

Skye & Lochalsh Young Carers (S&LYC)



'Support and guidance come rain or shine'

www.skyeyoungcarers.co.uk

End of Year Report: April 2020 - March 2021

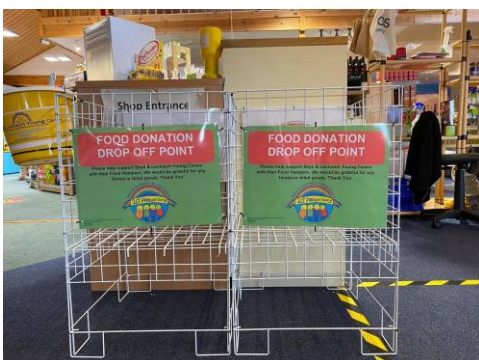


Victoria Cottage, Portree
The hub for all the
young carers' activities



Young carers have continued to benefit from respite activities during the past year which have been various crafts, games, baking equipment, outdoor equipment etc. chosen by them and delivered to their homes. The number of young carers who benefitted are:

Spring respite 2020 - 51
Summer respite 2020 - 37
Autumn respite 2020 - 50
Christmas respite 2020 - 51



Our thanks and appreciation go to John Casson Foundation, Highland council, Aros and local donations for supporting us to provide young carer families with much needed food and household supplies. Huge thanks also to Irene & Marjory for packing and distributing the food hampers.



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Our Main Funders:

National Lottery Community Fund - Accept the Past & Grab the Future Project
BBC Children in Need - Accept the Past & Grab the Future Project
Robertson Trust - Accept the Past & Grab the Future Project
The Highland Council
Great Wilderness Challenge
The John Casson Foundation
The Royal Caledonian Charities Trust

National & Local In-kind Support:

Ardvasar Cafe
Aros Centre
Highland Area Order of St John – Giving Tree
Individual & Family Donations & Sponsorship
Kyle Taxis - Additional Support
Lochalsh & Skye Housing Association - Minibus Parking
Local Businesses - Raffle Prizes
Lynx Taxis - Additional Support
Skeabost House Hotel (Sonas Group)
Sitekit Solutions - Web Site Hosting and guidance
Skye Express - Delivery Support
SLCVO
Sleat Whist
West Highland Free Press - Media Support
Xcel Church Portree - Easter Egg Donations

Young Carers Service Fundraising Activities:

Commercial Partnership Agreements & Collection Tins
Co-op Sales Tables
Great Wilderness Challenge
Easter online auction
Young Carer Supporters - Monthly Giving Fund
<http://youngcarersproject.easysearch.org.uk>
www.everyclick.com/skyeyoungcarers

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 addiction issue 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 - Accept the Past & Grab the Future Project -Outcomes
(From October 2017 till September 2020 with continuation funding to September 2023)**

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 with continuation funding to September 2023)**

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

We were fortunate to secure 3-year continuation funding prior to lockdown which is the same as above with the addition of Robertson Trust. The new funding will run from October 2020 till September 2023.

**Robertson Trust - Accept the Past & Grab the Future Project -Outcomes
(From October 2020 till September 2023)**

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

Skye and Lochalsh Community Care Forum SCIO - Management Committee Trustees

Gill Adams	Chairperson
Donald Beaton	Treasurer & Vice Chairperson
Christine Jenkins	Secretary
Ann Bethune	Trustee
Madeline Jones	Trustee
Morag Macdonald	Trustee
Tina Allan	Trustee
Pat Matheson	Trustee
Carol Urbanowicz	Trustee

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

Ardvasar Charity Café	Wednesday Art & craft Group	
Duirinish & Bracadale show committee member	Church	Struan Community Council member
Edinburgh Festivals Forum Independent Member	Struan Community Trust as Treasurer	
HC Young Carer Improvement Group	S&L Drug & Alcohol Forum	
N.W.S minibus committee Chairperson	Skye Youth Development Forum	
Waternish First Responder for the Scottish Ambulance Service		
British Red Cross Community Reserve Volunteer		

Other groups/organisations Trustees/staff actively network with:

Multi Agency Groups	CAB	Sleat Social Club
Seasons for Growth Network	SLCVO	HC Care & Learning
GP Services	Scottish Ambulance Service	Skills Development Scotland
Young Carers Services, Highland	Housing Services	
NHS – SALT & Dietician Services	AROS	
Care & Protection & School Years	Primary Mental Health Service	
Police Service	SEALL	
Children & Families Mental Health Services		

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

Our Management Structure:

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

Staffing Details 31/3/2020:

Young Carer's Manager	35 hours (19.5hrs Lottery, 11.5hrs BBC Children in Need, 4hrs Core funded)
Senior Support Worker, Coordinator	35 hours per week (32hrs Core Funded, 3hrs Big Lottery Funded)
Financial Administrator	26 hrs per week (18hrs Core Funded, 8hrs Big Lottery Funded)
Clerical Administrator & Coordinator	28 hrs per week (19hrs core, 9 hrs Big Lottery Funded)
Support Worker	35 hrs per week (35hrs Core Funded)
Driver/Support Worker	20 hrs per week (7.5hrs Core Funded, 12.5hrs Big Lottery Funded)
Adult Volunteers x 9	Working as Trustees providing governance and fundraising support
Adult Volunteers x 17	Supporting young carer groups, training/fundraising events & respite outings

Service Strengths:

- The staff were able to respond quickly to lockdown and had alternative support provision in place to keep in contact with all service beneficiaries on a weekly basis
- 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
- Lottery Community Fund, Robertson Trust and BBC Children in Need continuation funding is in place for our Accept the Past & Grab the Future project until 30th September 2023
- The outstanding local community support through in-kind support, sponsorship, gifts and donations continues to help offset our increasing needs and annual running costs.
- The provision of a minibus continues to help reduce transport costs and has improved the support available for the young carers including food deliveries throughout Skye & Lochalsh
- 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
- The service is respected and continues to be very well supported by young carer families & 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

Service Pressures:

- We received funding from Highland Council for this financial year and we are being reviewed as part of their redesign process 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 18 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 increase in demand for 1:1 support during school and 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 team to deliver services when a senior is unavailable

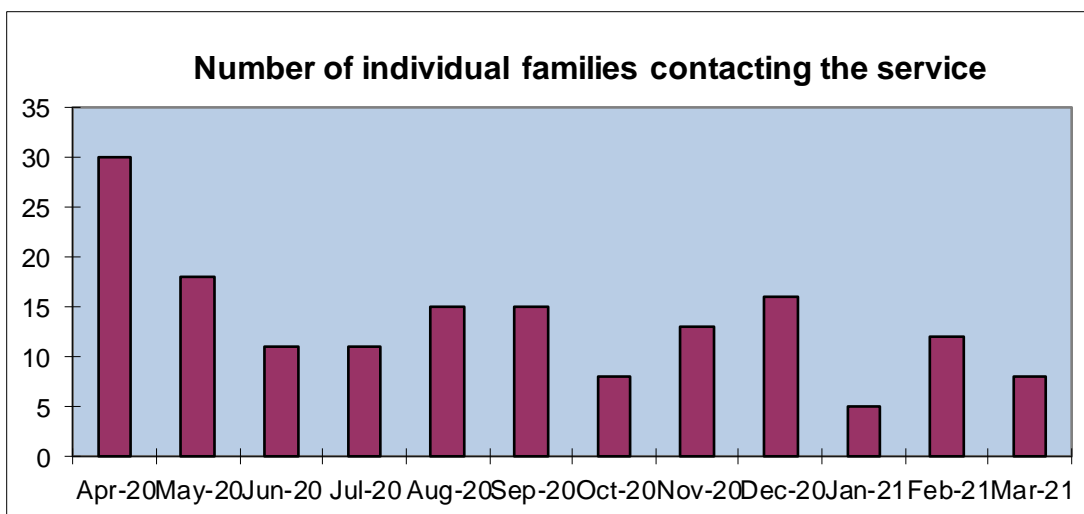
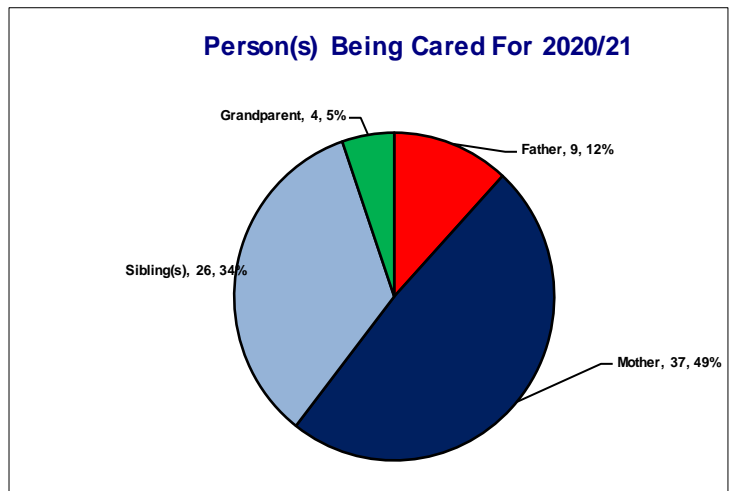
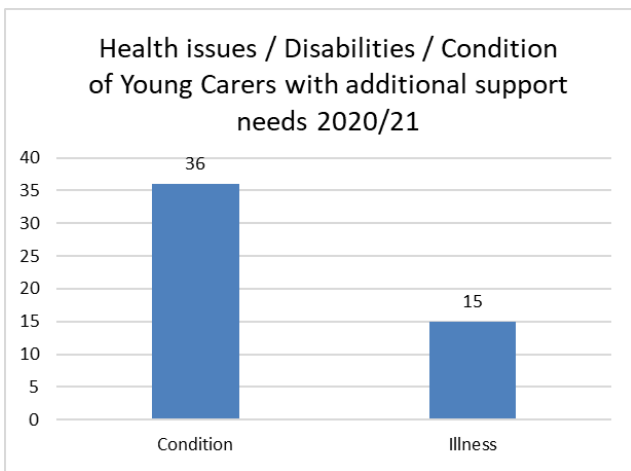
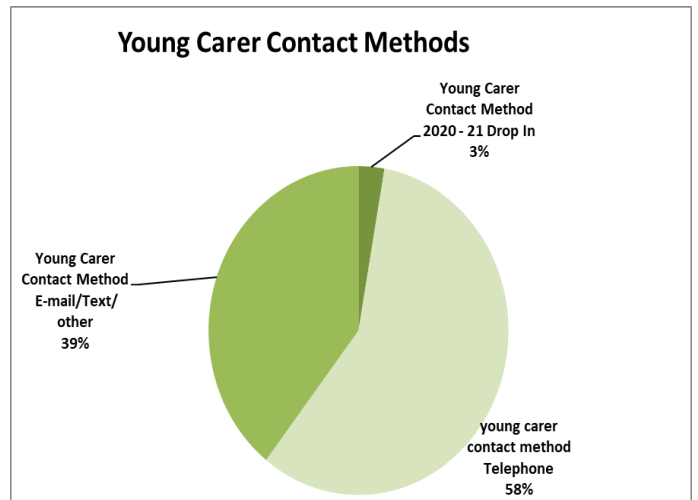
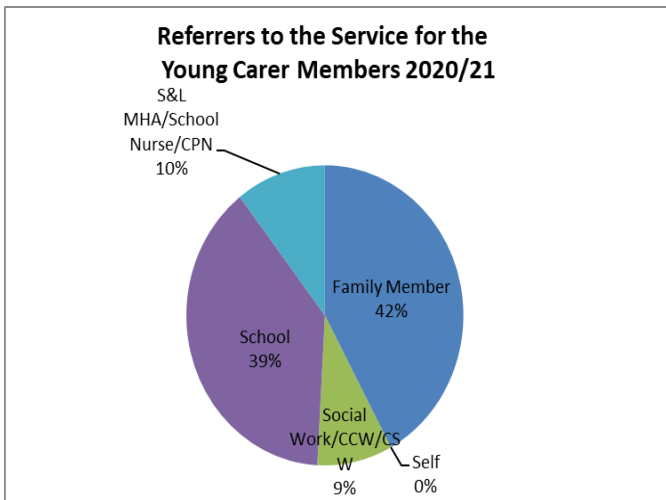
Number of young carers supported in 2020/21: 59

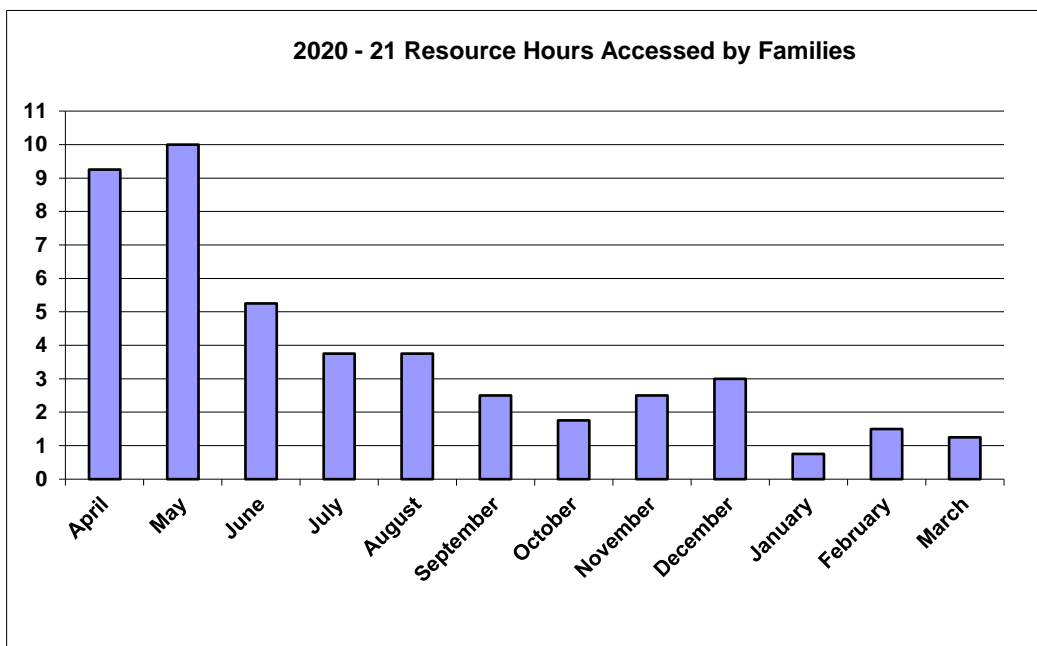
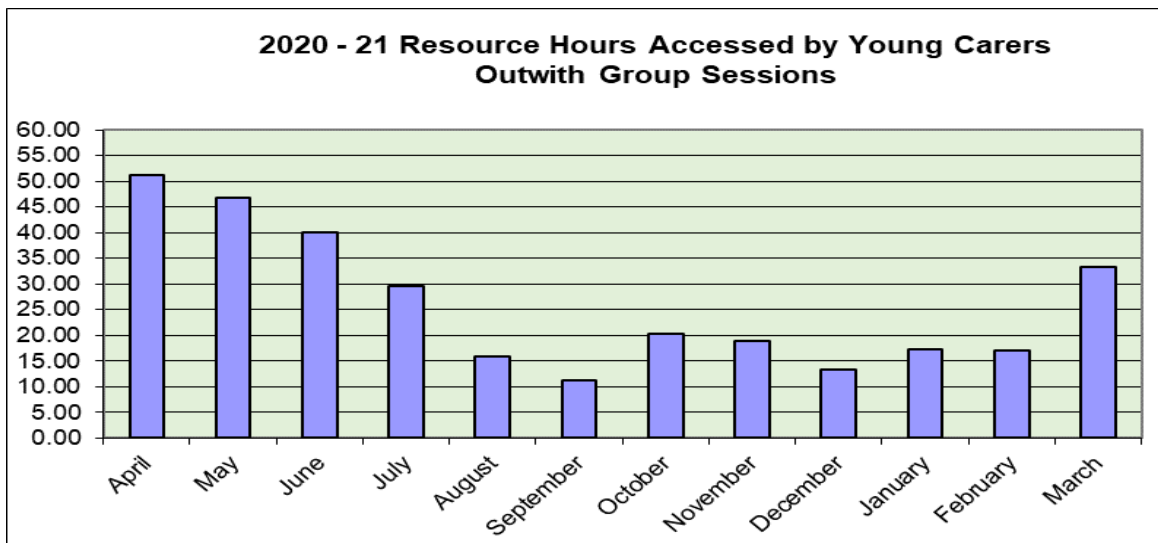
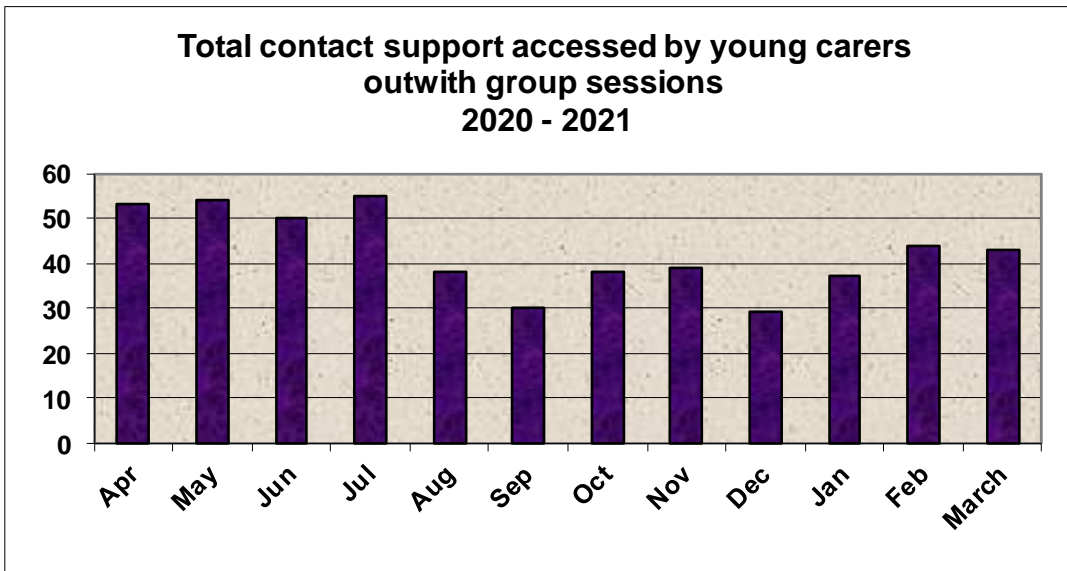
	Caring for more than 1 person in the family	Living with a single parent	Primary School age at August 2020	High School age at August 2020	Female young carers	Male young carers	Number referred to service	Number moved on from the service
Number of young carers	2016/17 = 27	36	33	41	40	34	16	15
	2017/18 = 29	38	41	41	46	36	15	16
	2018/19= 19	29	31	36	36	31	17	13
	2019/20=18	46	38	39	40	37	13	22
	2020/21=14	34	17	42	29	30	4	5

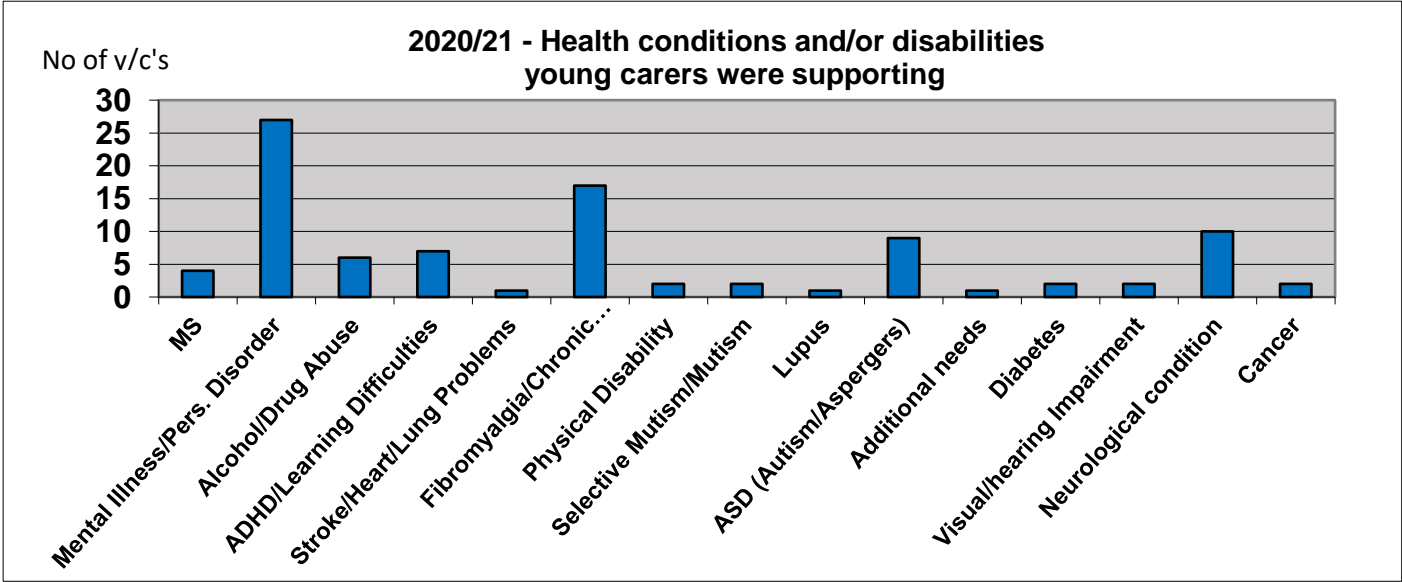
Reason for moving on from the service:	Moved out of area	18 years of age	Change in family circumstances	Completion of bereavement support	Service is no longer required
No of young carers:	2	3			

	Regular Transport Provision Required	Young Carers Aged 5 – 9 years	Young Carers Aged 10 – 14 years	Young Carers Aged 15 – 18 years
Number of young carers:	2016/17 = 65	15	50	9
	2017/18 = 78	20	45	17
	2018/19 = 67	14	36	27
	2019/20= 56	15	42	20
	2020/21=34	15	30	14

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.

	SPRING	SUMMER	AUTUMN	WINTER
Activities	Remote Respite Activities: 51	Remote Respite Activities: 51	Remote Respite Activities: 50	Remote Respite Activities: 51
Number individual Young Carers	TOTAL: 51	TOTAL: 37	TOTAL: 50	TOTAL: 51

Core Work

	OUTCOMES		Activities		Progress
1	Increased peer and specialist adult support networks.	a b c	Weekly support group meetings Professionals will be invited to attend appropriate topic sessions to share information and connect with members Support South Skye & Lochalsh satellite young carers' groups	a b c	Five weekly support group sessions were run Welcomed visits from: GPs, Police Officers, Veterinary Nurse and Skye Food Bank Volunteers Two satellite young carer support groups are well established in Kyle of Lochalsh
2	Increased knowledge and understanding levels	a b	Regular skill development activities to be provided during support group sessions Increase information resources through partnership working with other agencies	a b	Planned skill development activities have been delivered during support group sessions 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 b c	Quarterly respite outings Lunch time drop-in support to be provided 3 days per week Summer activity programme to be delivered	a b c	Quarterly respite outings were successfully delivered Lunchtime drop-in support in Portree has been available for young carers 4 days per week 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 b c	Advocacy support to be available Bereavement support to be available Good and/or poor practice/inequalities to be evidenced to promote good practice/ initiate change	a b c	Advocacy support has been provided to meet needs of young carers and ex members Pre-bereavement and bereavement support has been provided as required 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 b c	Basic First Aid training will be provided to young carers on an annual basis Fire safety training which incorporates practical tasks will be provided to young carers on an annual basis Legal issues awareness training will be provided to young carers on an annual basis	a b c	Lucky to be Here volunteers and local Paramedics delivered Everyday First Aid and CPR Training to young carers Fire safety training was delivered to all groups with support from local Fire Fighters In-house awareness training was provided to all young carer groups with visiting support from the local Police Officers

Additional Work/Achievements during 2020/21:

Media –Social media 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. We also featured on Radio Skye to talk and raise awareness about the service. During this time we also celebrated our 20th Anniversary and launch a new Logo to commemorate this. Unfortunately, due to Covid-19 we were unable to have our planned celebration for this milestone and now plan to celebrate this in the next year and so will carry on the 2020 logo into 2021. To raise awareness of the service and raise funds we produced notelet packs and a 2020 calendar with photography by the young carers and Christmas card packs designed by the young carers.

Community support – Members of the wider community continue to give us their invaluable support. They have provided gift vouchers, food, clothing, toys, arts and crafts materials, bedding, and funds to pay towards activities during respite outings away from home. During this time we also launch our own food parcels service particularly for our young carers, the Aros centre has kindly placed a food basket in there shop so people can donate to this which has also been invaluable.

Seasons for Growth - Due to the Covid-19 pandemic we were unable to hold a Seasons for Growth Residential this year.

Christmas 2020 Respite - Edinburgh - Due to the Covid-19 pandemic we were unable to have our annual respite trip to Edinburgh this year.

Staff/volunteer Training attended during 2020/2021:

	Completed by:
2020 Child Protection Training (Online) - Highland Child Protection	2 staff and 1 volunteer
2020 Seasons for Growth Reconnector – Highland Council Psychological Services	1 staff
2019 First Aid Training	1 staff
2020 Leadership & Management Training, Lead On 9 – Highland Council	1 staff

In addition, regular (every 4 to 6 weeks) consultation sessions were held with Clinical Psychologist from Child & Adolescent Mental Health Service and Practice Lead from Care & Protection.

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, usually this would involve evaluating the support groups however these were not on due to Covid-19 restrictions. The evaluations provide 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, this year that involved evaluating the remote respite activities that were given to the young carers over lockdown. 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.

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.

