



Young Carers Health and Wellbeing Event 18th-19th February 2016



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



Author : Naheed Ashraf 29th February 2016

Contents

	Page
1.0 Introduction	3
2.0 Background	
3.0 Workshops	4
3.1 Nutrition	
3.2 First aid	
3.3 Resilience	5
3.4 Social Services Wellbeing Act	6
4.0 Activities	8
4.1 Forestry Skills	
4.2 Archery	9
4.3 Jacobs Ladder	
5.0 Raffle	10
6.0 Evaluation	11
6.1 Consultation Young Carers Toolkit	
6.2 Evaluation of Event	
6.3 Staff Evaluation	12
6.4 School survey	
7.0 Way forward/conclusion	13
8.0 Appendices	14

1.0 Introduction

The Aneurin Bevan University Health Board partnership area hosted its first health and wellbeing event to provide support for young carers.

54 young carers supported by around 20 professionals from health services, local authority, Third sector and young carers projects gathered together at Gilwern Outdoor centre for 2 day packed fun filled event.

This was the first time that young carers within each Local Authority locality area in Gwent had come together to enjoy a respite overnight stay. The day began with a welcome talk from Gilwern staff members who highlighted housekeeping, health and safety issues and informed young carers of the itinerary for the event. Raffle prizes were kindly donated by local businesses (Appendix 1)

2.0 Background

A lot of work has been undertaken to identify and support young carers across the ABUHB partnership area. This event was a key area identified by young carers at our first carers conference, to support their wellbeing and links with our Carers Strategies (Wales) Measure Information and Consultation strategy

In developing the event we listened to young carers to design an event that they wanted and needed. We delivered workshops and activities as a result of consultation with young carers and provided transport for young carers to enable them to attend the event

The main objectives of this event were to

- provide respite for young carers.
- develop confidence and self-esteem of young carers.
- let young carers decide what they want to do in their respite time.
- provide transport in order to access the event
- provide a safe and welcoming environment.
- allow young carers to discuss issues important to them
- allow opportunities for young carers to get away from their caring situation and have fun
- enable young carers to enjoy a life similar to their peers who are not young carers
- empower young carers to network, develop support mechanisms and make friends from across Gwent.

The event also provided a valuable opportunity for young carers to meet other young people their own age, and give them a chance to speak to others who understand their situation. This report looks at the workshops delivered, activities undertaken and the evaluation and consultation

3.0 Workshops

Workshop topics were provided based on the activities young carers had requested during the life of the Carers measure.

3.1 Nutrition



Prior to the event young carers were consulted on a range of topics on nutrition and healthy eating, provided by Public Health Wales. Young Carers chose a workshop based on the “Eat Well Plate” which looks at a balanced diet.



An interactive discussion took place to help young carers identify food groups and question “What healthy eating means to you “The session looked at different food types, where they

originate from and the importance of eating a balanced healthy diet with sensible portion sizes. Young carers were encouraged to identify food groups and place them onto an eat well plate. The importance of sugar and fat levels were discussed including an activity around comparing fat and sugar

“I can’t believe how much sugar there is in a marshmallow!”

Comment from Carer

“I’m definitely going to start drinking more water”

3.2 First Aid

Young carers are much more likely to find themselves in situations where knowing basic life-saving skills could make a big difference both to themselves and the people they care for. Many are already reacting to potentially life threatening medical emergencies in their day to day lives, often feeling afraid and unable to offer appropriate medical treatment, without

the knowledge to deal with these situations.

This workshop was delivered by Red Cross who taught basic first aid skills to young carers using a range of techniques.

Firstly the bystander effect story was used to engage young carers minds about whether to ignore an unconscious school child and discuss why people may be reluctant to help and the importance of doing so. The hands on role play exercise worked well.



This was followed by a hands on interactive exercise where carers were split into groups. Each were given individual practical scenarios, props and photographs to discuss topics such as treating cuts and burns, controlling bleeding, seizures, head injury and substance misuse. Each group then fed back to the others.



The youngsters were engaged, found it useful and felt more confident in calling an ambulance and/or administering first aid

All children were shown how to deliver basic life support and had the opportunity to practice chest compressions



By accessing this information it is hoped that young carers would be better equipped to have the skills and confidence to assess, identify, manage and treat their loved ones appropriately therefore increasing the chances of a full recovery

3.3 Resilience

This workshop, arranged by Mind, drew on young carers experiences of the stressful situations they may encounter. It explored ways in which to understand risks and strengths and how to build resilience without stigmatising or labelling people. Time was spent exploring how conversations can help support young carers.

The session explored what is stress, how it affects us and coping skills. Examples of mental health were used and young people were asked to describe words that they felt related to mental health. This was then compared to other illnesses and young carers were able to explore how they feel when they are anxious/worried. Many young carers shared their own experiences.

“I know someone that has seizures, she wears a helmet and everyone laughs as she looks different”

“If you don’t fit in the crowd you are picked on”

“People call you stupid when you get poor test results”

The session continued to look at self-esteem and an activity was used to look at carrying different stresses using one small beanbag for every stress identified.



Within this exercise young carers were asked to consider coping mechanisms to get rid of stress and makes an individual more resilient. As each coping mechanism was identified, a

beanbag was taken off. The following coping mechanisms were identified by young carers

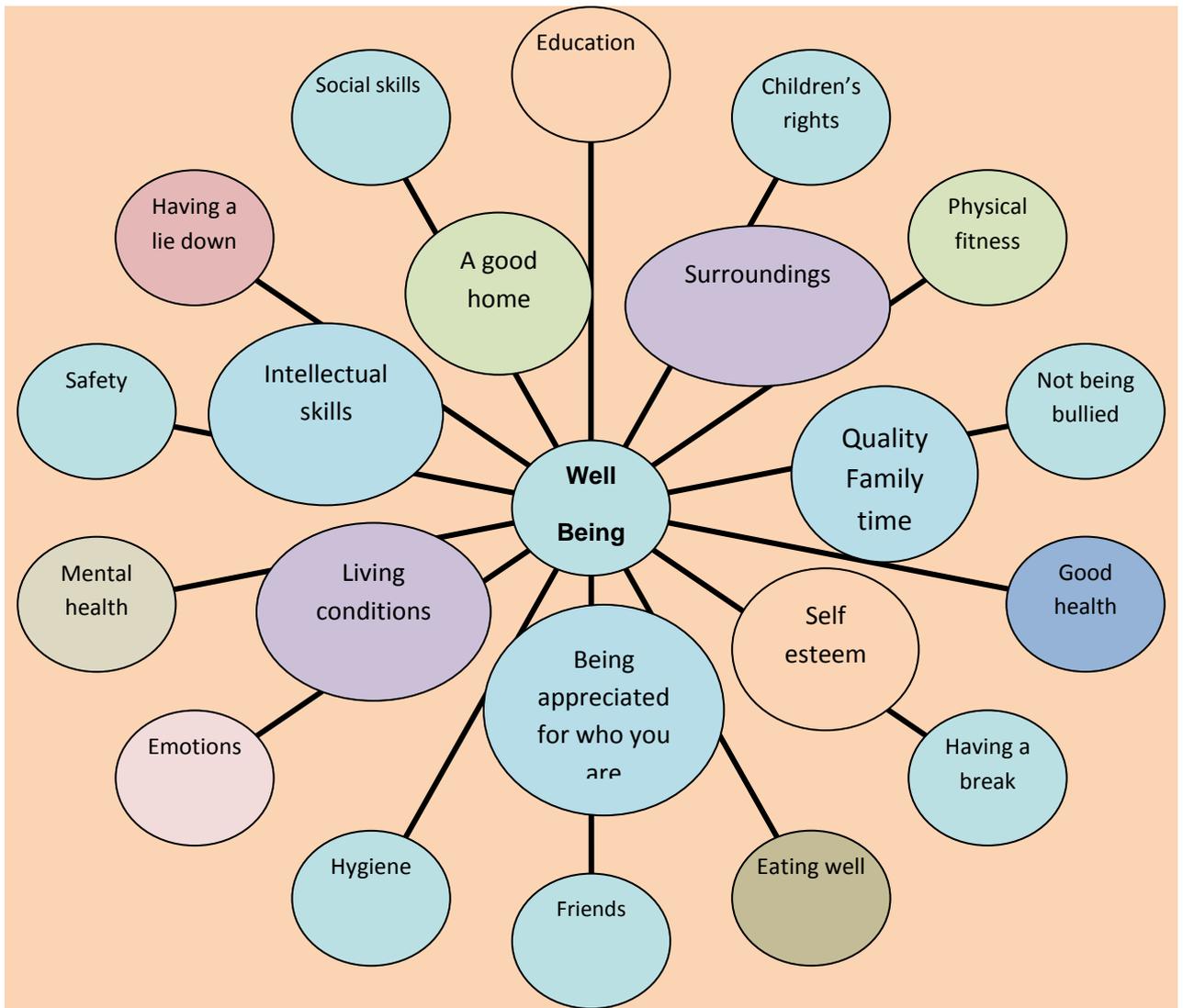
- talking to someone
- supporting one another when stressed
- do something you are good at
- take time out /switch off from computer games
- sensory deprivation
- swimming
- jogging
- painting with hands
- hot shower
- eat properly and drink water

Young carers were taught a simple breathing technique to relax them before the facilitator asked young carers to look at their own ability to bounce back from situations by talking to others and sharing experiences

3.4 What the Social Services Wellbeing Act means for Young Carers

An evening interactive presentation was delivered by Mike Lewis from Hawliau, on the Social services Wellbeing Act.

The session began with young carers being asked what they felt wellbeing meant to them. Young Carers provided a wide range of responses as shown below



"If you're wellbeing is bad then you can't look after anyone else"
Comment from Young carer

Young carers were asked about which services they felt they were not listened to. The majority of groups mentioned schools. Others were:

- CAMS service is not good
- Schools don't listen
- GP's don't listen
- Social workers over exaggerate everything you tell them to get what they want
- Health
- Social services
- Family



Young carers were encouraged to have a voice and reminded to ask for their entitlement to support services

4.0 Activities

Following consultation prior to this event the top three outdoor activities chosen by young carers to undertake were Forestry skills, Jacobs's ladder and Archery

4.1 Forestry skills

This activity developed the following skills

- Working with others
- Taking responsibility
- Trust
- Perseverance
- Sense of achievement
- Enjoyment
- Confidence
- Social responsibility
- Environmental awareness

This activity required the young carers to take a walk into the forest and learn to light a fire. A safety talk was given and young carers were given information on the elements needed to make a fire.

There were opportunities to make fire themselves by putting together a flammable base with straw and cotton wool and using sparks from flint and steel



Once a fire had been lit everyone cleaned the end of wooden twigs by shaving off the bark, toasted and ate marshmallows



Young carers enjoyed another activity making popcorn. Safety gloves were provided to make and eat popcorn

4.2 Archery

This activity developed the following skills

- Working with others
- Taking responsibility
- Trust
- Health and fitness
- Sense of achievement
- Enjoyment
- Confidence

The session began with safety instructions and demonstrations in using the equipment and carrying the equipment safely. This was an interactive session with a competitive element. Young carers were split into teams and a target board was used to collect scores. A balloon was added to gain extra bonus points.



Following this a game was played called archery holiday. This was a fun way to engage young carers. The first arrow shot indicated where you would go on holiday with bullseye being a luxury destination and missing the board meant going to the docks. This was repeated with where you would stay and who you would stay with. The young carers really enjoyed repeating the answers e.g. going to Barry Island, staying in a tent with Justin Bieber. One carer when choosing who they would go with chose the new friend that they had made at this event

4.3 Jacobs ladder

This was a height activity that provided young carers with the following skills

- Working with others
- Taking responsibility
- Trust
- Problem solving
- Resilience
- Perseverance
- Health and fitness
- Sense of achievement

- Enjoyment
- Confidence

This activity involved team work to enable young carers to climb to the top of the ladder



All young carers including those that were unable to attend the event were given a “Build a Bear” teddy bear kindly donated by Barnardos



Raffle Prize winners

5.0 Raffle Prizes

All young carers attending the event were entered into a raffle prize draw. We were pleased that Gwent Dragon players attended to draw this raffle and an unexpected surprise was offered by the Dragons of a pair of match tickets for every carer.



First prize winner

Everyone was given the opportunity to speak to the Dragon players and have photographs taken.



Build a bear handed to each child

6.0 Evaluation

In carrying out the evaluation a number of methodologies were used to ensure a wide range of quantitative and qualitative information was collected. This included:

- Evaluation boards
- Structured survey
- unstructured and informal views from young carers
- consultation

6.1 Young Carers Toolkit consultation

Young carers were invited to respond to the Welsh Government Young Carers toolkit which looks at different themes such as education, social services and health. The consultation aimed to gather both quantitative and qualitative feedback from young carers across the different age and tiered support groups. This will feed into the wider consultation being led by Children in Wales on behalf of Welsh Government.

Recurring themes were mentioned during this consultation. In particular the lack of services across the board that fail to listen or understand young carers e.g. school understanding of young carers and the need for more flexible deadlines for homework and extra support needed. A full evaluation can be found in Appendix 2



6.2 Evaluation Board

Flip chart paper was used to identify key questions to evaluate the event. Young carers were provided with sticky post it strips and pens. They moved around the room to rate the activities/workshops and event posed on each piece of paper. The full results can be found in Appendix 3



6.3. Staff evaluation

Staffs attending the event including a representative from the childrens commissioner's office were asked to evaluate the event. The results are shown in Appendix 4

6.3. School Survey

Young carers were asked to complete a short survey about the support received in schools. Full results can be found in Appendix 5

83% of young carers said they were bullied at school, 33% of these said it was due to their caring role

33% of young carers felt they could not tell their teacher they were a young carer

61% felt that if their teacher knew they were a young carer they would not understand



7.0 Way Forward

The event was deemed a success by the young carers themselves and the young carer project workers. The partnership is keen to recognise the value of importance of providing opportunities for young carers to come together in an environment where they can have fun, relax and share experiences.

98% of young carers rated the event as either excellent or good

Attendees at the two day event provided a much needed opportunity for young carers to meet others from a similar background which can be important for their mental health and wellbeing. This is reflected by the following statement made by a young carer:

'I don't normally make friends but I met quite a few friends who knew what I was going through. It makes a difference to be able to speak to people who are going through similar situations I don't feel alone.'

Appendix 1

Raffle prizes Donors

We are grateful to the following businesses and organisations who kindly donated raffle prizes for the event



Appendix 2

Consultation on Welsh Government Young Carers Toolkit

EDUCATION MAINTENANCE ALLOWANCE		
What are your issues as a young carer?	What would make it better as a young carer	What difference could this make to you?
<ul style="list-style-type: none"> ★ It's not fair to have consequences being 10 minutes late when you are a young carer and you have your valid reasons. In addition to this you don't get your pay ★ If I miss one lesson due to helping my mum, I do not get money (that helps out around the house) for the week ★ Can't have it as home income but have finance struggles at home ★ Receive less payment because of the money from Disability Allowance ★ Reasons are not counted for being a young carer and our wellbeing ★ Late and missed payments ★ Not enough money to help around the house – due to stopped payments. ★ Don't have the money to support 	<ul style="list-style-type: none"> ★ For people to understand, such as schools, colleges, etc. ★ Give exceptions for people with a caring role ★ To have more time to work at school ★ Still get money for all young carers ★ Consider how many people the young carer is caring for ★ Work sent through e mail – login time on line and has a le-way ★ Give longer for lateness with proof ★ Have money to save, buy food ★ Afford to live and be healthy as families not have any money ★ For EMA to double check attendance in school and college ★ Help pay for driving lessons ★ Tick box saying you are a young carer ★ Keep records of young carers ★ More support and help with school 	<ul style="list-style-type: none"> ★ Less stressed ★ More money for help ★ Feel happy listened too ★ Have personal money ★ Feel independent and don't have to rely on parents ★ Understood ★ Valued as a young carer ★ Easier lifestyle ★ Not falling behind ★ Money would go towards future – If family cannot afford ★ They could save money for driving lessons to get places ★ Relied income source ★ Less stress for family ★ Improves my wellbeing
YOUNG CARER I.D. CARDS		
What are your issues as a young carer?	What would make it better as a young carer	What difference could a young carer I.D. card make for you
<ul style="list-style-type: none"> ★ Leave the classroom to have time out, so you don't have to explain in front of everyone ★ So people don't judge you 	<ul style="list-style-type: none"> ★ To have your workers numbers on the card so if the teacher doesn't believe you they can ring the worker. ★ Wouldn't need to explain 	<ul style="list-style-type: none"> ★ Would be better if we were recognised ★ Escape card ★ People would understand me more. ★ Stop having to explain

<ul style="list-style-type: none"> * Annoying having to explain over and over again. Gets boring after explaining countless times * You don't want people to know you are a young carer * If later for school able to show card * Attendance shouldn't be effected if had a card – only for young carers issues * People don't believe, understand you * Difficulty getting medicines * Teachers don't believe you for not doing homework * Could be used for travel * Everywhere should have one not just certain area * Stressful completing home work assignments * Free transport * Identify me as a young carer – there is someone relying on me * When you feel worried about the person * Discount bus fare * Discount on food shopping. * Useful in school e.g. help with homework. * Better transport – discounted transport. * Don't have to repeat myself * Money off food shopping * Transport concession e.g. Toll bridges * Picking up medicines. * Homework extensions / support * So you can attend GP / hospital appointments with the person care for 	<ul style="list-style-type: none"> * Shouldn't ask questions * Reduce emotions when explaining * Understanding * More convenient to show a card * Don't always want teachers asking if you are ok. (Especially in front of other people) * Teachers would be more understanding and you would have proof * To use in Doctors and chemist * Help with transport * Pick up prescriptions – reduce stress * Having time out / cool down time to avoid getting in to trouble – cooling down periods * Understanding and flexibility in school, e.g. deadline extended * Easier to get chores done e.g. bus to the shop * Reduce stress/pressure * Feel happier and supported in school – more likely to go to school * Proof of being a young carer * You can phone / text to check on the person you care for * More understanding from peers * Less disturbance in school. * See family and friends * Easier to get to school/hospital/appointments * No explanations to chemists/teachers etc. * Make picking up prescriptions quicker and easier in pharmacy or when buying medicines. * Help with attendance marks 	<ul style="list-style-type: none"> * Could be labelling * Wouldn't like to have a card but can see it would be helpful for others young carers * Possibly just have young carer on the card * Think it is a good idea * It would increase awareness with professionals * Discounts in shops, transport etc * Reduce stress * Improved wellbeing * More simple life * Happier and more supported in school * Proof of being a young carer / reduced stress * Stop being bullied / happier / more relaxed * Reduce the feeling of being different from your peers – reduced isolation * Feel listened too and believed * Less stress on me and my family – better family wellbeing * Won't have to worry about I am going to get to school – reduced anxiety * Can be used when I feel physically tired and need a rest – improved physical health * Financially improve families * Increased attainment in school. * Decreased stress as won't have to worry about getting in trouble at school * Improved mental health and wellbeing * Happy because I can spend time with friends * Reduced isolation from peers. * Feel safer not having to walk in the dark or long distances * Feel like you are better able to support cared for person – improve self esteem. * Feel supported
--	--	---

EDUCATION		
What are your issues as a young carer?	What could make it better as a young carer?	What difference would it make to you?
<ul style="list-style-type: none"> ★ Teachers don't understand ★ They tell you what they think you need but don't want it ★ Taking time for you ★ Hard to study for exams, fitting it all in ★ Getting ready for school in the morning ★ Lack of understanding, teachers / pupils ★ Getting told you need a therapist you need to see an external one ★ School counsellor s doesn't help ★ Professionally trained medical staff ★ Hard to explain to some teachers ★ Unfair punishments / carers. ★ More understanding supportive ★ Handing work in being supportive / understanding caring role ★ Give us time out when feeling stressed / problems ★ Staff training ★ Teachers don't understand; don't do homework because of caring role ★ Don't give the support you need ★ Late, lazy, caring role / get out of jail card ★ Skiving not caring ★ Detentions lack of understanding ★ Miss a lot of school due to caring for family members ★ Distracted by worries about situations at home ★ Too tired / sometimes fall asleep in class, teachers don't understand 	<ul style="list-style-type: none"> ★ Educate staff ★ Listen and understand. ★ More staff allocated for support. ★ Support around time management/ revision timetables ★ If teachers were educated about young carers ★ More staff support ★ Tell you to go and see a counsellor. ★ Recommend /suggest not that you need help ★ Better quality of counsellor. ★ Awareness for young carers that support is available /who they are ★ To see the young carer behind the student ★ Understanding / a pass. ★ Get on easier ★ Improve grades / lack of stress extra time to focus. ★ Improve your concentration after time out ★ Support staff in school. ★ Teachers / staff took time to consider individual circumstances ★ Know who we are - support would be nice. / Specific member of staff ★ Not assume stuff ★ Go home if you need to – Exit pass ★ Being able to telephone home ★ Having a care worker with you ★ Extensions for homework / less homework ★ Let non young carers know what it's like e.g. training ★ Space to go if upset ★ Specific teachers for young carers ★ Flexible exam time times / extra 	<ul style="list-style-type: none"> ★ Make us happier ★ Want to go to school. ★ Open up more ★ Build trust / improve trust ★ Easier ★ Help a lot ★ School easier ★ Go to school often / increase attendance and attainments ★ More aware of young carers issues ★ Feel less worried that you will get into trouble. ★ More supportive staff ★ Improve relationships/ amongst young carers /staff ★ Easier for me. ★ Less stressful/ worried ★ Wouldn't have to explain it all the time ★ I.D. cards so I can have time out/ less stress ★ Less stress. ★ Metter mental health / depression/anxiety ★ Happier in school ★ Listened too ★ Improve education and attendance ★ Not in trouble /unfair when told off in class ★ Less sad / stressed

<ul style="list-style-type: none"> ★ Could send work home if you can't make it to school – e mail ★ Worrying about the person you care for ★ Home work not able to be done – worries me ★ Teachers don't understand, sometimes they try ★ Sometimes experience bullying ★ Sometimes struggle to get homework done ★ They don't always know ★ Teachers don't ask why you're upset / mood ★ They don't understand ★ ID cards like in Newport ★ Home work – not enough time with looking after siblings ★ Too tired for exams ★ People make fun of you ★ Teachers don't understand how stressful it can be ★ Don't accept it as an excuse. ★ They think you are making it up ★ Not sympathetic – e.g. with school uniform ★ Pupils don't understand when I'm sad ★ Homework – not being done on time ★ Teachers don't listen / understand ★ Bullying ★ Teachers not all understanding ★ Don't understand when you don't have uniform ★ Not flexible with homework – given detentions ★ Too tired in class and falling asleep ★ Sometimes I might have to miss school 	<p>time</p> <ul style="list-style-type: none"> ★ Having young carers I.D. cards. ★ More understanding teachers – training on what a young carer is ★ Leaving early / arriving late to collect siblings. ★ Uniform pass e.g. being allowed to wear trainers or not have the right stuff ★ Young carers I.D. card. ★ More help in class ★ Teachers listen more / understanding ★ Extension on homework. ★ Time out / space for young carers in school ★ Nominated teacher for young carers. ★ Awareness day for teachers and all staff and for pupils ★ Extensions for homework. ★ Helping with bullies – actually dealing with them ★ If you miss class, they explain / help you catch up ★ Longer deadlines for homework. ★ Help with worries – someone to talk to /listen ★ Flexible timetable can come later if needed 	<ul style="list-style-type: none"> ★ Improved wellbeing ★ Shocked in a good way ★ Less stressed ★ More time for the cared for person. ★ Feel cared for ★ Happy ★ Less stressed /worried ★ More work/ better at my work ★ Leave early from school to get some rest
---	---	--

SOCIAL SERVICES

What are your issues as a young carer?	What could make it better as a young carer?	What difference would it make to you?
<ul style="list-style-type: none"> * They don't listen * They don't understand how stressful it is being a young carer. * They don't act on problems * They jump to conclusions * Promise things they can't do * Cause more stress * Don't trust them * Bad experiences * Don't listen * They lie to get what they want, not what we can't * Sly and cunning * Don't trust them * Break your trust * Ones with more power are more trustworthy and can do more for you * Not reliable * Housing issues around policies * Everything / Bringing up the past. * Upsetting family * They don't know enough about my family * Changing workers too much * Need more professionals even when they are supposed to be qualified * Worrying * Stressful * They don't go * Assumptions form professionals. * More people with a common interest * Make it easier to relate to me * Stick with one worker * They are non - responsive * Get distracted e.g. interrupted in a one to one * Mean, twist your words, have their own agenda * They think that they're helping but they are not * Making things worse, making assumptions 	<ul style="list-style-type: none"> * Offer help instead of waiting for it * Be valued. * More help * Don't judge because of your age * Build better relationships with people who have the same interests as you. * Less stress * Feel wanted * Sticking to one professional, you don't have to repeat yourself * For them to be responsive and feed back for what they have done * Less distraction * Answer the telephone. * Don't be involved they are not needed * Not discriminate. * Be there when you need them * Be more respectful and understanding of the situations * Consistency - not see every day * Understand we help out. * Help more * Don't lie * Don't exaggerate – make things worse than they are * Leave us alone * Not make assumptions * More communication. * Do their job * Less dolphins more advocacy. * Take time to 	<ul style="list-style-type: none"> * Nice not to be passed on to some else * Better self esteem because not being passed on * Have more of a friend that a worker * Make us feel better as young carers * Not isolated with more help * People would feel listened too and respected * We feel better and improve our wellbeing * Being able to stay as a family * Wouldn't be so much depression * People would trust them more * Feel better if they were good * People wouldn't have much to say * More would be done for us * Be happy * Not jumping to conclusions "medical reference" * Being listened too * Speak to one person * Not to jump to conclusions * Quicker results around self esteem * Concentrate on the issues instead of explaining it all again * Start to listen. * They could help more

<ul style="list-style-type: none"> ★ Not understanding. ★ Not much communication between departments for young carers ★ Don't understand family circumstances ★ Split family ★ Sap your morale ★ They lie ★ Not listened too ★ My social worker doesn't listen 	<ul style="list-style-type: none"> understand ★ Look into things before promising ★ Be listened too ★ Don't walk into our house when we refuse ★ If they listen ★ Don't lie as much ★ Try not to split families as much ★ More help 	
--	---	--

TRANSPORT		
What are your issues as a young carer?	What could make it better as a young carer?	What difference would it make to you?
<ul style="list-style-type: none"> ★ Can't drive – parents won't be able to get to places easily. ★ Expensive to travel around by bus, train, taxi, petrol for car. ★ Buses are late and unreliable. ★ Trains can be delayed and overcrowded ★ Discounted travel for young carers ★ Free bus passes for young carers. ★ Help with funding for a driving licence ★ To be more independent. ★ Minimum wages get charged for full fare on buses and trains ★ Can be isolated ★ Trains and buses haven't got enough disabled facilities ★ Equality – some get passes and some don't ★ Not very affordable ★ No cars in family difficult to get around ★ Don't get to go out that often. ★ Have to travel everywhere by bus ★ Certain bus drivers are not very understanding ★ No car I catch a bus to school ★ Getting to school ★ Expensive for bus fare ★ Transport if difficult when you 	<ul style="list-style-type: none"> ★ Understandable bus routes. ★ Free bus pass ★ Cheaper taxi ★ Make shopping easier and getting to school/ college ★ Get charged less if on minimum wage / bus and train ★ More and better disability places on buses and trains ★ Free passes for all young carers ★ Young carer I.D. card could be used as proof ★ If we had a new car ★ The bus drivers be more nice to people who have disabilities ★ More space for wheelchairs on buses and train ★ Easier access to transport ★ It would help to take the pressure off my dad and let him release stress ★ More bus stations/ stops. ★ Free bus passes or less money for people 9in general) ★ Recognition from the 	<ul style="list-style-type: none"> ★ Increase independence. ★ Get to school / college on time. ★ Saving for family / families. ★ Better education. ★ Could make public transport more reliable. ★ More freedom to go places. ★ Free bus passes more money for essentials. ★ Get around more and much easier. ★ Make you feel less stressed. ★ Can afford other things ★ It would be good with a free bus pass I would not need to walk everywhere ★ I would be able to have some fun time with friends ★ It would make a difference because it will get everyone around without my dad rushing ★ Less embarrassed ★ Not so much trouble for being late ★ Better quality of life.

<ul style="list-style-type: none"> ★ want to join some groups ★ The most pressure is on dad getting everyone around ★ Can't get around when my step dad is ill ★ It's hard when my step dad is in work and me mam needs to go somewhere ★ Public transport is either early or late ★ Transport throwing people off with medical needs ★ Discount on bus fares ★ Difficult to get around ★ No enough money for expensive travel 	<ul style="list-style-type: none"> ★ driver of illness ★ Training for the drivers so they know what to do ★ Be in less trouble when the bus is not on time. ★ Help with bus, train and taxi fares ★ Free passes ★ Better transport ★ Extra support in school to help with school work ★ Regular bus service from home to get to school and not be late ★ 	<ul style="list-style-type: none"> ★ Shopping would be easier ★ Meeting friends
---	---	---

HEALTH		
What are your issues as a young carer?	What could make it better as a young carer?	What difference would it make to you?
<ul style="list-style-type: none"> ★ Don't get enough sleep ★ Stress ★ Constantly on edge, wondering what is going to happen. ★ Interferes with school/college when taking care for person to doctors ★ CAMHS stop you being who you are when that's just the way you are ★ GP doesn't help me – believe me when I am asking for help – this affects the caring role if I am ill – can't help care ★ Took years to get a diagnosis – not getting medicines for person as well ★ Support and care needed for the cared for person. If not there, condition worsens and young carer has increased caring role ★ Doctors don't involve young carers – feel ignored ★ Some doctors don't take things seriously. (not consistent can depend on doctors) ★ Don't get enough sleep. 	<ul style="list-style-type: none"> ★ More time. ★ More support – carers ★ More information diagnosis/illness/disability ★ Listen to young carers ★ Treat young carers more adult and family ★ Give young carers guidance ★ Get young carers more involved in updates (medicines) ★ Listen to cared for person. ★ Flexible appointments – after school/ weekends. ★ Doctors get young carers into trouble with school because of not writing notes for school to say that they were there ★ Should care more ★ Make it easier to pick up prescriptions ★ More support ★ Future plans ★ To be treated more grown up ★ Child friendly information. ★ Go to GP with parents 	<ul style="list-style-type: none"> ★ Less stress ★ Piece of mind ★ Improve wellbeing ★ Easier when taken seriously. ★ Less worry – take off the pressure ★ Education would improve attendance – people's perception. ★ More confidence in professionals ★ Less worries ★ Less injury ★ Less emotional impact. ★ Less family stress ★ Improve my self esteem ★ More confidence in myself!! ★ More relaxed ★ Happier ★ People showing they care for us

<ul style="list-style-type: none"> * Emotional support for me and family * Picking up medicines. * Home help – looking after sibling (carrying, picking up etc could hurt yourself) * Don't eat properly / eating issues * Not being given own medicines by chemist * Sleeping issues * Forgetful * Lack of understanding from professionals. * Support and care needed for cared for person not consistent. * Not being able to take cared for person to medical appointment because I have to attend school 	<p>(cared for person)</p> <ul style="list-style-type: none"> * Doctors come to our house. * Picking up prescriptions * Having to explain yourself every time * Don't listen * I.D. cards for pharmacies as won't always give medication to a young carer * Confused about medicines – changing medicines * Don't always have medicines in stock – can be dangerous * Doctors take ages to diagnose * No clear emergency steps and specific to cared for person. * More money for disable access/support/home help. * Face to face support / understanding * School nurses lack of empathy / understanding /support * More understanding * Not being left out * Longer holidays with my family and or friends * Breaks away / trips away * Groups with school friends 	
---	---	--

GENERAL		
What matters to you as a young carer?	What would make it better as a young carer?	What difference would it make to you?
<ul style="list-style-type: none"> * Less worrying for young carers * The person you care for * Making sure the person you care for is ok * Keeping up with education * Helping people who struggle with life * Knowing your doing something good in life * Helping others in situations you have been in * Making sure your parent is ok 	<ul style="list-style-type: none"> * Getting someone to check on the person you care for * Being kept up to date with the person you are caring for illness * If you have to go somewhere else you have text books * Having help from Social Services, Council, Doctors 	<ul style="list-style-type: none"> * Have rest time * Mores services to come to house or person in need to help with young carers roles, so young carer can get time to self and not worry so much * I would feel my opinion has been listened too * Improve wellbeing

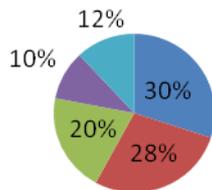
<ul style="list-style-type: none"> ★ People not understanding ★ The people you care about, you should be able to care for them ★ More awareness for young carers ★ Being on time for school ★ Making them happy ★ Helping them ★ Making their lives easier and happier ★ Being able to have quality time with the disabled ★ Trying to make my mam be awake more and not always tired ★ For more support in school ★ More people to listen ★ More time to check on cared for person ★ Ask me if I want counselling; don't tell me I have to have it ★ People may turn against us as young carers if we start to be treated with special privileges 	<ul style="list-style-type: none"> ★ More awareness on dealing with certain disability ★ Take the worry way ★ Talk to me and listen 	
--	--	--

Appendix 3 Evaluation of event

How would you rate the venue?

50/54 responses collected

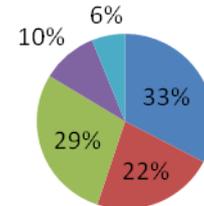
■ Excellent ■ Good ■ Fair ■ Poor ■ Terrible



How would you rate the transport?

49/54 responses collected

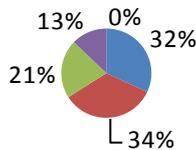
■ Excellent ■ Good ■ Fair ■ Poor ■ Terrible



How would you rate the Programme Timing?

47/54 responses collected

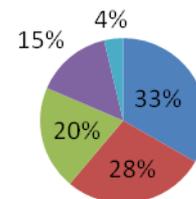
■ Excellent ■ Good ■ Fair ■ Poor ■ Terrible



How would you rate the Food?

54/54 responses collected

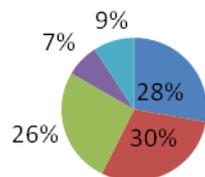
■ Excellent ■ Good ■ Fair ■ Poor ■ Terrible



How would you rate the First Aid Workshop?

54 - 54 responses collected

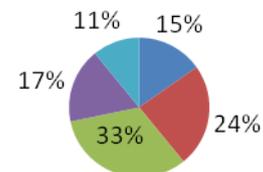
■ Excellent ■ Good ■ Fair ■ Poor ■ Terrible



How would you rate the Nutrition Workshop?

46 - 54 responses collected

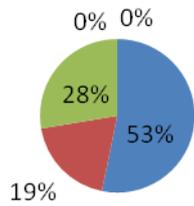
■ Excellent ■ Good ■ Fair ■ Poor ■ Terrible



How would you rate the Resilience Workshop?

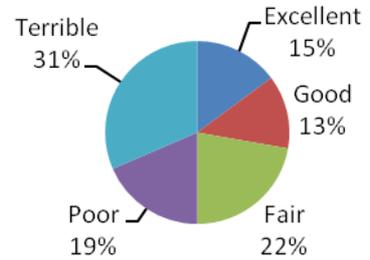
47 - 54 responses collected

■ Excellent ■ Good ■ Fair ■ Poor ■ Terrible



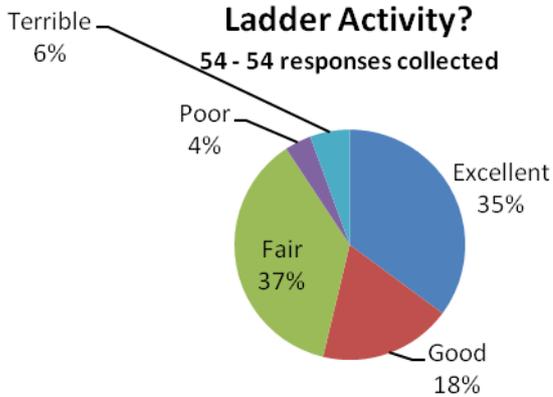
How would you rate the Event Social Services and Wellbeing Talk?

54 - 54 responses collected



How would you rate the Jacobs Ladder Activity?

54 - 54 responses collected



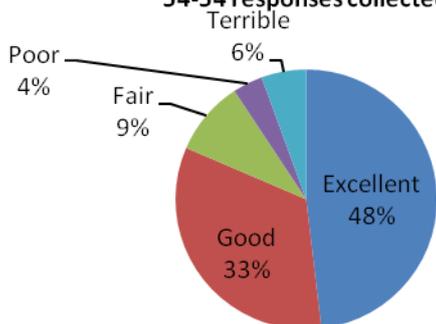
How would you rate the Archery Activity?

54 - 54 responses collected



How would you rate the Forestry Skills Activity?

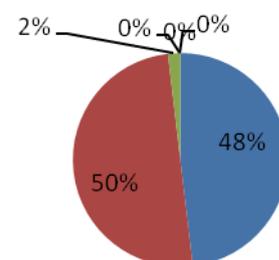
54 - 54 responses collected



Overall All how would you rate the Event?

54 - 54 responses collected

■ Excellent ■ Good ■ Fair ■ Poor ■ Terrible ■



<p>What was your Favourite part?</p>	<ul style="list-style-type: none"> * Jacobs Ladder x 13 * Forest skills x3 * Archery x 15 * First Aid * Making a fire * Making new friends x 9 * I lived it all * Toasting marshmallows * Playing with friends * Meeting new people you don't know * 	<ul style="list-style-type: none"> * Trying the activities * Hide and seek in the dark x 2 * Food x2 * Everything * Pool table * Meeting people who like heavy metal and archery * Meeting people that's normal * Night chilling an meeting new people * Meeting the big 4 * Free time in the night before curfew was awesome
<p>What was your least favourite part?</p>	<ul style="list-style-type: none"> * The beds x 30 * Freezing showers * Holes in sheets * Food * First Aid * No tuck shop * Scrambled eggs x 3 worst ever * 	<ul style="list-style-type: none"> * Did not understand resilience * Wake up time to early * Showers x10 * Uncomfortable beds noisy people and too cold * Resilience workshop * Jacob's ladder it was scary * No shelter for smokers * No WFI
<p>Comments and Suggestions</p>	<ul style="list-style-type: none"> * Climbing wall * Quad biking * Horse riding * More activities and more time to do them * Canoeing * Abseiling * <i>Nicer beds that don't feel like stones</i> * <i>WFI</i> * <i>Motor bikes</i> * Turn the heating up and a longer stay 	<ul style="list-style-type: none"> * <i>Softer beds</i> * <i>Working showers</i> * <i>More lunch options</i> * <i>Caving</i> * Go-karting * Gorge walking * Food cooking * High ropes * Cook better scrambled eggs * More time to do more activities

Appendix 4 Staff survey

Staff members were asked to evaluate the event. The comments are as follows:-

What was your Favourite part?

- ★ For the young carers to meet up with other young carers from other projects
- ★ The enjoyment the young people took from it and the opportunity to meet with other Local Authorities
- ★ Watching the children and young people having fun and enjoying the activities, socialising and making new friends as some of the children and young people do not have the opportunity to do this being a young carer
- ★ First Aid workshop
- ★ All the activities: the facilitators we had was very accommodating and child friendly.
- ★ Overall it was very well planned and the 2 days flowed well; the only drawback was the last hour of free time. I felt young people struggled due to the cold weather and not being allowed to 'hang out' in a comfortable building
- ★ Seeing the groups bonding together, and them having new experiences
- ★ The activities were well run, all of our young people enjoyed Jacobs ladder
- ★ Down time in the evening organising our own events and how the other young carers all mixed together. Especially as it was a long day

What was your least favourite part?

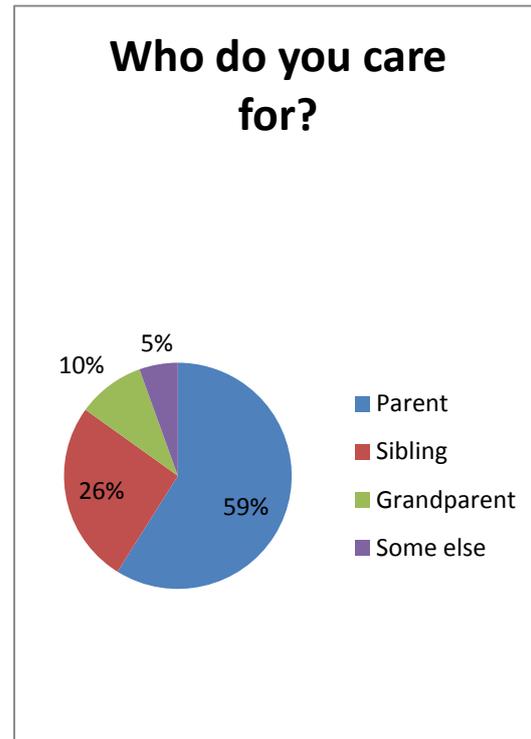
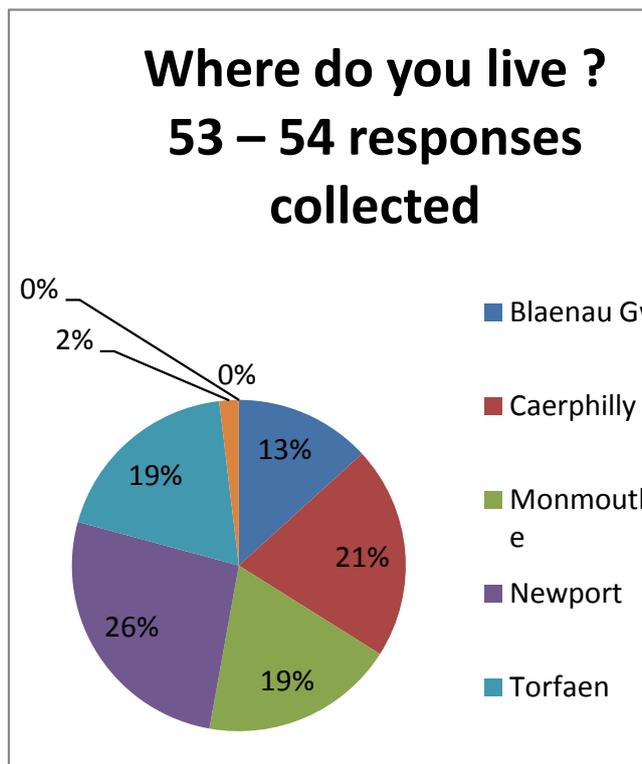
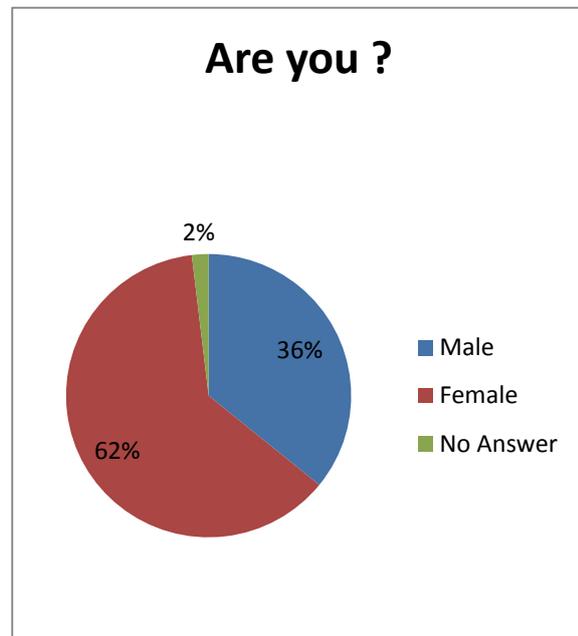
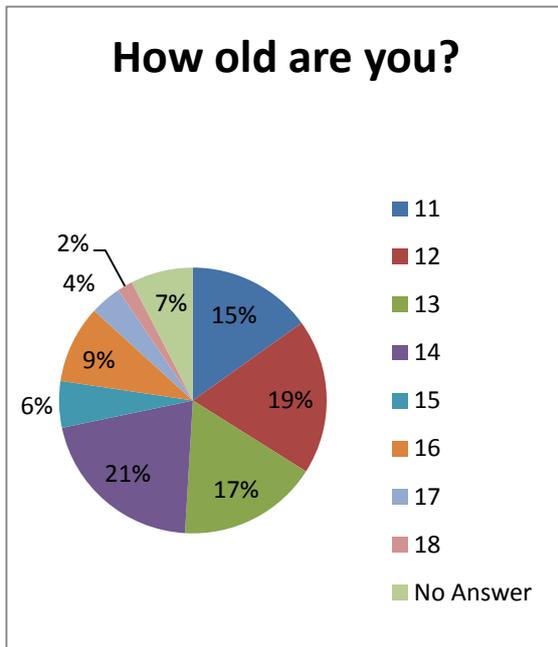
- ★ The nutrition workshop
- ★ The Nutrition Workshop. I felt that the young people got a bit restless during this workshop. However, I think this was due to it being the end of the day & the fact that they wanted to go & see their accommodation
- ★ The more structured class room bits e.g. evaluation they was going off track at some points.
- ★ Food: I assumed there would have been more healthy options
- ★ The young people found some of the workshops and the Wellbeing act talk hard going. I think the classroom venue probably didn't help as it felt a little like being in school
- ★ The discussion over the social services and well being act. It was a bit dry and not very interactive for the yc's. Perhaps would have been better earlier in the day with smaller groups
- ★ Too many workshops
- ★ Well being act for the children, as adults it was hard enough to get your head around

Do you have any comments or suggestions?

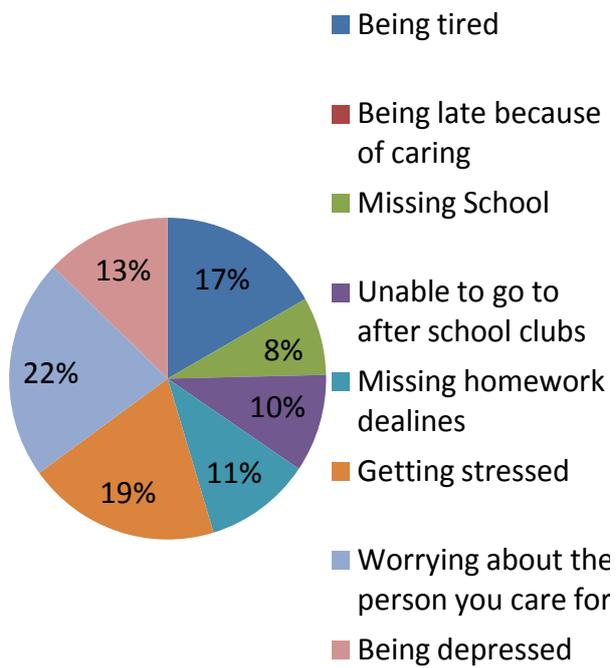
- ★ The event was well organised, well done everyone involved in the planning
- ★ Excellent event. I thoroughly enjoyed it & felt it was highly beneficial for both the young people and staff
- ★ More physical activities as they seem to enjoy the activity based times
- ★ Overall it was very well planned and the 2 days flowed well; the only drawback was the last hour of free time. I felt young people struggled due to the cold weather and not being allowed to 'hang out' in a comfortable building
- ★ The event was really enjoyable and worthwhile. The children and young people had a great time and got to experience new things, make friends and build confidence. The activities were great. They all loved getting freebies and goody bags. I think the residential could have been improved by dropping one or two of the workshops / talk and adding in one or two more activities
- ★ Instead of doing Jacobs ladder perhaps do crate stack which is more inclusive as some of my group wouldn't take part as they felt they were too big
- ★ A great event, a good pace and no time to get bored. Very clearly thought out and planned. Thank you
- ★ The balance between fun and educational was too heavy on the education side. Some of the young people felt like they were in school at times rather than having a respite experience. Also, at times there was no leadership and there was a lot of standing around with no-one knowing what was happening next. It just needed one person there in a facilitator role who could be directed questions and who could be in charge of ensuring the days ran more smoothly
- ★ The children loved all the activities outside, but they are used to being stuck in the house as young carers. I would suggest a summer activity outside. Than classroom topics, that they could have all read of a leaflet. Even though they were important topics that they did learn.

Appendix 5 School Survey (adapted from professionals.carers.org)

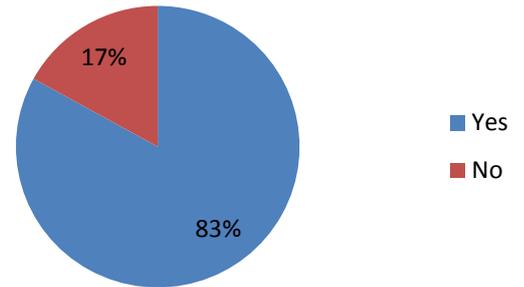
53 out of 54 responses collected



Does being a young carer affect you at school?



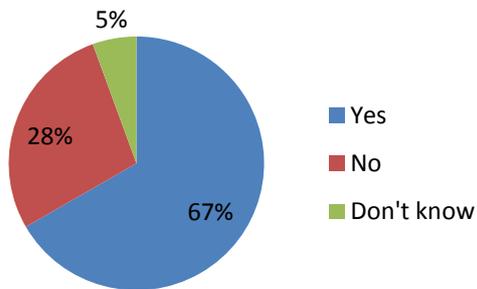
Have you ever been bullied at school?



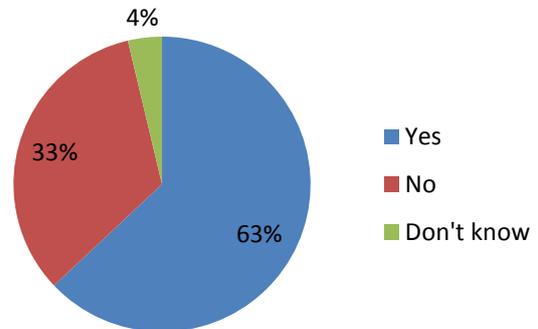
Do you think this is because of your caring role?



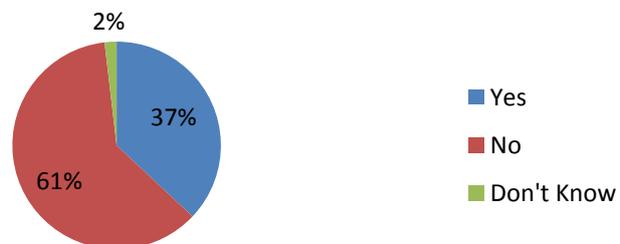
Does your teacher know you are a young Carer?



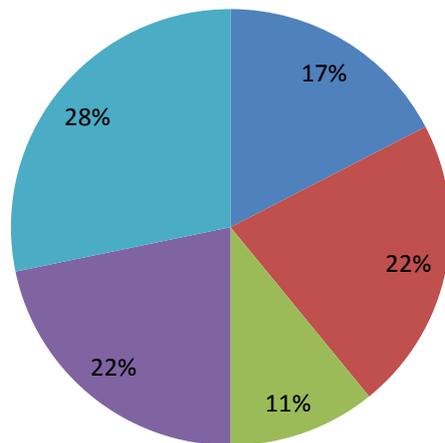
Do you feel you could tell teacher or any other staff that you are a young carer?



If your teacher or school knew you were a young carer, do you think they would understand what life is like for you?

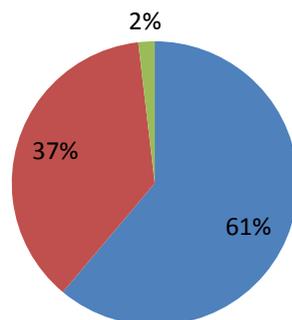


If you answered yes to the question “If your teacher knew you were a young Carer”



- I can talk to my teacher or another member of staff about things that I'm worried about at home
- I've met other young carers at school
- My teacher gives me flexibility with my homework / coursework if I need it because of my caring role.
- I'm allowed to phone home at lunch time if I'm worried about the person I care for
- No Answer

Do you think being a young carer had made your life more difficult?



- Agree
- Disagree
- No Answer