

Skye & Lochalsh Young Carers (S&LYC)



'Support and guidance come rain or shine'

www.skyeyoungcarers.co.uk

End of Year Report: April 2022 - March 2023



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 2022 - 29
- Summer respite 2022 - 27
- Autumn respite 2022 - 20
- Christmas respite 2022 - 28

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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 Royal Caledonian Charities Trust

National & Local In-kind Support:

Ardvasar Cafe
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
Skye Express - Delivery Support
SLCVO
Sleat Whist
West Highland Free Press - Media Support
Xcel Church Portree - Easter Egg Donations
Cuillin Competitions

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.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

**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

Gill Adams	Chairperson
Donald Beaton	Treasurer & Secretary
Ann Bethune	Trustee
Madeline Jones	Trustee
Morag Macdonald	Trustee
Tina Allan	Trustee
Pat Matheson	Trustee
Carol Urbanowicz	Trustee
Mairi Milne	Trustee
Craig Forrester	Trustee

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

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

Other groups/organisations Trustees/staff actively network with:

Multi Agency Groups	Police Service	
Seasons for Growth Network	CAB	Primary Mental Health Service
GP Services	SLCVO	Sleat Social Club
Young Carers Services, Highland	Scottish Ambulance Service	HC Care & Learning
NHS – SALT & Dietician Services	Housing Services	Skills Development Scotland
Care & Protection & School Years		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:	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 31/3/2023:

Young Carer's Manager	35 hours (7.5hrs Lottery, 11hrs BBC Children in Need, 16.5hrs Core funded)
Senior Support Worker	35 hours per week (16hrs Core Funded, 19hrs Robertson Trust Funded)
Financial Administrator	26 hrs per week (18hrs Core Funded, 8hrs Lottery Funded)
Clerical Administrator & Coordinator	20 hrs per week (17hrs core, 3hrs Lottery Funded)
Support Worker	35 hrs per week (35hrs Henry Smith Funded)
Driver/Support Worker	20 hrs per week (14.5hrs Core Funded, 5.5hrs 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:

- 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 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 2022/23:

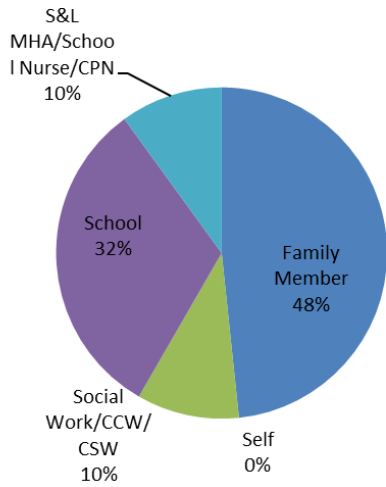
	Caring for more than 1 person in the family	Living with a single parent	Primary School age in August	High School age in August	Female young carers	Male young carers	Number referred to service	Number moved on from the service
Number of young carers	2018/19= 19	29	31	36	36	31	17	13
	2019/20=18	46	38	39	40	37	13	22
	2020/21=14	34	17	42	29	30	4	5
	2021/22=12	25	22	38	32	28	13	21
	2022/23=10	18	21	23	25	19	7	11

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	3	5	0	1

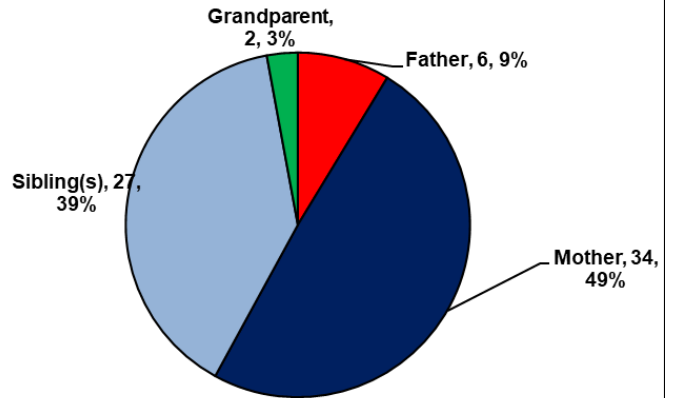
	Regular Transport Provision Required	Young Carers Aged 5 – 9 years	Young Carers Aged 10 – 14 years	Young Carers Aged 15 – 18 years
Number of young carers:	2018/19 = 67	14	36	27
	2019/20= 56	15	42	20
	2020/21= 34	15	30	14
	2021/22= 26	13	29	18
	2022/23= 18	13	21	10

Statistical Information

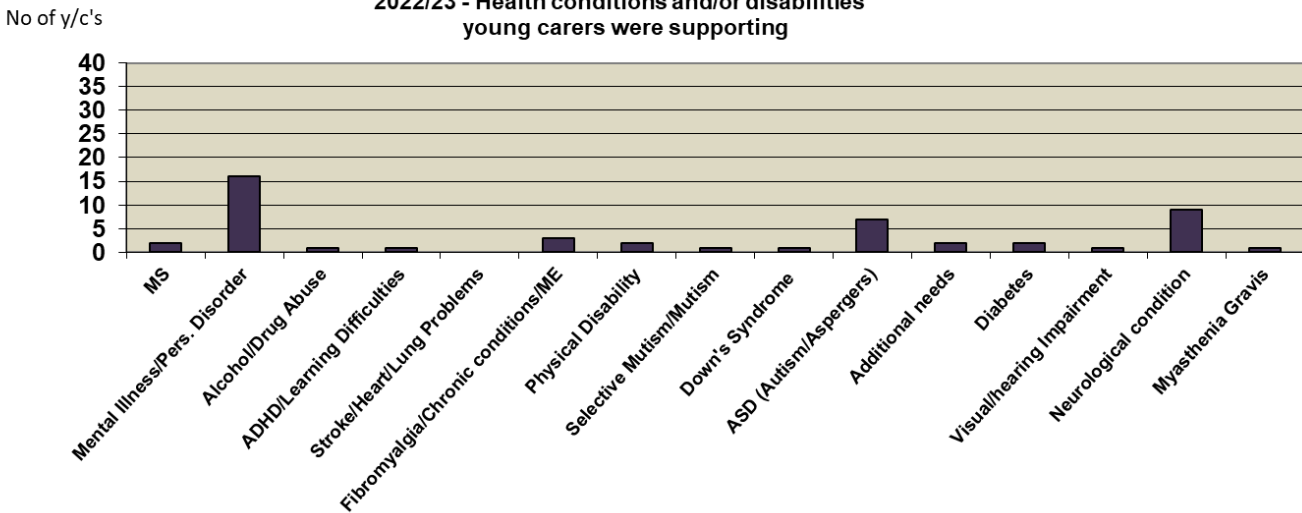
Referrers to the Service for the Young Carer Members 2022/23



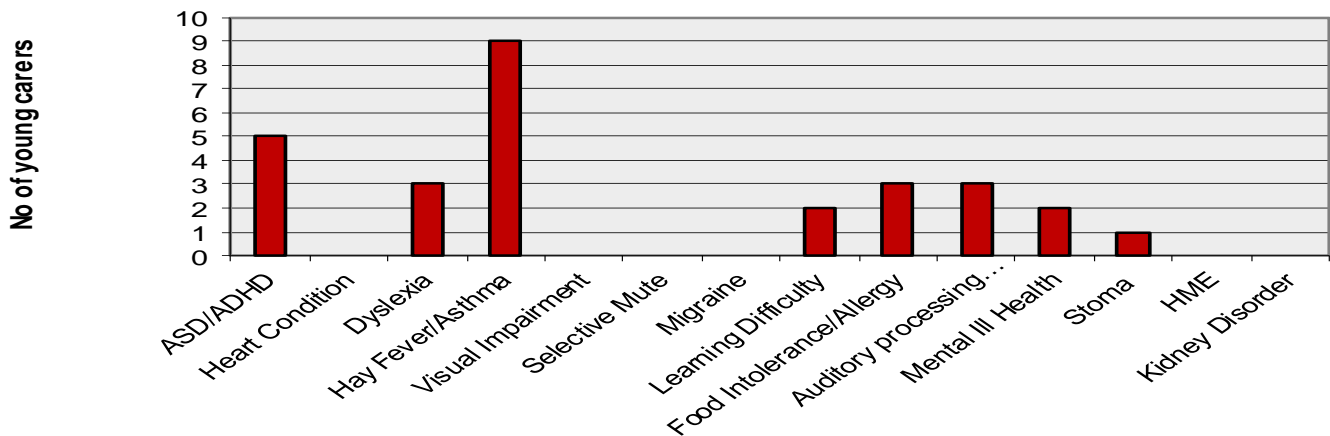
Person(s) Being Cared For 2022/23



2022/23 - Health conditions and/or disabilities young carers were supporting



Disabilities/Condition of Young Carers with additional support needs 2022/23



RESPITE SUPPORT RECORDS

Young carers choose and vote on what activities they wish to participate in. They complete an 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	Music Workshops Climbing wall Swimming Landmark	Film day Water fight Swimming Aquadome Boat trip Fishing trip Beach BBQ	Bowling Cinema Swimming	Edinburgh residential Christmas Party
Number individual Young Carers	TOTAL: 29	TOTAL: 27	TOTAL: 20	TOTAL: 28

Core Work

	OUTCOMES	Activities	Progress
1	Increased peer and specialist adult support networks.	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> a Five weekly support group sessions were run b Welcomed visits from: GPs, Police Officers, Veterinary Nurse and Skye Food Bank Volunteers c Two satellite young carer support groups are well established in Kyle of Lochalsh
2	Increased knowledge and understanding levels	<ul style="list-style-type: none"> a Regular skill development activities to be provided during support group sessions b Increase information resources through partnership working with other agencies 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> a Quarterly respite outings b Lunch time drop-in support to be provided 3 days per week c Summer activity programme to be delivered 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> a One to one support to be provided as required to meet identified needs and wishes of young carers 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> a Advocacy support to be available b Bereavement support to be available c Good and/or poor practice/inequalities to be evidenced to promote good practice/ initiate change 	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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 local Fire Fighters c In-house awareness training was provided to all young carer groups with visiting support from the local Police Officers

Additional Work/Achievements during 2022/2023:

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 stalls at both Portree and Broadford coop, a pop-up café in Portree library, light up Portree events at Christmas time in the community centre in Portree, the great wilderness challenge, and the Autumn Fling at KG5 in September. 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. To raise awareness of the service and raise funds we continue to sell our notelets packs, pens, torches, canvas bags and Christmas card packs designed by the young carers.

Community support

On the 25th of September 2022 we had 2 marquees filled with stalls at the Autumn Fling which was a community event in Portree where we were selling young carers merchandise, 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 the great wilderness challenge where everyone did a walk or run of either 25, 13 or 7 miles to raise money for the service. 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.

Christmas 2022 Respite - Edinburgh - A total of 9 young carers benefitted from the 3-night residential respite break, they were supported by 2 staff members and 2 volunteers. Huge thanks to the Lottery, BBC Children in Need and The Royal Caledonian Charities Trust 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 kindly co-ordinated Richey Carey to work alongside the young carers to create music throughout the group sessions over the past year. The young carers wrote songs and went to his music studio as one of the respites to record their songs and have now been created into an album available on Spotify or CD which we have been selling at the various fundraising events. The album is called “sounding stuff out”.

Young carers food provision- Huge thanks to C-fine for the continuous donation of food each month to help us provide food within the young carers building for the young carers to help themselves to take home. This provides a mixture of cupboard good and toiletries as well as pet food and cleaning supplies.

In House Promotion- In September we had an in-house promotion where our support worker got promoted to senior support worker.

Skye and Lochalsh Community Care Forum- The SLYC community care forum have purchased a plot of land in the views of building a new base for the young carers service. Architects have been appointed for the new building and all thoughts and ideas have been gathered from the young carers. All the young carers were consulted in the idea of having space within the new building to rent out to other organisations to use for meetings etc. This section of the building will be completely separated from the young carers service space.

Staff/volunteer Training attended during 2022/2023:

2022 Child Protection Training - Highland Child Protection Committee
2022 Team Training Day

Completed by:

3 staff
All staff, trustees & Volunteers

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

Skye & Lochalsh Young Carers Christmas Respite Evaluation – Edinburgh 2022 9 Young Carer Participants, 2 Staff Members and 2 Volunteer

Accommodation: Edinburgh Central Hostel
Transport: Minibus from Portree – Edinburgh.
Eating places: , Frankie and Benny’s, Cosmo world buffet, Filling station
Activities: , Dungeons, Shopping, Cinema, Ghost Walk, Zoo, Fair rides, Tubing, Botanic light show.

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:	9									

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

Responses	Dungeons	Cosmo	The light show	Shopping	Tubing	Everything			
Number of young carers:	3	1	2	1	1	1			

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

Responses:	Tubing	Walking	Zoo	Breakfast					
Number of young carers:	2	1	5	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:	3	2		2	1	1				

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:	3	2	1	2	1					

- Did what it needed too.
- Good location.
- It was good.
- Rooms small and a bit cold.
- Was comfy.
- It was a pretty nice place.

6. 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:	4	2		1		2				

- Not much to choose.
- Not many coco pops.
- Good breakfast
- Ok coffee and tea.
- No cooked breakfast.

7. 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:	3	1	3	1		1				

- Got bits and bobs.
- Was good.
- Got to choose.
- Very tasty.
- Great coz you get to choose

8. 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:	5	2	2							

- Were great to scran on.
- Good food.
- Were so good.
- Cosmo is good for picky people.
- Tasted good.
- Enjoyed them.

9. 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:	2	1	3	1	2					

- Were all great
- Loved the tubing
- Light show was fab

Best Activity: Dungeons

Worst Activity: Zoo

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

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

11. One to one Support During the trip:

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

12. 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:	4		1	1	1	1	1			

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

- How easy it is to make friends
- Christmas shopping is tough
- I don't like walking
- Walking is not fun
- That I could do things without mum
- That its ok to talk about your feelings

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

- Tubing
- Doing things myself
- The trip itself

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

- Not talking to strangers
- Look both ways when crossing the road
- Common sense
- Stay with the group
- Only cross on a green man

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

- That its easy to start & have conversations
- Im not good at them
- I don't like talking to people
- Mine aren't very good

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

- Its easy to make friends
- Im not great at making them but most people were nice

18. How did you benefit from the trip?

- Having fun and seeing friends ive made through YC
- A nice break away
- It gave me a break
- I had time away to have fun
- Time away
- Got some shopping

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

- Happy but missed the fun times
- It was fine
- Fine/boring
- Tiring
- Sad
- heartbreaking

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

- I had no worries or concerns.
- none

21. How well organised was the trip?

- Pretty well organised
- Good
- Very well organised

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

- Yes
- Yeah I would
- Yeah
- Yes I would
- Yes, no changes

Additional Comments:

- Thank you for giving me the opportunity to have a break and have fun without worrying about money for things

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

