

Skye & Lochalsh Young Carers (S&LYC)



'Support and guidance come rain or shine'

www.skyeyoungcarers.co.uk

End of Year Report: April 2017–March 2018



Victoria Cottage, Portree
The hub for all the
young carers' activities



Thanks to Aros who worked with young carers during the summer on photography and art workshops and finished off with an exhibition of all of their work as part of the Tha Seo Math Dhuibh – Good for You project.



The young carers produced a really popular 2018 calendar with support from Aros using pictures from their summer photography project.



Over 50 young carers along with some staff, volunteers, trustees and family members took part in a 5 mile charity rainbow walk to raise funds for the 5 charities the young carers nominated.



Our appreciation and gratitude goes to The John Casson Foundation and Columba 1400 for enabling young carers to access their first ever self-catering Seasons for Growth programme in Staffin, Skye



Huge thanks to The Royal Caledonian Ball Trust, The Big Lottery, The Co-op community fund and a personal benefactor for enabling young carers to have their brilliant, long anticipated annual residential respite break in Edinburgh

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Our Main Funders:

Big Lottery – Transforming Lives Project
Big Lottery – Accept the Past & Grab the Future Project
BBC Children in Need – Accept the Past & Grab the Future Project
The Highland Council
Great Wilderness Challenge
Co-op Community Fund
The John Casson Foundation
The Royal Caledonian Charities Trust

Additional Funders:

Highland Area Order of St John – Giving Tree
Open Door Café, Kyle
Struan Community Trust
Dunvegan Trust

Young Carers Service: Fundraising Activities

Skye Agricultural Show
Card & Goods Sales
Commercial Partnership Agreements & Collection Tins
Co-op Sales Tables
Games Day – Car Parking & Arena Clearance
Great Wilderness Challenge – Volunteer Team
Misty Isle Boat Trips
Skye Half Marathon – Sales Table
Young Carer Supporters – Monthly Giving Fund
<http://youngcarersproject.easysearch.org.uk>
www.everyclick.com/skyeyoungcarers

National & Local In-kind Support:

Ardvasar Cafe
Aros Centre – Respite Support
Community Service – Practical Assistance
Columba 1400 – Hire of Quiraing Lodge for Respite and Residential Programme
Helping Hands – Food Vouchers & Equipment to Support Young Carers and their Family's Needs
Individual & Family Donations & Sponsorship
Kyle Taxis – Additional Support
Linus Project – Hand Made Quilts
Lighthouse Centre, Kyle – Venue Support
Local Artists and Crafts Workers – Respite Support
Lochalsh & Skye Housing Association – Minibus Parking
Local Businesses – Raffle Prizes
Lynx Taxis – Additional Support
Sitekit Solutions – Web Site Hosting and guidance
Skye Express – Delivery Support
Skye Food Bank
SLCVO
Sleat Whist
Stardust Boat Trips – Respite Support
Tiffany & Thistle Snack Bar- Christmas Hampers
West Highland Free Press – Media Support
Xcel Church Portree – Easter Egg Donations

Young Carers are: Children and young adults under the age of 18, who provide care, assistance or support to a parent, sibling, grandparent or other person who has a physical disability, learning disability, sensory impairment, physical or mental illness, drug or alcohol problem or other condition connected with a need for care, support or supervision.

Skye and Lochalsh Young Carers' Service: We promote the welfare and potential of young carers from 5 to 18 years of age, whose life is adversely affected because of the need to take responsibility for the care of someone else.

Core Work - Outcomes:

1. Increased peer and specialist adult support networks - through access to weekly support groups
2. Increased confidence and knowledge levels - through access to information and skill development activities
3. Increased resilience of young carers - through access to regular respite and drop-in support
4. Improved social integration - through in-house training programmes and group support
5. Young carers will influence decisions which affect their lives - through access to one to one, advocacy and bereavement support. In addition, the service will network both locally and nationally to ensure good practice is promoted and poor practice/inequalities challenged
6. Young carers will be recognised and will report feeling better supported by service providers - through professionals accessing young carer awareness training, information and evaluated resources
7. Young carers will be safer at home and in the community - through provision of First Aid, Fire Safety, Personal Safety and Legal Issues training workshops

Big Lottery – Transforming Lives Project - Outcomes (From October 2012 till September 2017)

Young carers will report feeling more confident in their ability to learn and make positive life choices

Indicators:

1. Young carers have identified and practised developing their personal learning styles
2. Young carers demonstrate improved life skills in coping with their caring role
3. Young carers demonstrate confidence in making positive life choices
4. Young Carers report feeling more confident and supported in educational environments

Young carers will maintain better relationships with their families and communities and feel happier and safer

Indicators:

1. Young carers demonstrate progress towards improving relationships with their families and communities
2. Young carers report feeling happier and better supported in their community
3. Young carers report increased confidence socialising and accessing community amenities
4. Years 2-5: Young carers report feeling more confident in making and sustaining positive relationships

Year 5 Report:

Successfully completed the project with positive feedback received from The Big Lottery Grants Officer. He said we exceeded our targets and all our additional outcomes were acknowledged.

**Big Lottery–Accept the Past & Grab the Future Project -Outcomes
(From October 2017 till September 2020)**

1. Young carers will feel less stressed and better able to cope with life pressures
2. Young carers will have increased feelings of self-worth and will demonstrate improved relationships with peers and adults
3. Young carers will report increased feelings of involvement and belonging within their community

**BBC Children in Need –Accept the Past & Grab the Future Project -Outcomes
(From October 2017 till September 2020)**

1. Young carers will be less socially isolated
2. Young carers will demonstrate improved relationships with adults and peers
3. Young carers will have increased coping skills

Management:

Skye and Lochalsh Community Care Forum SCIO - Management Committee Trustees

Gill Adams	Chairperson (elected 25/01/18)
Isabel Beaton	Vice Chairperson (resigned as vice chair 25/01/18, she remains as a trustee)
Donald Beaton	Treasurer & Vice Chairperson (elected as vice chair 22/03/18)
Ann Bethune	Trustee
Christine Jenkins	Trustee
Marja Liisa Puolakka	Trustee
Margaret MacKinnon	Trustee
David Redshaw	Trustee
Maggie Cunningham	Trustee
Aoife Gould	Trustee
Madeline Jones	Trustee (elected 21/07/17)
Morag Macdonald	Trustee (elected 25/01/18)
Tina Allan	Trustee (elected 25/01/18)
Pat Walsh	Chairperson (resigned 25/01/18)

Management Committee Trustee/staff participation in local and national committees:

HUG Action for Mental Health	Struan Community Council
Skye & Lochalsh Mental Health Association	Crossroads Care
Ardvasar Charity Café	Columba 1400
Duirinish & Bracadale show committee member	Duirinish and Bracadale-Strath Free Presbyterian Church
Edinburgh Festivals Forum Independent Member	Government Advisory Panel, Woman and Girls in Sport
Portree Local History Society	HC Young Carer Improvement Group
Kyleakin Connections CHAS	Mental Health Tribunal
MG Alba Chairperson	N.W.S minibus committee Chairperson
Portree Local History Group Member	Highland Community Care Forum
Sistema Scotland Vice chair	Col. Jock MacDonald Trust
Struan Community Council Chairperson	Struan Community Council member
Struan Community Development Group member	Struan Community Gala member
Struan Community Trust as Treasurer	Tigh na Drochaid Community garden project Committee
Watnish First Responder for the Scottish Ambulance Service	S&L Drug & Alcohol Forum
WWOne Scottish Commemorations Panel Member	Skye Youth Development Forum

Other groups/organisations Trustees/staff actively network with:

Multi Agency Groups	Seasons for Growth Network	GP Services
Connecting Young Carers, Inverness	NHS – SALT & Dietician Services	Social Work Services
Police Service	Inner Wheel	CAB
SLCVO	Scottish Ambulance Service	Housing Services
SEALL	Sleat Social Club	HC Care & Learning
YMCA	Skills Development Scotland	AROS
Primary Mental Health Service		
Children & Families Mental Health Services (DCFP)		

We continue to work at strategic level through our identified Highland Council, NHS Leads, and MSP Champions

Our Management Structure:

Management Trustees	
Young Carer's Manager:	line managed by Management Committee Chairperson
Assistant Manager:	line managed by Young Carers' Manager
Financial Administrator:	line managed by Young Carers' Manager
Clerical Administrator & Coordinator:	line managed by Young Carers' Manager
Senior Support Worker:	line managed by Young Carers' Manager
Driver/Support Worker:	line managed by Young Carers' Manager
Cleaner :	line managed by Young Carers' Manager
Volunteers:	line managed by Young Carers' Manager

Staffing Details:31/3/2018

Young Carer's Manager -	28 hours – (11 hrs Core Funded and 17 hrs Big Lottery Funding BIG)
Assistant Manager/Coordinator-	35 hours per week (10 hrs Core Funded, 5 hrs BIG and 20hrs BBC CiN)
Finance Administrator -	20 hrs per week (12 hrs Core, 8 hrs BIG)
Clerical Administrator & Coordinator	28 hrs per week – (19 hrs core, 9 hrs BIG)
Senior Support Worker -	35 hrs per week (35 hrs Core Funded) commenced 24/11/17
Driver/Support Worker -	20 hrs per week (7.5 Core, 12.5 hrs BIG)
Adult Volunteers x 12	Working as Trustees providing governance and fundraising support
Adult Volunteers x 8 -	Supporting young carer groups, training/fundraising events and respite outings
Youth Volunteers x 2 -	Supporting young carer groups and fundraising events

Service Strengths:

- Young carers continue to evaluate and lead the direction of the service. They elect representatives on an annual basis to help support the needs and wishes of other members and attend fundraising and training/awareness raising events
- Big Lottery and BBC Children in Need funding is in place for our Accept the Past & Grab the Future project until September 2020
- The ongoing invaluable support of the Great Wilderness Challenge Committee and the Young Carers' Volunteer Team has helped to ensure we are able to close our annual funding gap for another year
- The outstanding local community support through in-kind support, fundraising events, sponsorship, gifts and donations continues to help offset our increasing needs and annual running costs e.g. increased young carer numbers, transport and respite costs.
- The provision of a minibus has helped to reduce transport running costs and has improved the support and travel facilities available for the young carers
- We have a strong committee of new and experienced Trustees with a proactive approach to supporting staff and overseeing service governance
- We have a committed number of skilled staff and volunteers to support our work with young carers
- Commercial Agreements with 12 businesses has raised awareness and provided additional funding income
- Some local businesses are providing highly valued in-kind or subsidised respite activities for young carers
- The service is respected and continues to be very well supported by young carer families and the local community
- We continue to have strong partnership working with other agencies, organisations and professionals. This sharing of expertise and experience enhances the support and opportunities we can provide for young carers
- We have benefited from Children's Service Workers support during respite break activities
- The new referral form has helped to clarify young carer criteria and our assessment process
- Extended group session time has increased young carer access to 1:1 support, relaxation and chill out time

Service Pressures:

- We have received 50% funding from Highland Council for this financial year and we are being reviewed as part of their redesign review of commissioned care and learning services
- There continues to be a significant number of young carers with complex needs due to chronic illness/conditions, behavioural difficulties or disability. This requires us to continue developing worker and volunteer skills and knowledge and have a higher ratio of adults supporting group sessions and activities
- There were 29 young carers supporting more than one family member and as a result we have to respond very flexibly and intensively at times
- There continues to be significant demand for 1:2:1 support during group session times
- There are a significant number of young carer and consultation Meetings etc. for staff to attend and although this is a priority it does increase pressure for the rest of the small staff team to deliver services when a senior is unavailable

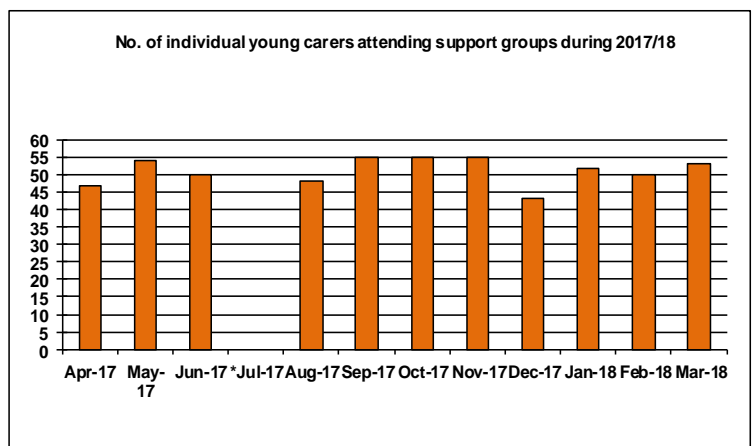
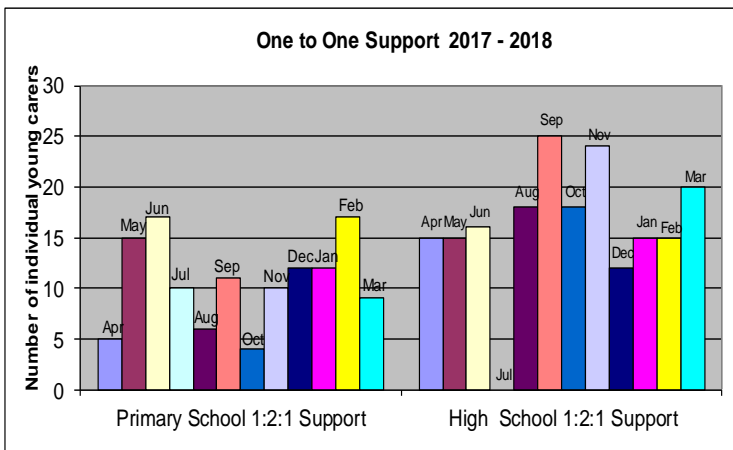
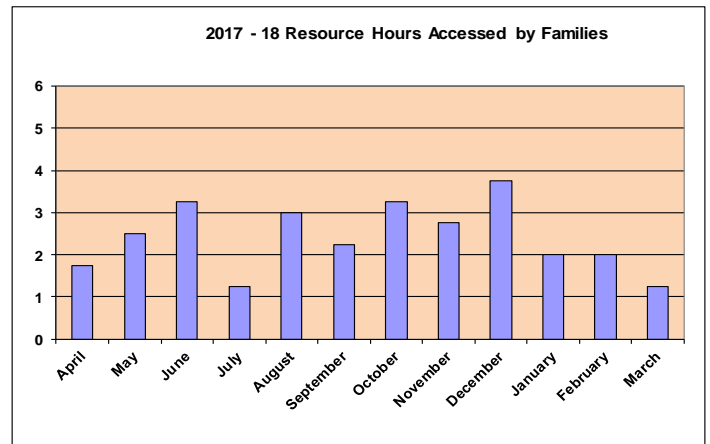
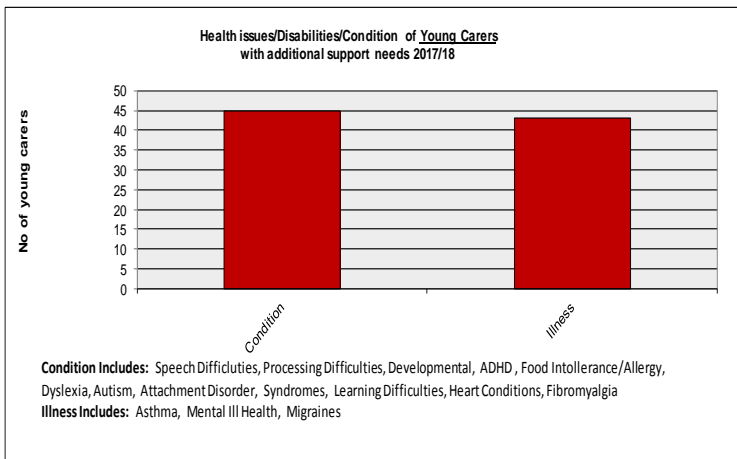
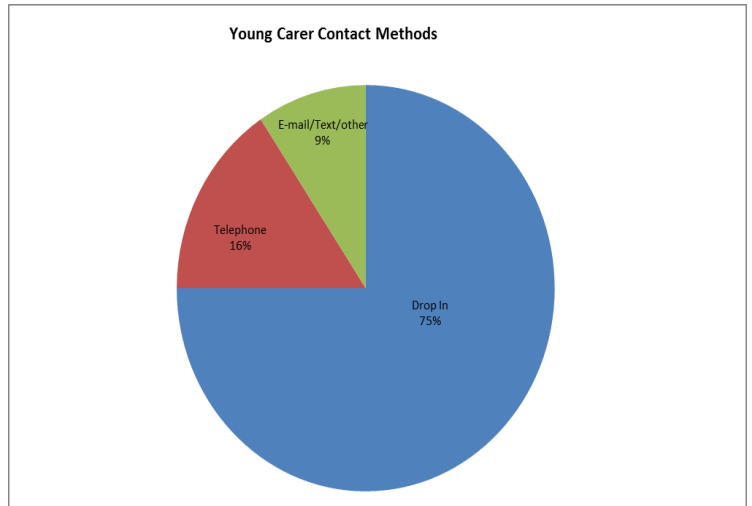
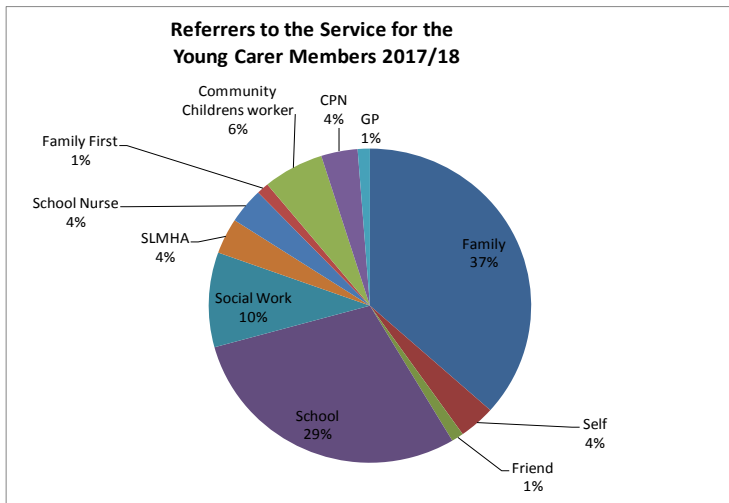
Number of young carers supported in 2017/18: 82

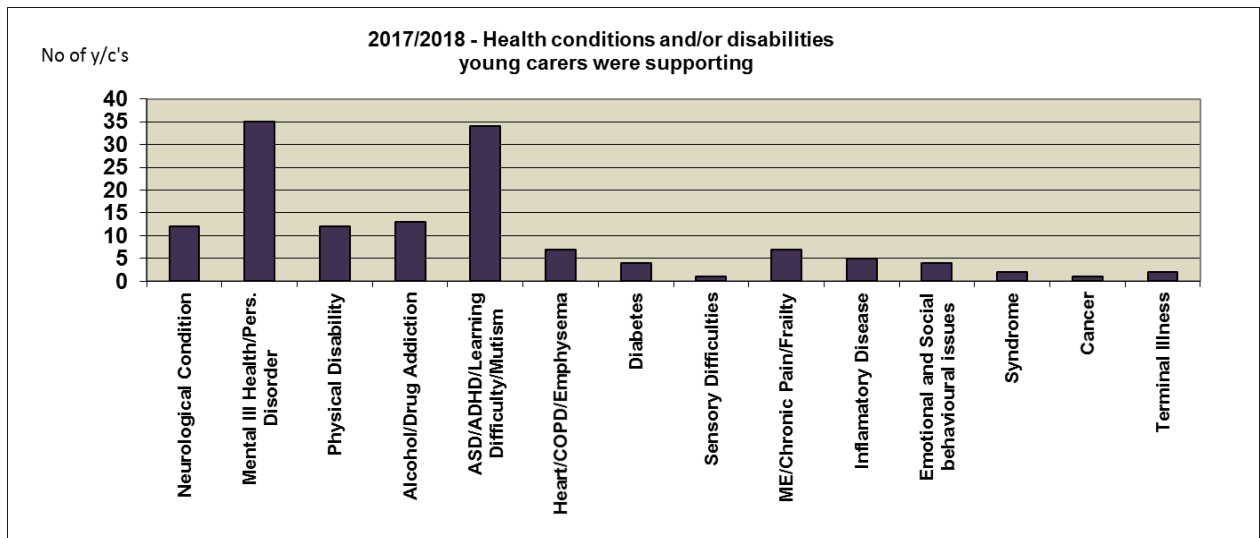
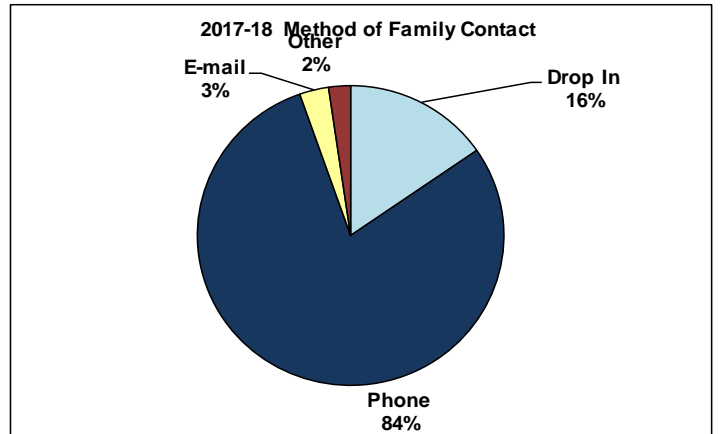
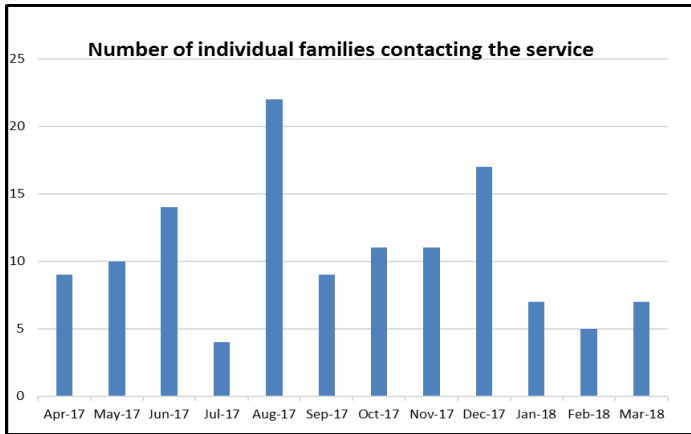
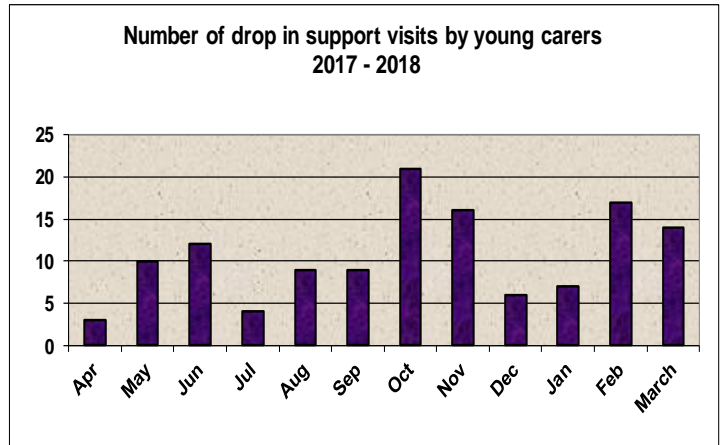
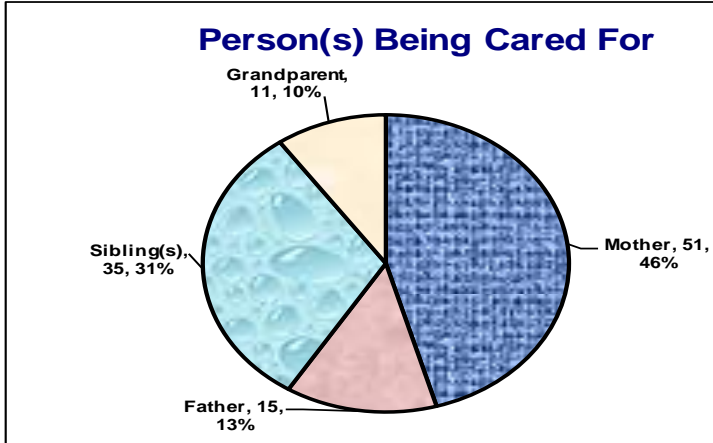
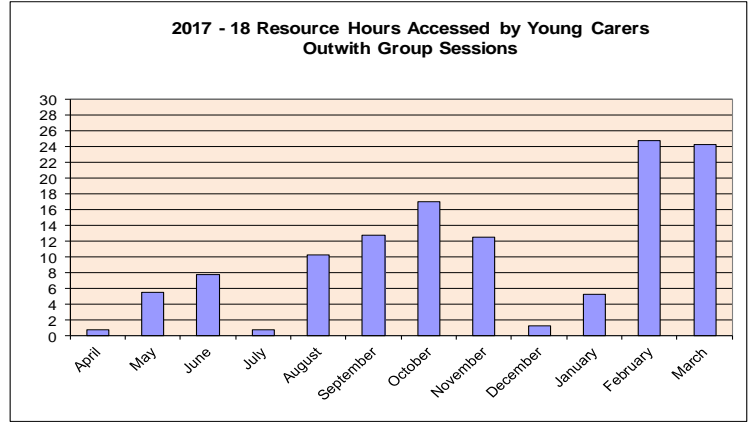
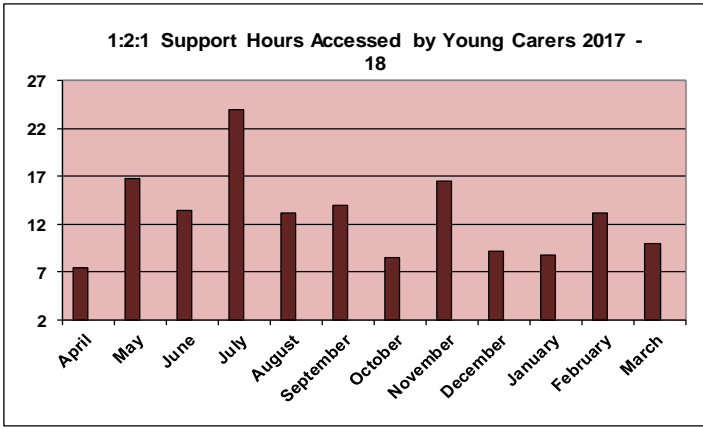
	Caring for more than 1 person in the family	Living with a single parent	Primary School age at August 2017	High School age at August 2017	Female young carers	Male young carers	Number referred to service	Number moved on from the service
Number of young carers	2013/14= 19	27	42	26	33	35	15	18
	2014/15 = 17	29	36	30	34	32	11	13
	2015/16 = 24	33	45	28	36	37	20	13
	2016/17 = 27	36	33	41	40	34	16	15
	2017/18 = 29	38	41	41	46	36	15	16

Reason for young carers moving on from the service:	Moved out of area	18 years of age	Further Education – out with area	Moving on as service is no longer required
No of young carers:	8	1		7

	Regular Transport Provision Required	Young Carers Aged 5 – 9 years	Aged 10 – 14 years	Aged 15 – 18 years
No of young carers:	2013/14 = 53 2014/15 = 51 2015/16 = 59 2016/17 = 65 2017/18 = 78	31 21 11 15 20	26 31 50 50 45	11 14 12 9 17

Statistical Information





RESPITE SUPPORT RECORDS

Young carers choose and vote on what activities they wish to participate in. They complete evaluation processes following respite breaks to evidence what has worked well, what needs to be changed or improved and what they may have gained from the experience.

	EASTER	SUMMER	AUTUMN	CHRISTMAS
Activities	Local: Horse Riding & Lunch: 5 Nerf Wars & Lunch: 9 Inverness: Karting & Shopping: 7 Landmark: 12	Local: Staffin Residential Programme: 9 This Is Good For You Project – Stories, Photography, Art, Model Making & Lunch: 27 Horse Riding: 15 Cinema: 5 Ace sports: 4 Inverness: karting/shopping 9	Local: Cinema & Lunch 12 Horse-riding & Lunch 5 Inverness- karting/shopping 15 Boat Trip 5	Residential - Edinburgh 11 Local: Aros Lunch, Film & Christmas Party 9 Hectors Lunch, Kyle Pool & Christmas Party 13 Lunch, Film & Christmas Party 26
Number of Individual Young Carers	33	37	37	50

Core Work

	OUTCOMES	Activities	Progress
1	Increased peer and specialist adult support networks.	a Weekly support group meetings b Professionals will be invited to attend appropriate topic sessions to share information and connect with members c Support South Skye & Lochalsh satellite young carers' groups	a Five weekly support group sessions were run b Welcomed visits from: GP's, Police Officers, Veterinary Nurse, SSPCA Officer and Fire Fighters and Housing Officer c Two satellite young carer support groups are well established in Kyle of Lochalsh
2	Increased knowledge and understanding levels	a Regular skill development activities to be provided during support group sessions b Increase information resources through partnership working with other agencies	a Planned skill development activities have been delivered during support group sessions b Access to appropriate information is being consolidated and updated with professional experts visiting/supporting workshops to share knowledge and expertise
3	Increased resilience of young carers	A Quarterly respite outings b Lunch time drop-in support to be provided 3 days per week c Summer activity programme to be delivered	a Quarterly respite outings were successfully delivered b Lunchtime drop-in support in Portree has been available for young carers 4 days per week c Summer respite programme was successfully delivered
4	Improved social integration	a One to one support to be provided as required to meet identified needs and wishes of young carers	a One to one support was provided during group session/drop-in time and as part of the weekly school timetable for some more vulnerable young carers
5	Young carers will influence decisions affecting their lives	a Advocacy support to be available b Bereavement support to be available d Good and/or poor practice/inequalities to be evidenced to promote good practice/ initiate change	a Advocacy support has been provided to meet needs of young carers and ex members b Pre-bereavement and bereavement support has been provided as required c Young carer evaluations and feedback has been distributed through appropriate professional contacts
7	Young carers will be safer at home and in the community	a Basic First Aid training will be provided to young carers on an annual basis b Fire safety training which incorporates practical tasks will be provided to young carers on an annual basis c Legal issues awareness training will be provided to young carers on an annual basis	a Lucky to be Here volunteers and local Paramedics delivered Everyday First Aid and CPR Training to young carers b Fire safety training was delivered to all groups with support from Fire Fighters with Fire Station visits c In-house awareness training was provided to all young carer groups with visiting support from the local Police Officers

Additional Work/Achievements during 2017/18:

Media – Our Facebook presence continues to grow with supporters, young carers and their families engaging with us and promoting information sharing and events. Google calendars are now well established and continue to ensure activity and governance target dates are met.

Community support –

June 2017 saw a total of 81 participants including 28 young carers along with staff, volunteers, trustees and family members taking part in a ‘Rainbow Walk’. We invited charity representatives and the community to come together to celebrate the completion of the walk with food, entertainment and information tables available. The young carers stated that they would feel good about doing something to acknowledge the support their families receive from various charities; they also felt that it would encourage more people to get involved and bring charities together “Charities should get together more to support each other, instead it sometimes looks as if they’re competing - they all want to do the same thing – to make things better for people”.

We continue to receive invaluable support from members of the wider community who have become ‘Friends’ of the S&L Young Carer service. These friends and supporters have provided gift vouchers, meals, clothing, toys, bedding and funds to pay towards activities during respite outings away from home. Broadford Hospital staff and NHS colleagues raised funds and purchased some much appreciated winter clothing for young carers who would benefit from them.

Columba 1400, Staffin – Seasons for Growth

A total of nine young carers participated in one of two 3-night self-catering residential respites at Quiraing Lodge which is managed by Columba 1400. We are very fortunate to have had The John Casson Foundation sponsoring this to deliver the Seasons for Growth and Life Skills programme to help the young carers manage change and loss in their lives.

Highland Young Carers Conference – hosted by Connecting Young Carers

We worked in partnership with Connecting Young Carers and the Highland Council’s Quality Assurance Officer to develop and deliver a workshop with resource materials relating to the Young Carer Statement, Carers (Scotland) Act 2016 requirements.

Tha Seo Math Dhuibh – good for you - Over the summer holidays in partnership with Aros, photographers Cailean Maclean, Iain Smith and artist Kate McMorrine worked with young carers from Skye and Lochalsh. Three groups of young carers along with staff and volunteers went on outings in Skye with the artists, visiting Braes, Ord, and Harlosh. They heard stories about the places and spent time taking photographs. Afterwards they took part in workshops in photo editing and art. Their work, inspired by their experience, was exhibited at the Aros Centre. Following on from the success of the project and support from an Aros employee a very popular 2018 calendar was produced using the photos taken by the young carers.

Christmas 2017 Respite – Edinburgh – A total of 11 young carers benefitted from the 3-night residential respite break, they were supported by 4 staff members and 1 volunteer. Huge thanks to The Royal Caledonian Ball Trust, The Big Lottery, The Co-op community fund and a personal benefactor for enabling young carers to have their brilliant, long anticipated annual residential respite break in Edinburgh. The very positive young carers’ evaluation of this residential respite is at the end of this report.

Partnership Working with Skye Food Bank – Young carers and their families are now benefitting from a regular supply of food and toiletries delivered to Victoria Cottage for the young carers to access as appropriate. In addition to this they are also providing us with Butcher’s vouchers to enable struggling families to buy fresh meat.

Staff/volunteer Training attended during 2017/2018:

2017	Child Protection Training – Highland Council	Completed by 1 staff & 1 volunteer
2017/2018	Child Protection Training - Highland Council	Completed by 6 Trustees
2017/2018	Food Hygiene Certification	Completed by 3 members of staff
July 2017	Primary Mental Health “Why relationships matter”	Completed by 4 staff & 2 volunteers
July 2017	Primary Mental Health “Why relationships matter”	Completed by 2 Trustees
August 2017	In house Leadership workshop	Completed by 4 staff & 2 volunteers
August 2017	In house Leadership workshop	Completed by 8 Trustees
September 2017	Deaf Awareness Training – Deaf Services	Completed by 4 members of staff
January 2018	First Aid Training - F.A.S.T.	Completed by 2 members of staff
January 2018	Seasons for Growth Training	Completed by 2 members of staff
March 2018	Understanding Autism – Highland Council	Completed by 1 member of staff
March 2018	Policy Training with SLCVO	Completed by 1 staff & 4 Trustees

In addition, regular (every 4 to 6 weeks) consultation sessions were held with DCFP (Department of Child & Family Psychiatry) Primary Mental Health Worker.

Monitoring, Evaluation & Feedback:

Young Carer Workers maintain monitoring systems to record young carer involvement in group sessions, training, respite, advocacy and one to one support. They also record family contact and complete written evaluations for each of the five weekly group sessions. Written feedback/information sheets are produced for primary school age young carer families on a monthly basis. This outlines young carer activities, skill development work and the aims of the session work. Training provided by the service is evaluated by participants to evidence value and to help tailor future training events.

Young carers individually evaluate the activities they have taken part in on a weekly basis. This provides us with individual and group evaluation of activities along with comments and feedback to help steer development. Residential respite breaks and any additional projects and programmes are fully evaluated on completion. A service exit evaluation is presented to young carers and their families when they move on and no longer feel reliant on the service; this promotes open and honest feedback to influence future planning.

Skye & Lochalsh Young Carers
Christmas Respite Evaluation – Edinburgh 24th – 27th November 2017
11 Young Carer Participants, 4 Staff Members and 1 Volunteer

Accommodation: Edinburgh Central Hostel
Transport: Minibus to/from Kyle and train to/from Edinburgh
Eating places: Bella Italia, Frankie and Benny's, Filling Station
Activities: Karting, Camera Obscura, Dungeons, Shopping, Laser Quest, Bubble Soccer, Cinema, Chill Out/Banter Time, Fair Rides, Ice Skating, Virtual Reality Games

1. What score 10 would you give the trip overall? (1= not good at all 5=okay 10=brilliant)

Score:	10	9	8	7	6	5	4	3	2	1
Number of young carers:	10	1								

2. What did you enjoy most about the respite trip?

Responses	Shopping Go Karting & Cinema	The mix of activities we had and the free time	The Hostel	The activities and hanging out with friends & making a new friend	The Laser Tag & VR Arcade	The food	Just having fun	A lot of stuff	Time with friends	Shopping in different stores and experiencing virtual games
Number of young carers:	1	1	1	1	2	1	1	1	1	1

3. What did you enjoy least about the respite trip?

Response:	The cold and walking	The travelling and the food	John singing random songs – stick to Elvis!	Not enough time to chill out	Hmmm ...The BBQ Chicken	Bubble Soccer	Karting	Coming back	The journey time
Number of young carers:	1	1	1	2	1	2	1	1	1

4. How would you score the transport from 1 to 10 (1=terrible 5=okay 10=brilliant)

Responses:	10	9	8	7	6	5	4	3	2	1
Number of young carers:	7	1	1			2				

- I just don't enjoy travelling
- I enjoyed the train
- I love the train
- Especially the Elvis! Funny! My dad enjoyed the videos
- I find the time really long but coming home with Elvis was a hoot!
- I prefer the train rather than a long bus trip
- The train was good

5. How would you score the accommodation from 1 to 10?

Responses:	10	9	8	7	6	5	4	3	2	1
Number of young carers:	8		2	1						

- Because it had good bunk beds and diet coke!
- Felt the bed was too small for me
- Because we had room to do stuff
- It was beautiful and very cosy
- Nice beds
- They had nice rooms
- Had a good sleep
- Beds weren't too comfy for me
- It was such a nice place
- It was good and comfortable
- They did everything they could and it worked out

6a. How would you score the dinner meals from 1 to 10?

Responses:	10	9	8	7	6	5	4	3	2	1
Number of young carers:	7	2	1		1					

- Because they tasted really good
- We were spoiled at Vittoria's on the Bridge the last couple of years – the service from other places this year was a bit shoddy in comparison
- Because they tasted good
- They were delicious
- I liked Bella Italia the most
- They had really nice staff and food
- Good, I always feel a bit nervous going to new places, you don't know how they do things but it was ok because we were there as a group
- It was nice to have the food made and served to me – makes you feel good
- The meals were amazing
- They were really good
- I like food, but it was hard to finish it in the end

6b. How would you score the breakfast meals at the Hostel from 1 to 10 and why?

Responses:	10	9	8	7	6	5	4	3	2	1
Number of young carers:	3		4			1	1	1		1

- Because they didn't have a lot, but it tasted good
- Decent variety but some was cold
- I'm not hungry in the morning
- I only had cereal, but it was food they have options
- I didn't like them! Learn to cook you monsters!
- Plenty to eat if you wanted it
- Because they were good
- I don't really eat breakfast
- Plenty to choose from if you're hungry
- Cooked food was good
- There was a lot of selection to choose from and it tasted great

6c. How would you score the lunch meals from 1 to 10 and why?

Responses:	10	9	8	7	6	5	4	3	2	1
Number of young carers:	6	3	1					1		

- Because I got to go to McDonalds
- Good having my own choice of where to go
- We got to pick where to go
- It's fast food and we don't get that in Skye
- KFC – 10
- The food was nice
- They were good

- I didn't really know what good places there were
- We all agreed on one place
- Like having own choice where to go
- I could eat through enough to get some taste – not as tasty as the dinners

7. What would you score the activities overall from 1 – 10 and why?

Responses:	10	9	8	7	6	5	4	3	2	1
Number of young carers:	9	1	1							

- When doing laser tag my hands went numb!
- They were great fun and everyone was involved
- Enjoyed what I was able to do and I enjoyed watching the others when I needed a rest
- Going to the Dungeons next year - don't stop me!
- I just liked them all x 2
- They were so fun
- They were lots of fun
- There was some I enjoyed but some I didn't

Best Activity: Cinema, Bubble Soccer, Ice Skating (didn't fall a lot), Laster Tag it was good teamwork, Laser Tag, VR as I had never really done it, Go Karting, I liked them all, Karting and shopping, Shopping

Worst Activity: Laser Tag, Cinema, Laser Quest (some other annoying people there!), Camera Obscura (I go every year and it doesn't change), Ice Skating – scary, Laser Tag – it was cold, Bubble Soccer x 2, Go Karting, none, Shopping – very busy at times

8. How do you feel you were treated by your support workers and volunteer from 1 to 10?

Responses:	10	9	8	7	6	5	4	3	2	1
Number of young carers:	9	1	1							

- Because they took care of us
- No problems at all and they were always happy to have me in their company
- Very helpful and fun
- They were good at knowing and making sure everything is okay
- Really good although some knew how much space to give me better than others and some had good banter!
- They were there when you needed them
- They were very supportive
- Very supportive, I didn't get worried as there was always someone around in my group case we needed them
- Always felt they were there for us instead of us usually being there for other people
- Helped to make me feel special
- They helped me and others get through the trip without any worries

9. One to one Support During the trip:

- 10/10 They made me feel they wanted to take care of me and not just because they should
- I didn't need it this year x 3
- I didn't need it – I knew they were always around if I needed anything
- I just chatted when I needed/wanted to check things out so didn't really see it as one to one
- Just had little catch-ups which worked fine for me
- It was good, they saw when I was starting to struggle a bit and spoke to me so I felt happier again quite quickly
- One to one was fun, I liked spending time on my own with someone
- They knew how I felt throughout the trip and helped me

10. Score how you got on in your smaller groups from 1 to 10 and give your reasons:

Responses:	10	9	8	7	6	5	4	3	2	1
Number of young carers:	9	1	1							

- Because the first day I didn't get to go to any shops I wanted to go to
- Got to all the shops you wanted
- I did what we wanted as a group
- I was good at making friends and was mainly with people I was close to from our YC groups
- They never said or protested about anything
- We all got along
- We got on good

- I got on good with everyone
- Because we all felt we were friends
- We could go to do what we wanted and where we wanted in our group – it was good to feel trusted
- It was better than last time since I had something to talk about and we wanted to go to shops that we had in common

11. What did you learn about yourself during your respite trip?

- I can't deal with the really cold weather
- How responsible I actually am and it gives me more confidence
- That I tend to be cleaner and tidier than most other people
- That it's not scary to be confident and being scared can hold you back
- I know I can do more things for myself and I like it
- That I should try new things more often
- I can control my money a lot better now
- That I can do stuff independently
- I'm able to manage my moods better than I used to
- That I can manage in a group with friends and supporters
- That I need to help out the Young Carers by being safe and nice to people nearby

12. What was a first for you during the trip?

- Going the Edinburgh and doing the different activities
- Virtual Reality Arcade x 4
- Going on the big rides
- Laser Tag
- Bubble Soccer, Laser Tag x 2
- Starbucks and Bubble Soccer
- Getting along with people since it's hard for me to do and takes me a while

13. What did you learn about keeping safe during the trip?

- Wait until the green man pops up – never have to do that at home
- That's it's extremely important – it helps to avoid crises and anxiety
- To concentrate and not wander away
- To not cross the road without a green man!
- A lot – everyone can help themselves and each other to keep safe
- To look for the green man
- I'm okay at it and tend to look out for others without thinking about it
- How to do it
- To listen to instructions and following them so that people stay safe and don't get worried or annoyed with each other
- Not to talk to strangers and stay together when you're with other people. I used to just talk to everyone without thinking and sometimes it got me into bother
- Looking both ways and being careful about who I meet and getting lost

14. What did you learn about social skills during the trip?

- To be even more polite than usual when you are in a strange place and with people you don't know so well
- Different people like different things so it's important to be tolerant so they're tolerant of you
- People are mean on the street – they don't make way for you or thank you for holding a door open for them like they do at home!
- I learned I can make friends
- I'm getting better – it's easier if you feel happy and feel people are happy to be with you
- That I'm now not too scared to talk to people
- You need to practice them so you're more confident using them
- I can talk to people I didn't really know
- Don't sit near John if he has coke!
- It's important to spend time talking to people so you get to know each other and what you're about
- Use eye contact, speak loud and clear and have something in common

15. What did you learn about friendships and relationships during the trip?

- It's important to be nice to your friends and family – I need them
- It's quite hard - you're on alert when you're with others, when you're on your own you just have to think about yourself...
- You need friends because they make things more fun and safer and can be there for you for a long time
- It's great to make friends and to be with ones you already have, you have fun and can forget about the harder stuff for a while
- Hard work but sometimes worth it
- To be more confident, it helps people to get to know you and you to get to know them
- They need time and at home you don't have it so it really good to have breaks like this
- I met another young carer with the same name as me. It gets easier if you can push yourself a little to speak to other people you don't know well
- That friends are important and worth having
- It's good to have more friendships so you don't feel so lonely or left out
- To be a nice person and give them a good time and make it worth their while

16. How did you benefit from the trip?

- I was able to buy some things for myself
- Getting away from the stress and the pressure
- Got a break away from my sibling and from the housework although I don't really mind it
- It makes me a lot happier and I was distracted for once
- A chance to get nice new clothes, buy presents and skip a talk at school!
- It has made me more confident
- Time for me to do things at my pace and to relax more
- I met new people and I know I can be more independent
- I relaxed and bit and felt welcome as a part of a nice group of people
- I got to make choices and decisions and they were all good ones. I got to know Edinburgh
- Learning more about me personality and other people around me

17. What was it like going home after the trip?

- Tiring but better than on the way there, the entertainment on the way back helped to pass the time
- Annoying because we were leaving – I felt I was losing something really good and I didn't want to
- I was tired and I hadn't realised that my bedroom at home smells of dogs a lot!
- I was extremely happy – I felt good
- Great sleep – slept till 2pm!
- Tiring but ok
- Okay
- Weird, almost like I'd been in another world for a while...
- Tiring after the travelling and all the questions from my family
- It was nice getting home to tell mum all about it
- The feeling like I've got on with people which is something I thought wouldn't happen

18. Please explain any concerns or worries you had during the trip:

- That I might die of hypothermia!
- N/A
- That I might lose the plot...
- None, I knew I would be helped if I needed it
- Letting me cross the roads – evil demon red stops!!!!
- Talking to new people
- None
- None, Marjory spoke to me a lot about it before I went so my worries were sorted
- Being away from my family because I worry about them and I'm used to being with them
- None, I knew I'd be looked after
- Not making any friends and being left with silence

19. How well organised was the trip?

- Very x 3
- Extremely (well done Grant)
- Very good apart from missing the bus but that was because some people were slow to get ready
- It was very well organised x 3
- 100%
- 10/10
- Very organised with different bookings of activities and restaurants

20. Would you go again and can you think of any changes which would improve the trip?

- I would go again and I can't think of anything to make it better
- Yes and no changes really needed
- Yes and let John be Elvis for longer
- Yes. I would let the people who go to Camera Obscura to go somewhere else since some may have gone a lot
- I would!
- I would go again and nothing to add, I'm proud with how I did
- I would go again, no changes
- I would go again but I got worried about John and Grant singing on the train but somehow I ended up singing with them!
- I would go again
- Yes please
- I would, having more activities that weren't featured – like a gallery

Additional Comments:

- Thanks for taking me, I felt proud that I qualified for a place and my parents were pleased for me
- Lovely to get the additional money and Starbucks Card, they took a little pressure off (to stick to what I thought was my budget) and made me feel a bit more chilled
- It was very nice to get the Starbucks card, at first I was nervous it might not work but when it did it was like yeah!
- Thank you – I love Young Carers x
- I didn't expect the amount of cold weather and stop lights are demons they can make you freeze! Thank you though! I liked that you spoke to the other passengers first to check it was ok for Elvis to come out singing – funny seeing some of them joining in with the songs!
- I'm already hoping I can go again next year
- It was great fun and I'm happy I got most of my Christmas shopping done – less pressure!
- Don't dress up as Elvis – only joking - it was great fun and made the journey go quite quickly. It was really funny because I felt I should be telling them to settle down and behave themselves!
- It made me feel good that my mum said she felt proud that I qualified to go on the trip this year
- This trip gave me the chance to change something. I kept my notebook and a diary to explain my thoughts and feelings and will look back some other time so I can see what to improve on and prosper. Thanks for making this trip possible and getting us together and even organising all of this.
Young Carers has helped me identify my feelings and share my thoughts and I feel proud that I can now do this and help myself and other people.

Thank you to all our interagency partners who have played a key role in helping to deliver so many positive outcomes for young carers and their families.

We are very grateful to our Funders, Trustees, supporters and volunteers who give so much of their time, energy and expertise for the benefit of young carers who can find life to be challenging and unfair at times.

We are indebted to our young carer members and their families for the trust and ideas they share with us for the benefit of themselves and other young carers in our local and wider community