

# Skye & Lochalsh Young Carers (S&LYC)



'Support and guidance come rain or shine'

[www.skyeyoungcarers.co.uk](http://www.skyeyoungcarers.co.uk)

## End of Year Report: April 2021 - March 2022

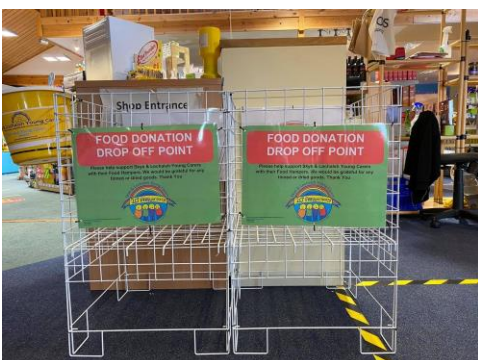


Victoria Cottage, Portree  
The hub for all the  
young carers' activities



Young carers have continued to benefit from respite trips throughout their school holidays. The number of young carers who benefitted are:

Spring respite 2021 - 49  
Summer respite 2021 - 35  
Autumn respite 2021 - 22  
Christmas respite 2021 - 6



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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Charity Number: SC 027909

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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)  
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  
Young Carer Supporters - Monthly Giving Fund  
<http://youngcarersproject.easyssearch.org.uk>  
[www.everyclick.com/skyeyoungcarers](http://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

**Lottery Community Fund - Accept the Past & Grab the Future Project -Outcomes  
(From October 2020 till 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 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

**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**

<b>Gill Adams</b>	Chairperson
<b>Donald Beaton</b>	Treasurer & Vice Chairperson
<b>Christine Jenkins</b>	Secretary
<b>Ann Bethune</b>	Trustee
<b>Madeline Jones</b>	Trustee
<b>Morag Macdonald</b>	Trustee
<b>Tina Allan</b>	Trustee
<b>Pat Matheson</b>	Trustee
<b>Carol Urbanowicz</b>	Trustee
<b>Mairi Milne</b>	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 31/3/2022:**

Young Carer's Manager	35 hours (7.5hrs Lottery, 11hrs BBC Children in Need, 16.5hrs Core funded)
Senior Support Worker, Coordinator	35 hours per week (16hrs Core Funded, 19hrs Big Lottery Funded)
Financial Administrator	26 hrs per week (25hrs Core Funded, 2.5hrs Big Lottery Funded)
Clerical Administrator & Coordinator	20 hrs per week (17hrs core, 3hrs Big Lottery Funded)
Support Worker	35 hrs per week (35hrs Core Funded)
Driver/Support Worker	20 hrs per week (14.5hrs Core Funded, 5.5hrs Big Lottery Funded)
Adult Volunteers x 10	Working as Trustees providing governance and fundraising support
Adult Volunteers x 10	Supporting young carer groups, training/fundraising events & respite outings

### Service Strengths:

- The staff were able to respond quickly after lockdown had finished to get back to face to face support and getting the groups back up and running each week.
- 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 30<sup>th</sup> 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 12 young carers supporting more than one family member and as a result we must 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

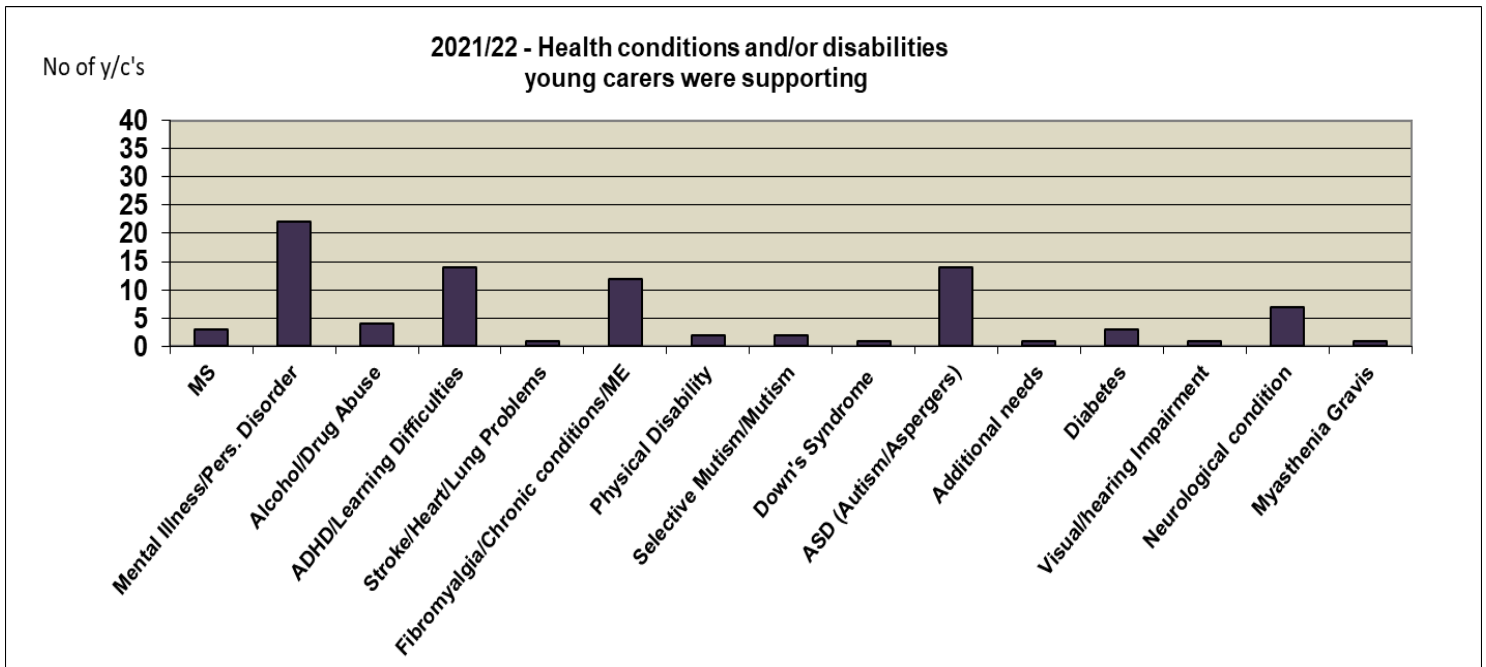
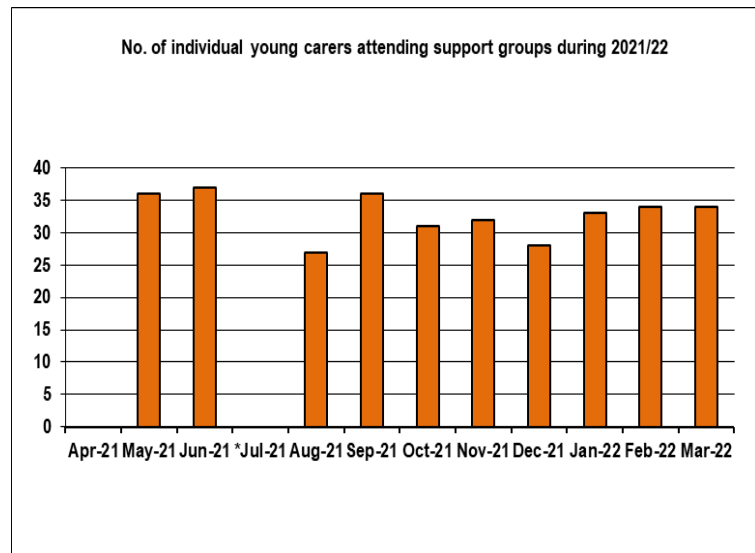
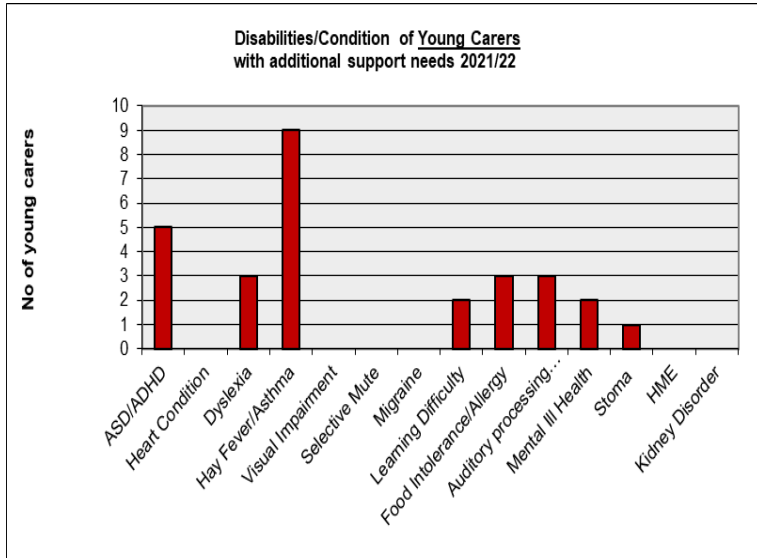
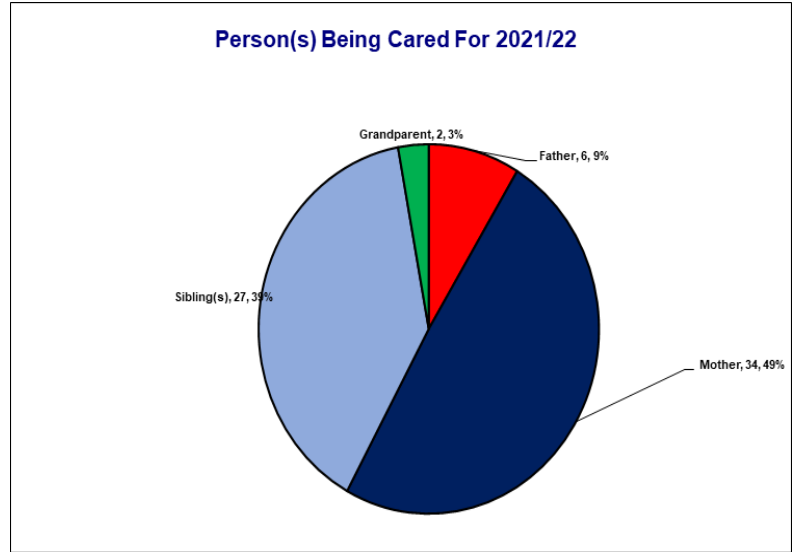
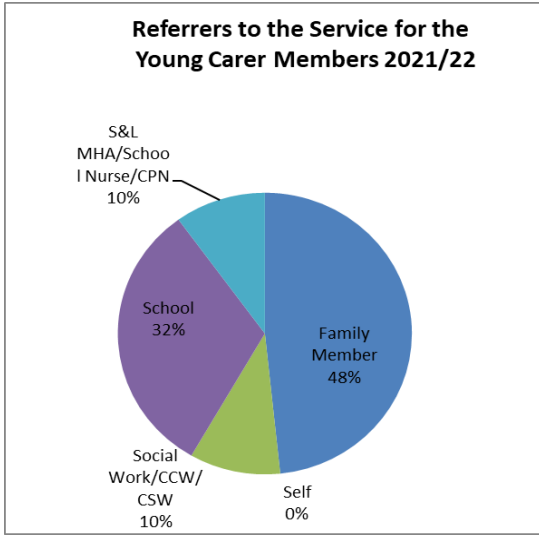
### Number of young carers supported in 2021/22:

	Caring for more than 1 person in the family	Living with a single parent	Primary School age at August 2021	High School age at August 2021	Female young carers	Male young carers	Number referred to service	Number moved on from the service
Number of young carers	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
	2021/22=12	25	22	38	32	28	13	21

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:	1	5	13		2

	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:	2017/18 = 78	20	45	17
	2018/19 = 67	14	36	27
	2019/20= 56	15	42	20
	2020/21= 34	15	30	14
	2021/22= 26	13	29	18

## Statistical Information



## RESPIRE 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
<b>Activities</b>	Remote Activities at home due to Covid	Puppet making Swimming Beach BBQ Boat Trip Pizza making Water fight Sound workshop Zine design Seafari experience Bowling Laser tag	Go-karting Film SFG Residential	Edinburgh residential
<b>Number individual Young Carers</b>	<b>TOTAL: 49</b>	<b>TOTAL: 35</b>	<b>TOTAL: 22</b>	<b>TOTAL: 6</b>

### Core Work

	OUTCOMES	Activities	Progress
1	<b>Increased peer and specialist adult support networks.</b>	<ul style="list-style-type: none"> <li>a Weekly support group meetings</li> <li>b Professionals will be invited to attend appropriate topic sessions to share information and connect with members</li> <li>c Support South Skye &amp; Lochalsh satellite young carers' groups</li> </ul>	<ul style="list-style-type: none"> <li>a Five weekly support group sessions were run</li> <li>b Welcomed visits from: GPs, Police Officers, Veterinary Nurse and Skye Food Bank Volunteers</li> <li>c Two satellite young carer support groups are well established in Kyle of Lochalsh</li> </ul>
2	<b>Increased knowledge and understanding levels</b>	<ul style="list-style-type: none"> <li>a Regular skill development activities to be provided during support group sessions</li> <li>b Increase information resources through partnership working with other agencies</li> </ul>	<ul style="list-style-type: none"> <li>a Planned skill development activities have been delivered during support group sessions</li> <li>b Access to appropriate information is being consolidated and updated with professional experts visiting/supporting workshops to share knowledge and expertise</li> </ul>
3	<b>Increased resilience of young carers</b>	<ul style="list-style-type: none"> <li>a Quarterly respite outings</li> <li>b Lunch time drop-in support to be provided 3 days per week</li> <li>c Summer activity programme to be delivered</li> </ul>	<ul style="list-style-type: none"> <li>a Quarterly respite outings were successfully delivered</li> <li>b Lunchtime drop-in support in Portree has been available for young carers 4 days per week</li> <li>c Summer respite programme was successfully delivered</li> </ul>
4	<b>Improved social integration</b>	<ul style="list-style-type: none"> <li>a One to one support to be provided as required to meet identified needs and wishes of young carers</li> </ul>	<ul style="list-style-type: none"> <li>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</li> </ul>
5	<b>Young carers will influence decisions affecting their lives</b>	<ul style="list-style-type: none"> <li>a Advocacy support to be available</li> <li>b Bereavement support to be available</li> <li>c Good and/or poor practice/inequalities to be evidenced to promote good practice/ initiate change</li> </ul>	<ul style="list-style-type: none"> <li>a Advocacy support has been provided to meet needs of young carers and ex members</li> <li>b Pre-bereavement and bereavement support has been provided as required</li> <li>c Young carer evaluations and feedback has been distributed through appropriate professional contacts</li> </ul>
7	<b>Young carers will be safer at home and in the community</b>	<ul style="list-style-type: none"> <li>a Basic First Aid training will be provided to young carers on an annual basis</li> <li>b Fire safety training which incorporates practical tasks will be provided to young carers on an annual basis</li> <li>c Legal issues awareness training will be provided to young carers on an annual basis</li> </ul>	<ul style="list-style-type: none"> <li>a Lucky to be Here volunteers and local Paramedics delivered Everyday First Aid and CPR Training to young carers</li> <li>b Fire safety training was delivered to all groups with support from local Fire Fighters</li> <li>c In-house awareness training was provided to all young carer groups with visiting support from the local Police Officers</li> </ul>

## **Additional Work/Achievements during 2021/2022:**

**Media** – BBC radio Scotland’s Bryan Burnett visited us to interview some of the young carers as part of their Children in Need week. 3 young carers took part in the interview which was played on air several times during the week of CiN.

We were able to promote the service at various events throughout the year including pop-up cafes, light up Portree events, the great wilderness challenge, and the Spring Fling. We were given the opportunity to advertise the service on the local radio station, radio Skye. 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. To raise awareness of the service and raise funds we produced notelet packs, pens, torches, canvas bags and Christmas card packs designed by the young carers.

### **Community support**

On the 25<sup>th</sup> of September 2021 we had 3 marquees filled with stalls at the Autumn Fling which was a community event in Portree where we were selling soup, hot drinks, young carers merchandise, jumble, jewellery, scarves, kids toys and had small kids’ activities as well as 2 raffles one for the children and one for the adults.

Members of staff and volunteers of Skye and Lochalsh young carers took part in a virtual great wilderness challenge where everyone did a walk, cycle or run of either 25, 13 or 7 miles to raise money for the service. During this the participants got sponsored by family, friends and members of the public to help raise much needed funds for the service.

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. Special thanks to Inga Sweets who donates sweets to give to the young carers, Ian Williams, Rhoda Grant MSP, Lynx Taxis, Kyle Taxis, Church of Scotland, Skye Bible Church, Xcel Church, and continued support from Great Wilderness Challenge.

### **Seasons for Growth**

A total of 4 young carers participated in a 3-night self-catering residential respite at Uiginish lodge along with 3 members of Staff and 1 Volunteer. We really appreciate having the opportunity to deliver the Seasons for Growth and Life Skills programme to help the young carers manage change and loss in their lives.

**Christmas 2021 Respite - Edinburgh** - A total of 6 young carers benefitted from the 3-night residential respite break, they were supported by 3 staff members and 1 volunteer. Huge thanks to the Big Lottery, and BBC Children in Need for enabling young carers to have their brilliant, long anticipated annual residential respite break in Edinburgh. The positive young carers’ evaluation of this residential respite is at the end of this report.

**Partnership Working with SEALL** – SEALL have kindly co-ordinated for Richey to work along side the young carers to create music throughout the group sessions over the past year. He has been working with the young carers to write songs and make music to go alongside the songs which will get created into an album and be realised to raise money for the Skye and Lochalsh Service.

**Young carers food provision**- Huge thanks to Aros who donated half of their shop food stock when they sold up, this was a fantastic amount of food which we were able to donate to our young carer families.

### **Staff/volunteer Training attended during 2021/2022:**

		<b>Completed by:</b>
2022	Child Protection Training - Highland Child Protection Committee	3 staff
2021	Seasons for Growth Companion – Highland Council Psychological Services	1 staff
2022	Seasons for Growth Reconnector – Highland Council Psychological Services	1 staff

In addition, regular consultation sessions were held with the Clinical Psychologist from Child & Adolescent Mental Health Service and also the 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 monthly. 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.



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



Skye and Lochalsh Community Care Forum SCIO Scottish Charity No: SC 027909

