to improve access to accredited training, learning, increase employability, lessen social isolation and improve mental health and wellbeing. Our workers and YACs worked together to plan sessions, including issue-based sessions and accredited training. We continued to offer one-to-one sessions as well as monthly respite groups.

YACs participated in a Training Needs Analysis to highlight priority areas in learning that needed addressed. Results from this helped shape the year and we delivered: 7 Habits of Highly Effective Teens residential; Wellbeing training residential; Employability workshop with stakeholders from BRAG enterprises; Drug and Alcohol awareness workshop in partnership with Clued-Up Fife; Kindness Cupcake cooking workshop; Accredited Dynamic Youth Award in mindfulness and self-defence; Emergency Preparedness Training alongside our Advocacy Service and numerous solution-focussed one-to-one sessions working on employability, education, skill-building, CV and interview training, and personal statement support.

Mindfulness and Self-Defence.

Dynamic Youth Award accredited programme



“I really enjoyed doing this. I learned so much that helps me be less anxious when I am out and about on my own”

“I feel like I can protect myself now, and getting the award will look good on my CV!”



“The session on body image was amazing whilst being greatly interactive. It really opened my eyes to the ongoing issues of body image in wider society. It was also delivered phenomenally, clear and informative.”



‘Joy has grown more this year with the support she has been given. She really needed one-to-one sessions with her worker which really helped her over a tricky time. She loved all the trips and the festival last summer. Her group night is where she feels safe and happy.’



Shelia

Tell us a bit about yourself

My name is Shelia and I care for mum who has Fibromyalgia and BPD. This can impact my mum at any moment and means she struggles physically and mentally. Due to this, the caring role I take on can vary, and I can become the parent to my younger siblings. Due to my mum's mental health, I can be privy to adult conversations which can impact on my own mental health as I feel I need to sort or resolve issues for my mum.

How has FYC supported you this year?

My support worker has completed regular one-to-one sessions with me. This has given me space to rant with no judgement. My worker gives me the opportunity to speak and feel listened to.

They give me various tools to help with challenges such as breathing and grounding techniques, and using crystal therapy.

The support has helped me recognise where I need support. My worker also set up meetings in school where my voice could be heard and to help ensure relevant support is in place there.

Additionally, my worker organised for me to attend Art therapy sessions to give me more support with my anxiety and feelings.

Has FYC made a difference to you?

In school, meetings resulted in teachers having a better understanding of my behaviours and triggers. I have also received passes to use when I need additional support.

The support worked added - Sheila feels she is benefitting from the Art Therapy and attends these regularly. Additionally, we receive regular "thank you" messages from mum as she really appreciates FYC being there for Shelia. Mum knows that they have someone to go to if Shelia is struggling.



VOICES OF CHANGE

Purpose of the Group

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 the service and work with professionals, the public and Fife Young Carers staff and the FYC Board of Trustees.

Values & Objectives

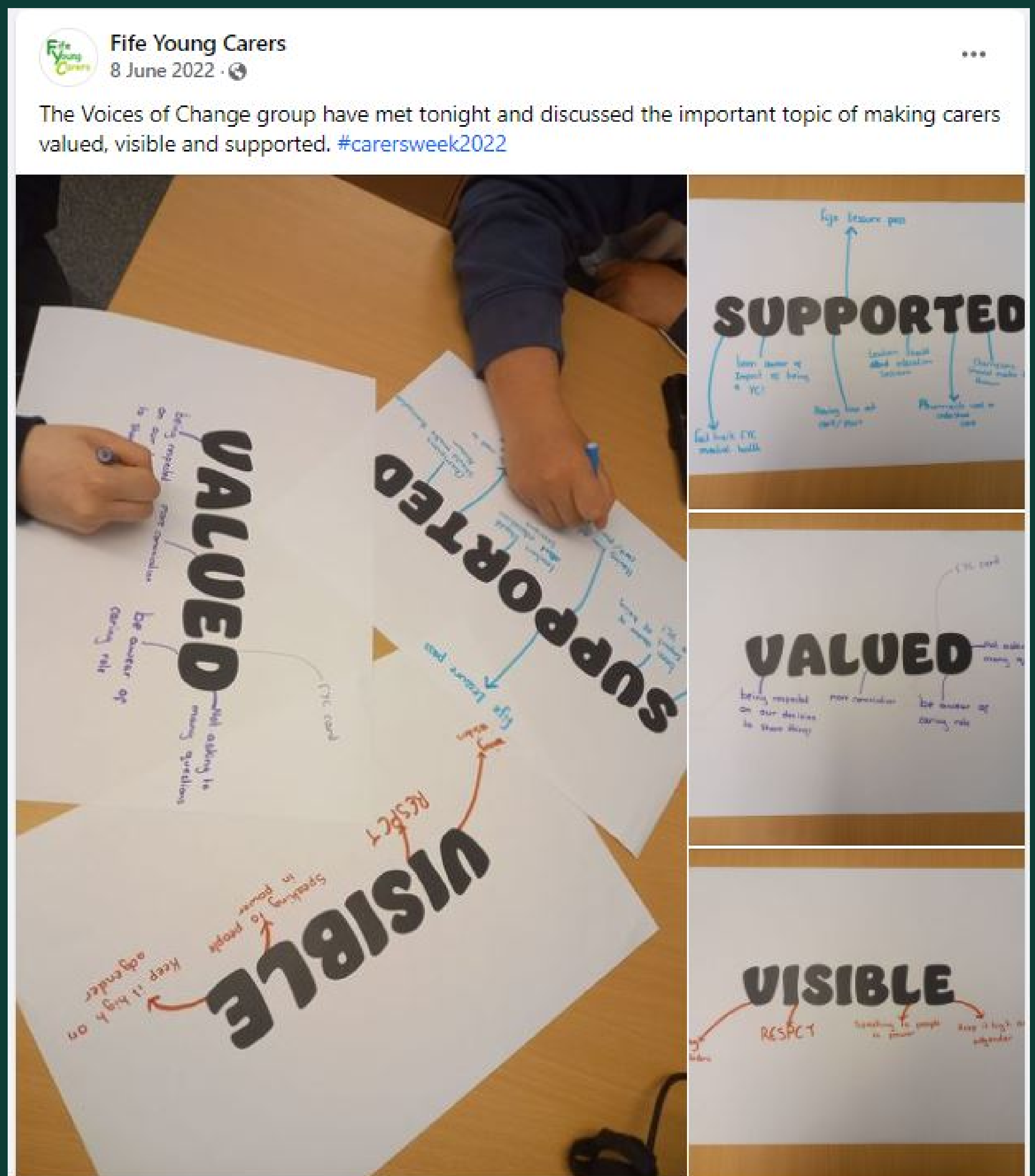
- Use own experience and expertise to help other Young Carers.
- Engage with Young Carers throughout Fife to gather their opinions.
- Make meaningful and enduring positive change for Young Carers.
- We aim to be the voice of change – for Young Carers by Young Carers.

Structure of Group

Made up of a group of Young Carers with different backgrounds from throughout Fife (Ages 14-25 years).

Frequency

We meet 9 times a year.



If you are interested in joining Voices, get in touch via your support worker.

In May our Voices of Change Participation group took time at their meeting this week to check in with each other through a Kit Bag session and discussed ideas to help other young people tackle loneliness:



- Personal breaks – be active, watch a film, shopping etc, listen to music, walks with friends/pets
- Talking to friends
- Setting personal goals/projects
- Speak to a trusted adult
- Focus on self-care/worth
- Identifying the issue and learn how to remove yourself from it
- Use external services i.e. ChildLine
- Remembering that it is okay to feel the way you do
- Engage in community activities
- Use online resources

Peer Leadership

“To support young carers to become leaders now and in the future”

The project started last year by recruiting and training young carers to become peer leaders. The peer leaders took part in training and development opportunities to increase their knowledge and skills. The new peer leaders then went out across Fife and recruited other young carers to take part in creating and leading a project of change or impact which we could showcase and then use in our work going forward. A staff member was involved in the initial training stages but then facilitated the sessions in the next stages as these would be led by the initial peer leaders.



We first recruited nine young carers from all areas of Fife. This was done by the Education team attending group sessions where the project was discussed. Young carers were given the opportunity to sign up Peer Leaders if they wished.

We held our first session at Hollywood Bowl in Dunfermline. This brought our new Peer leaders together to enjoy time together and learn more about the project.

After our first trip we brought the peer leaders together twice a month to work on leadership skills, presentation techniques and how to be a role model to the junior recruits we would bring on board to develop a project in the next stage.

The peer leaders have been learning skills in Listening, interviewing, taking photos and videos with workshops hosted alongside the VOICE group.

The peer leaders did an escape room at the end of stage one. This gave the group a chance to use skills learned over the sessions such as good communication, team work and resilience.

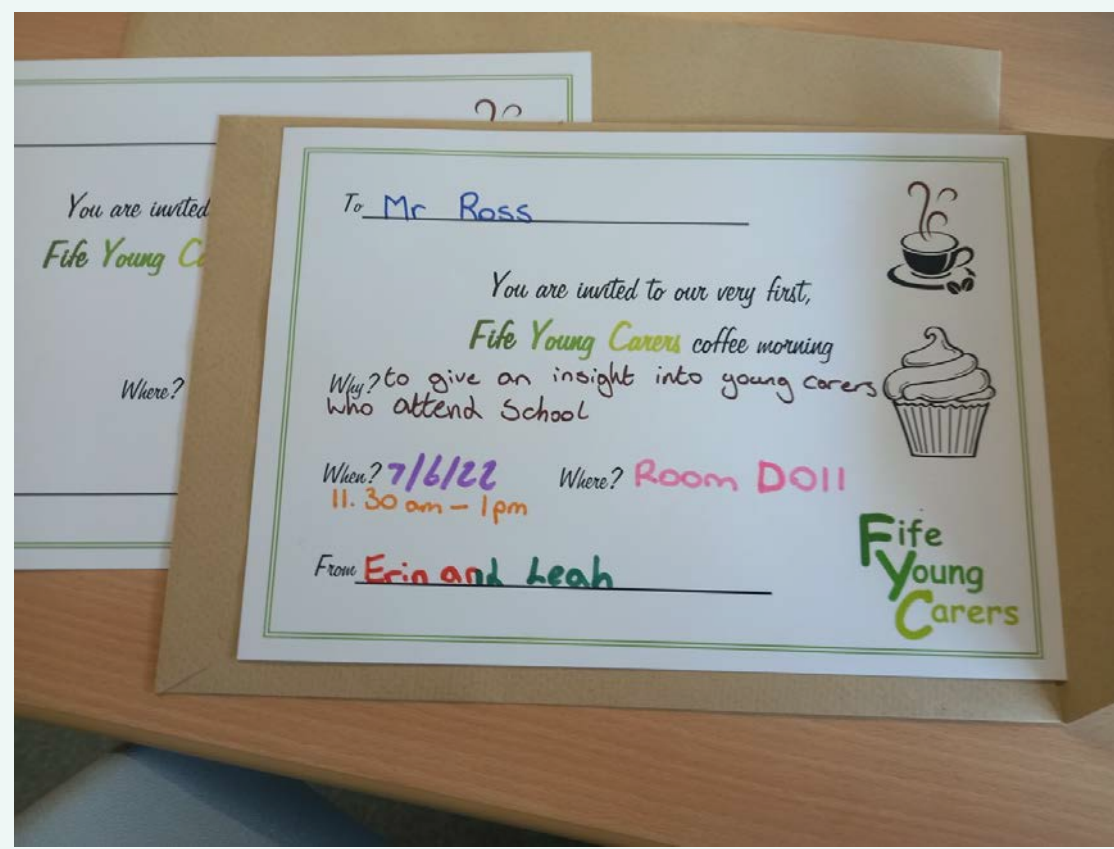
The peer leaders went out to groups to chat about the project and what they had been learning. This saw younger carers signing up to be involved in the next stages of the project.

In this second stage, the peer leaders asked to go bowling to give the new recruits an opportunity to get to know each other before the project sessions started.

The peer leaders led sessions with the new recruits to come up with ideas to develop into a project. The group came up with the idea of developing an app and met a person who could help develop this but the peer leaders recognised they would need additional funding to take this forward.

The peer leaders decided that they will document the 25th Birthday celebrations next year as their project. This will be done in the form of a scrapbook. The group plan to make the scrapbook interactive and fun. The peer leaders will use all the skills they have learned in the sessions to support the development of the scrapbook.





Education Service

2022-2023 was another busy year for the Education team. This year they reached over 5,400 pupils across Fife raising awareness of young carers and the support that is available to them. This has taken place during class time, workshops, assemblies and marketplace stalls within schools and colleges.

The team ran an event for P7 pupils moving up to High School at Cluny Clays. This event supported P7s to meet other P7s in a safe and fun environment, where conversations about the move to High School could be discussed as well as an opportunity to meet the FYC Education Team. They took part in various activities as part of the event including archery, segways and footgolf. The young carers were gifted a bag of information and resources to help them in their first year of High School.

The team provided young carers with education one-to-one support. This support included for example: looking at timetables; study skills; discussing and supporting future choices; and supporting college application forms. Support is individualised for each young carer to ensure they have the opportunity to reach their full potential in education.

The team also support schools in creating noticeboards of information for pupils. Young carers themselves have supported creating these in their schools which ensures that the information is relevant to their peers.

The team supported professionals to access training and support on how to identify and support Young Carers within education. Feedback from these events has been positive with feedback from one teacher saying that they couldn't believe the number of young carers in education and asked for additional support so they could identify and support young carers in their school.

The team have supported the Young Carer Champions in school to build their support networks for young carers within schools. Levenmouth Academy had a Coffee Morning event where the young carers invited the Head Teacher and others to attend so they could discuss their support requirements. Other Champions have run Lunch Club Drop-Ins; Lunch Time Information Sessions; Awareness Sessions and much more within their schools. We would like to extend our thanks to those education staff who volunteer for the role of Young Carer School Champion.

Luke

Tell us a bit about yourself.

My name is Luke and I'm 14 years old. I'm a young carer for my little brother Samuel, who has autism & significant learning difficulties. I live with my mum and Samuel. I have my own significant challenges and struggles with mental health and anxiety. I'm currently on the pathway for ASD/ADHD assessment myself and continue to work and be supported with CAMHS.

How has FYC supported you this past year?

FYC has provided a huge amount of support. My worker has helped hugely to support me with my challenges and anxieties by visiting at home and sometimes going out. They have provided a huge amount of support around school, as well as being understanding, supportive and able to provide info about other things and services. For example, FYC group, summer camps, YC festival and sources of funding.

Has FYC made a difference to you?

FYC has made such a huge difference as I feel heard, respected and understood within my caring role. My worker provides me with guidance, advice and support and this continues to help me a lot as every day is challenging.

Can other people see the difference it has made?

My mum and family members, as well as school staff, can see that my worker and I have a good relationship built on trust, confidence and understanding. I value my time with them and the ongoing support of FYC.

What is the best thing about FYC?

Being understood in my caring role and where I struggle with other aspects of my life. I feel respected, supported and that my views are always considered.

Anything else you would like to add?

That we appreciate the invaluable support from FYC which has been and continues to be a life line at times.

Jubilee Visit



In June 2022 Fife Young Carers had the honour of being invited by the Naval Regional Commander Scotland and Northern Ireland to board the HMS Albion to celebrate the Queen's Platinum Jubilee Celebrations.

Five young carers and two members of staff attended and were welcomed onto the flight deck of the ship with drinks and nibbles. They also had the opportunity to chat with Navy personnel.

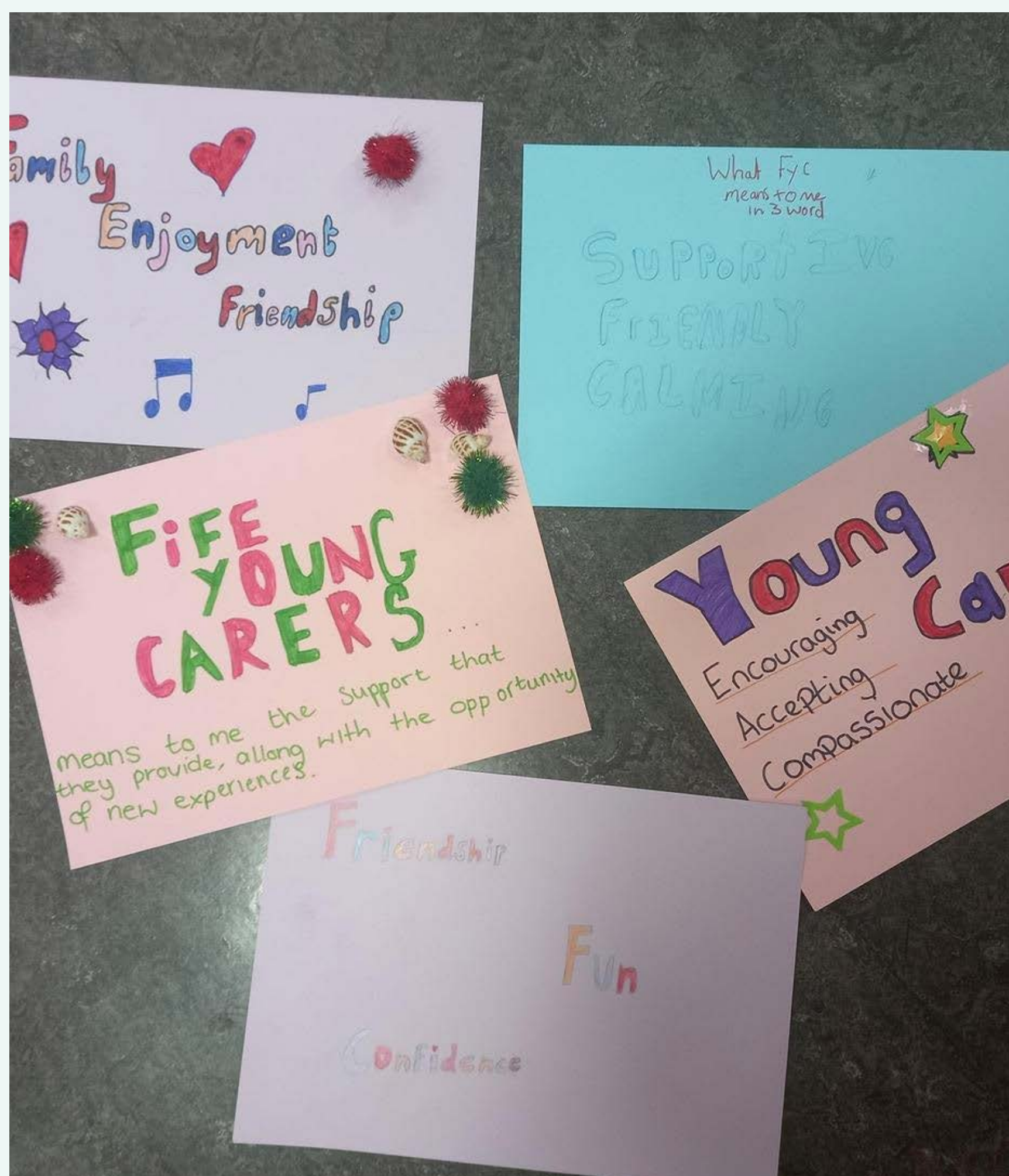
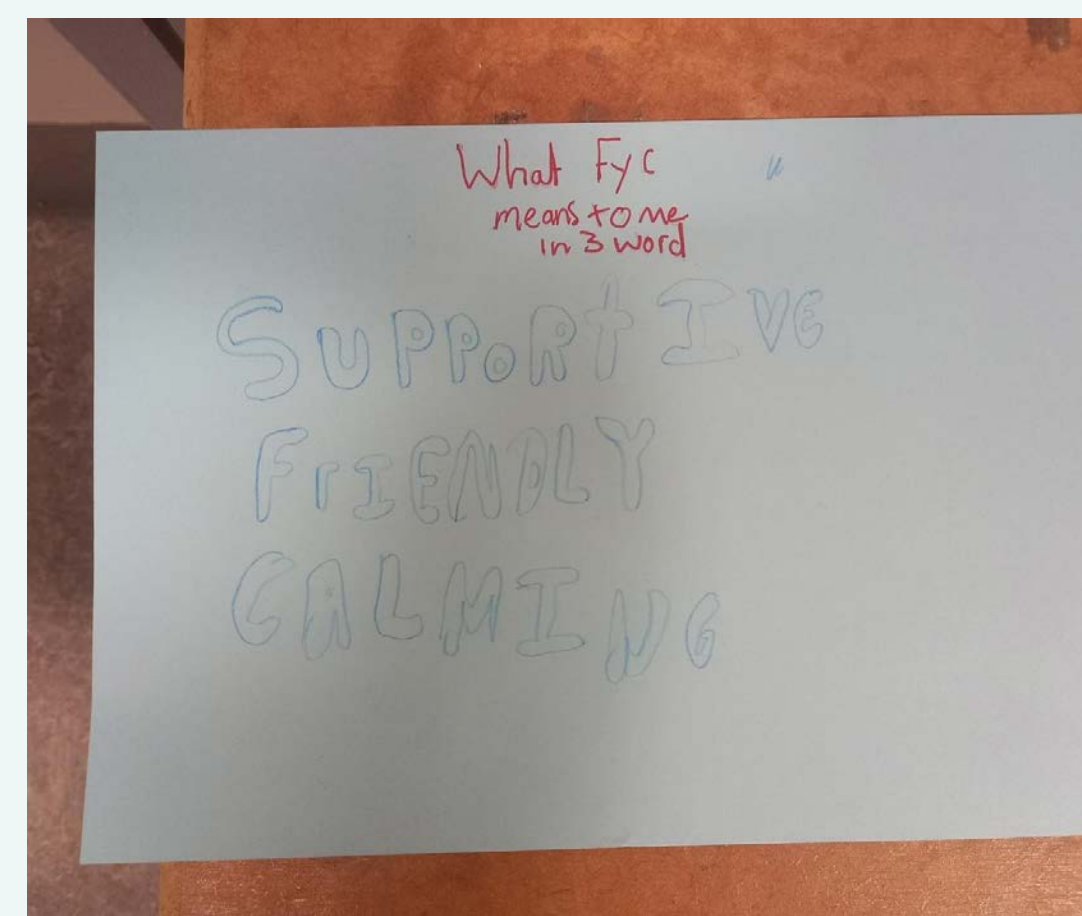
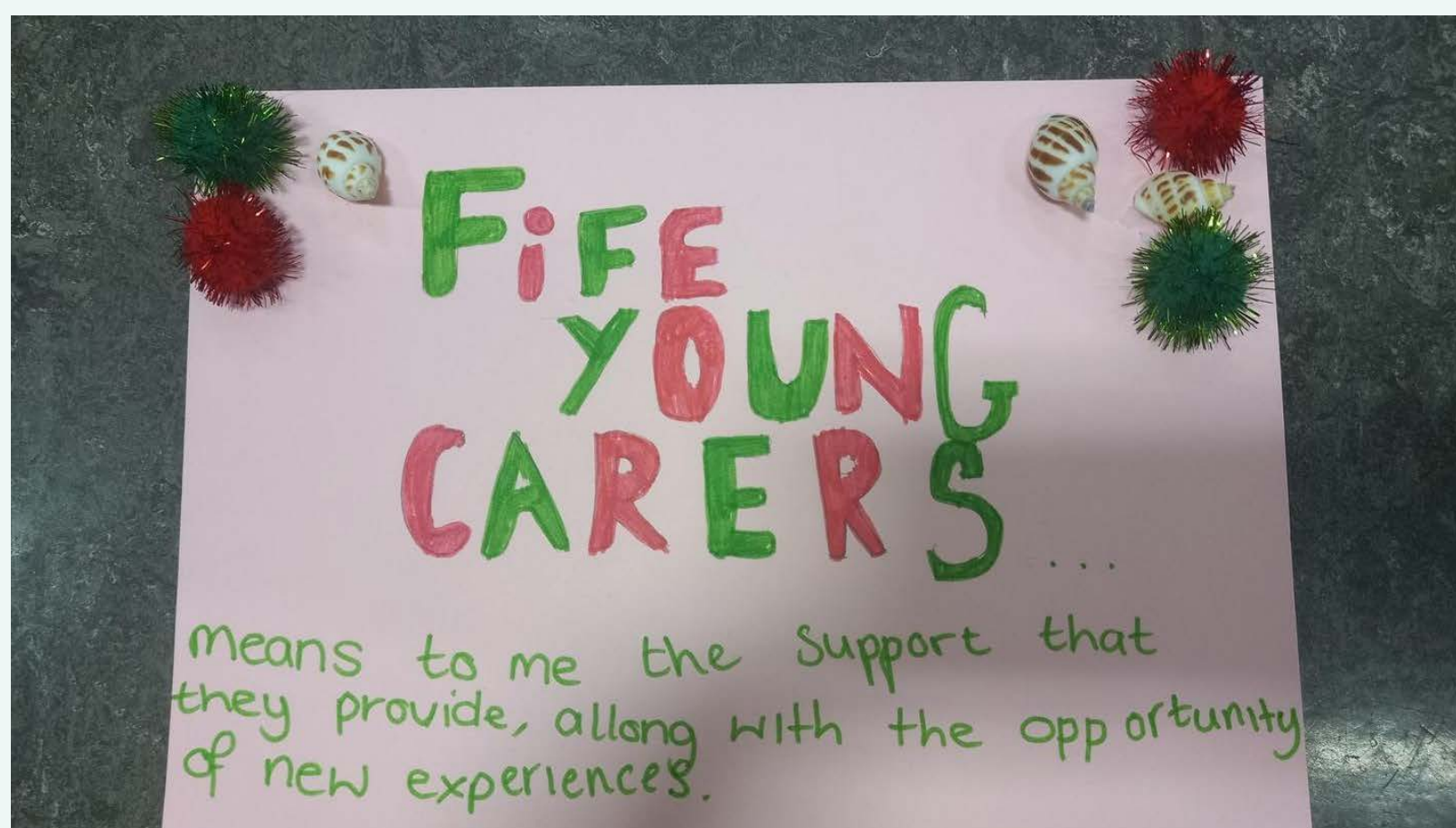
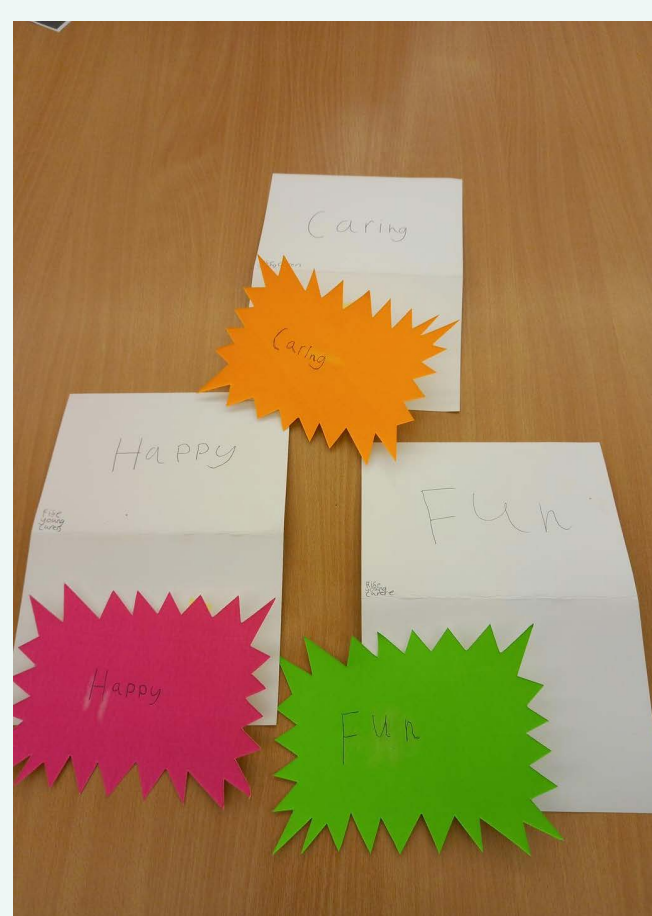
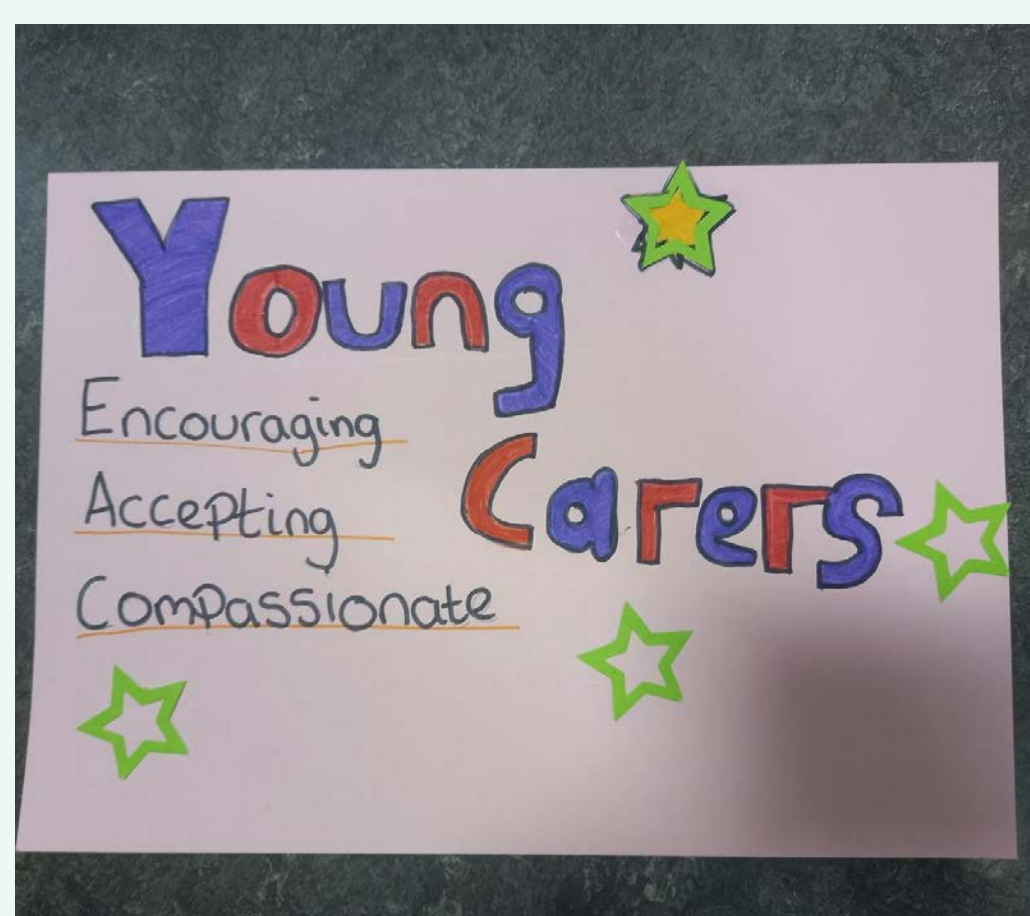
They were then entertained with a concert which included Highland dancers, African drummers and bagpipes. One of the young carers said it was a memory she will never forget and another said she was very proud to have been asked to attend and represent Fife Young Carers.

The theme of the Queen's Jubilee was Children and Youth Work and each of the Young Carers received a limited edition commemorative coin as a keepsake from the evening.

In their own words

FYC is...

fun
happiness
amazing
safe
friendly
chilled
calming
kind
relieved
making new friends

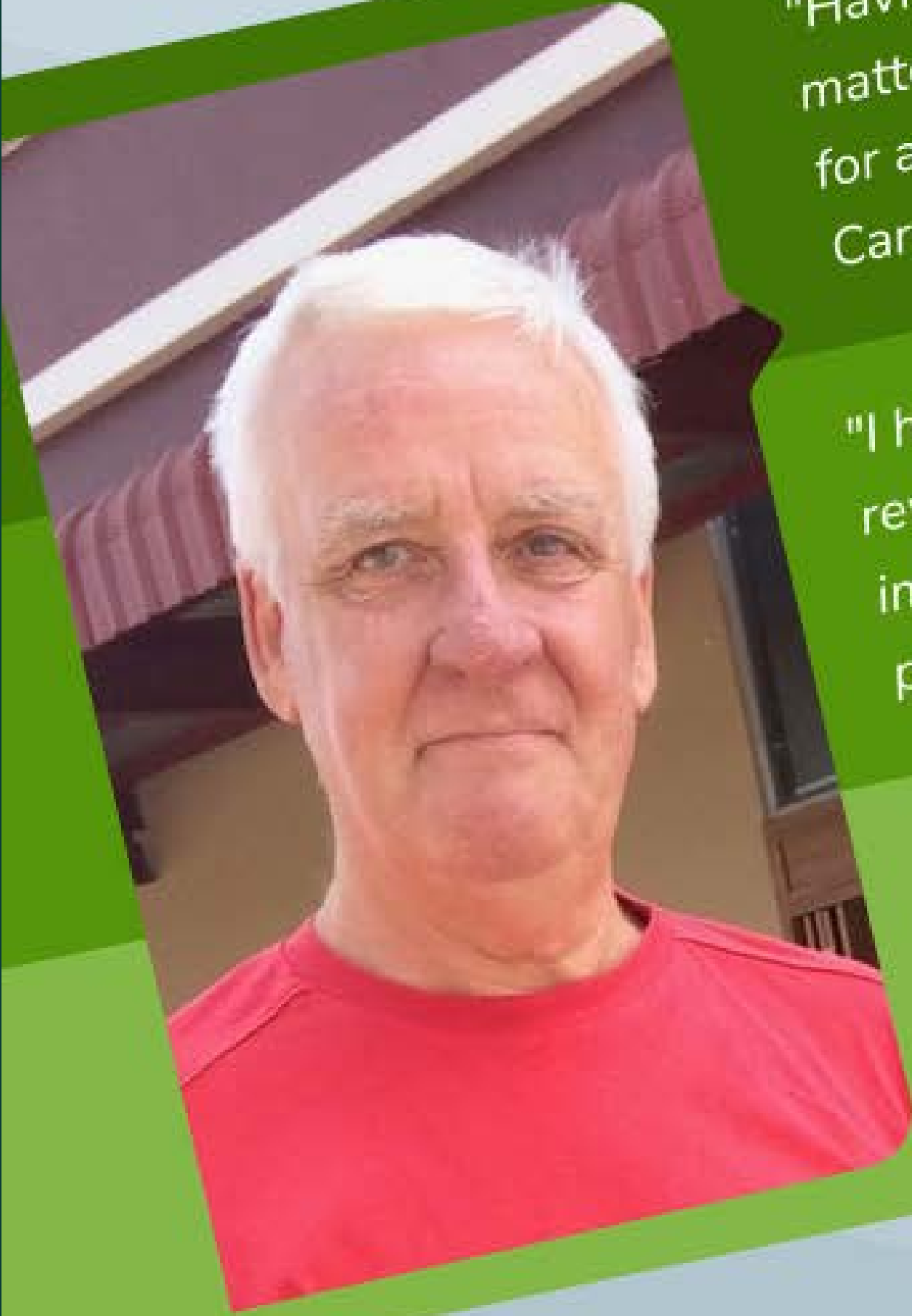


FUN	HELPFUL	RESPECTFUL
Czech: Zábava	Очотнаг	Учтлвг
Croatian: Zabava	koristan	Pun poštovan
Hungarian: Szórakoztatás	hasznos	tiszteletes
Illobo: narasak	maatvons	Nadaganu
Gana: Kwamei 耨	आदाराचें	आदर दिवपी
French: amusant	utile	respectueux
German: Spaß	Hilfreich	respektvoll
Spanish: diversión	Útil	respetuoso
Scottish Gaelic: Seann-chàir	cuidachail	Urramach
Manipuri: ৱাৰুৱাৰ ৱাৰুৱাৰ	হেৰুৱাৰ ৱাৰুৱাৰ	ৱাৰুৱাৰ ৱাৰুৱাৰ



an escape
futuristic
needed
relaxing
helpful
respectful
always there
supportive
entertaining
caring
trustworthy

Why did you become a Trustee for Fife Young Carers?



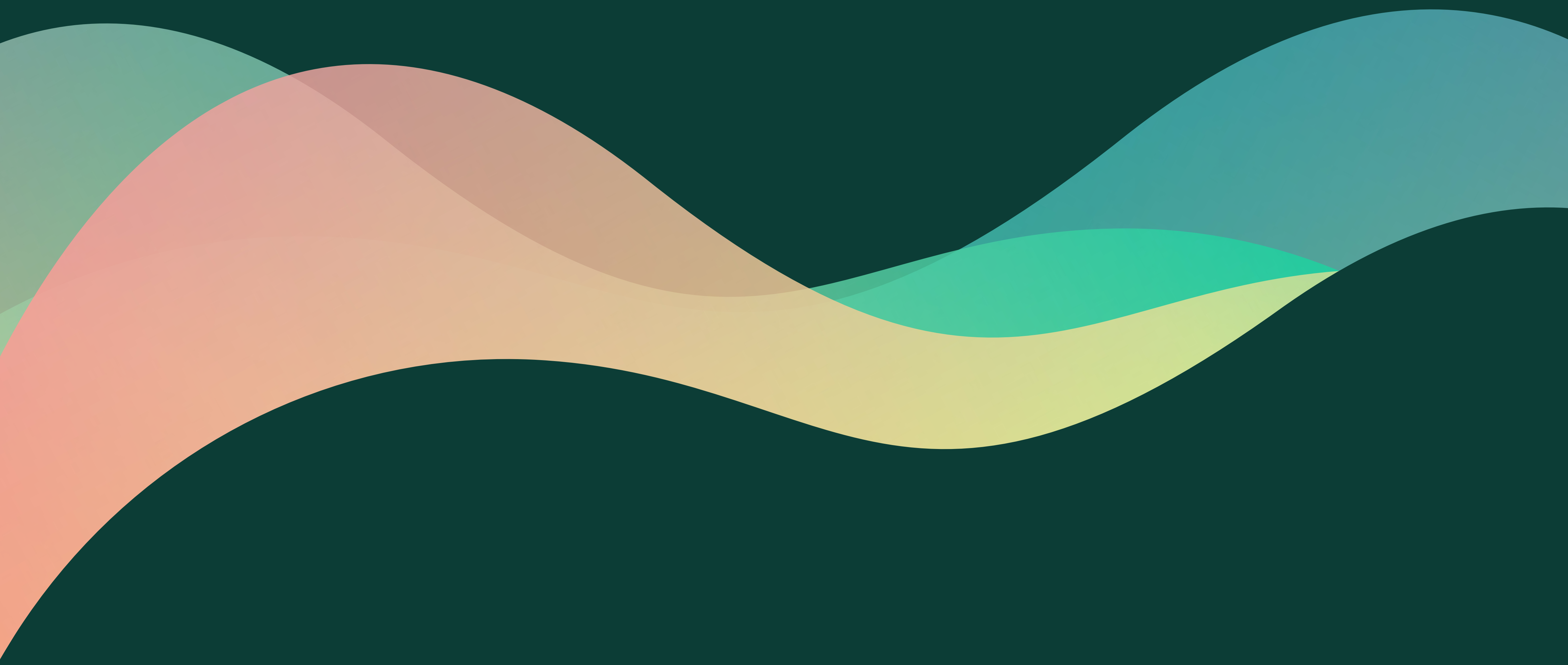
"Having finished a career in HR I was looking for something to keep the 'grey matter' moving and make a contribution to society. I wasn't interested in working for a big charity, I wanted to work for a small charity – I found it in Fife Young Carers".

"I have been on the Board of Trustees for 6 years and it has been immensely rewarding. Working with a small charity the decisions made at Board level have an immediate impact in improving the lives of some of the most vulnerable young people in society".

"The Board is made up of people from all walks of life and careers, this is so beneficial for the effective running of Fife Young Carers".

**If this sounds like you,
get in touch and become a
Trustee with us.**





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