

## CMT Report/Briefing Template

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## Isle of Wight Young Carers Strategy 2017 - 2020

### Contents

1	Introduction .....	3
1.1	Why this is important? .....	4
1.2	Action/future commitment .....	4
2	Who are young carers? .....	4
3	Our Vision.....	6
4	What Young Carers Say .....	7
5	Statutory Duty .....	8
6	Who is this strategy for? .....	8
7	Aims of the strategy .....	8
8	References.....	11
9	Appendices .....	12
9.1	Appendix A: 2017 Young Carers Survey .....	12
9.2	Appendix B: Young Carers Consultation 2018 .....	19

## 1 Introduction

A young carer is defined in section 96 of the Children and Families Act as a person under 18 who provides or intends to provide care for another person of any age. That can be a parent or sibling, grandparent or friend. It can include help for physical or mental illness, frailty in old age, a disability or because of substance misuse.

The Children and Families Act 2014 and the Care Act 2014 placed a legal duty on local authorities from 1 April 2015 to identify young carers and carry out both a needs assessment and a transition assessment to consider the impact on the child and whole family. They build on the requirements set out by the Children's Act 1989. Councils – or the organisations they commission – can carry out this assessment if they think the child is providing care, the child asks them to or the child's parents ask them to. The assessment should look at the amount, nature and type of care being provided, the impact on that young person's wellbeing, education, personal and emotional development and whether any of the caring tasks are excessive or inappropriate.

It should specifically address whether the young person wants to continue caring and if it is appropriate for them to do so. If further help is needed a referral to either the local early help service for preventative support or the young carers service for direct support should follow.

If there are concerns that the child may be at significant risk of harm a safeguarding referral should be made.

The individual they are caring for should also be reviewed to see if they are entitled to more support to reduce the caring burden on the young person.

*From Local Government Association report: Meeting the health and wellbeing needs of young carers.*

The Working Together with Carers on the Isle of Wight strategy has been recently refreshed. Priority 10 of this strategy is support for children and young carers. The Working Together with Carers for the Isle of Wight Carers Survey undertaken in 2013 identified that a separate strategy should be undertaken for young carers.

Feedback from Healthwatch identified that a review of young carers and its subsequent strategy should include an in depth consultation of young carers across all age groups.

### 1.1 Why this is important?

Caring should not be a barrier to living a fulfilled and active life. The Care Act 2014, places a duty on local authorities to consider the needs of children and young people living in households where there is an adult who has a disability or impairment.

### 1.2 Action/future commitment

- Isle of Wight Children's Services undertook a needs analysis in relation to young carers prior to the commissioning of young carer support services in 2015.
- Children's services is in the process of developing a joint Young Carers Strategy with Hampshire Children's Services through the Children's Services partnership arrangements.

## 2 Who are young carers?

The term 'young carer' should be taken to include children and young people under 18 who provide regular and ongoing care and emotional support to a family member who is physically or mentally ill, disabled or misuses substances. Isle of Wight Children's Services commissions the YMCA to provide a young carers project locally. As of April 2018 there were 212 young carers aged under 19 registered with the project.

YMCA provides an Isle of Wight Council commissioned support service for up to 350 young carers across the Isle of Wight, including:

- 1:1 support for higher needs young carers at home or in school
- meeting up with other young carers in a safe space
- welcoming and friendly staff always willing to listen
- information and guidance to support carers and their families.

Alongside this support, the service also co-ordinates respite for young carers, enabling them to lead a "normal" life for a while. They can meet and talk to other young people in a similar situation, take trips to an amusement park, the local cinema or the annual Young Carers Festival at YMCA Fairthorne Manor every summer.

According to the 2011 Census, there are almost 166,000 young carers aged 5 to 17 in England, although estimates from other studies using different methodologies or question wording to identify carers are much higher.

Nationally since 2014, the number of recognised young carers in the UK has risen by more than 10,000 in four years. An analysis of the most recent government figures shows that in May 2017 there were 41,870 16-to-24-year-olds who qualified to receive the carer's allowance, compared with 31,080 in 2013 – an increase of 35 per

cent. Those aged 16 and 17 saw an even bigger rise during the same period – up by 54 per cent from 1,400 to 2,150.

Nationally:

- One in four carers have not had a break in five years
- Carer's allowance is a benefit for people who spend at least 35 hours a week caring for disabled people in their own homes. It is currently worth £62.70 per week
- 1 in 12 young carers is caring for more than 15 hours a week
- 1 in 20 misses school because of their caring responsibilities
- Young carers are 1.5 times more likely to have a long-term illness, special educational needs or a disability
- Young carers are 1.5 times more likely to be from an ethnic minority community
- Average annual income for families with a young carer is £5,000 less than families who do not have a young carer
- Young carers providing over 50 hours of care a week are up to five times more likely to report their general health as 'not good'
- 55 per cent of young carers look after their mother and 25 per cent for a sibling
- 78 per cent provide help with practical tasks such as cooking and cleaning
- 26 per cent provide nursing care
- 57 per cent provide emotional support
- 4 in 10 young carers report feeling sad in the past week
- 1 in 4 young carers report feeling lonely in the past week
- 1 in 2 young carers report feeling angry in the past week

*Sources for figures: 2011 Census, The Children's Society, Department for Education omnibus survey report 2017,*

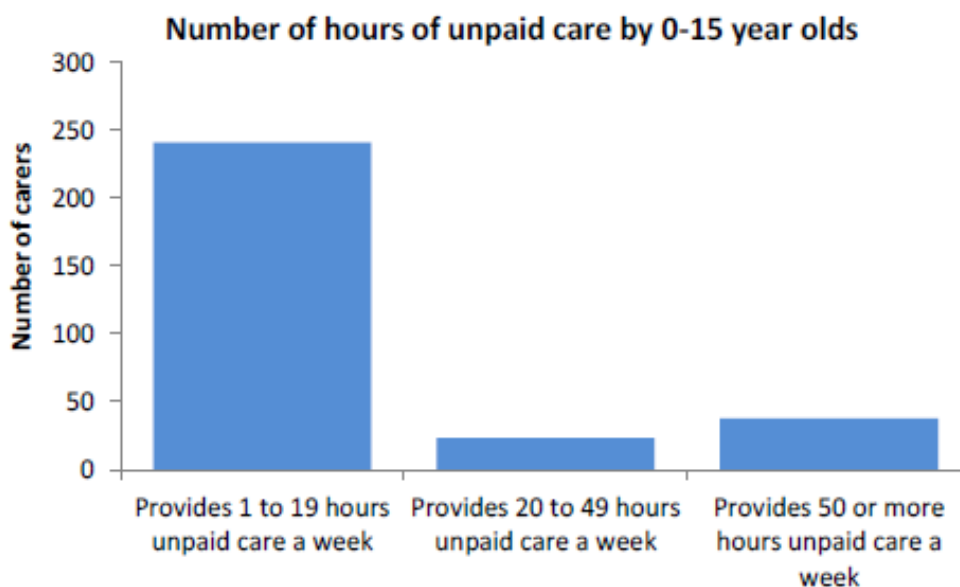
*Young Carers in the UK by Loughborough University*

Fewer than one in five (19%) parents of young carers helping within the household reported that their child had received an assessment of the child's needs by the local authority, falling to 13% among those caring outside the household. Nearly two thirds (64%) were receiving no support, whether formal or informal. Of those receiving help, the most common source was a young carers' project, followed by their school or college.

*From department for Education report: The lives of young carers in England Omnibus survey report. January 2017.*

In the 2011 Census, the provision of unpaid care by age was included and can be used as a further indicator of young carers. Age groups were bracketed 0 to 15 and 16 to 24. 302 0 to 15 year olds provide unpaid care with 708 16 to 24 years olds providing unpaid care.

The following graph shows the number of carers (0 to 15) providing unpaid work by hours (1 to 19, 20 to 49 and over 50 hours) on the Isle of Wight:



Source: [www.nomisweb.co.uk/census/2011](http://www.nomisweb.co.uk/census/2011)

A major aim of this strategy is to improve on the identification, assessment, and support of a greater number of young carers on the Isle of Wight.

### 3 Our Vision

Within Isle of Wight there remains a strong and on-going commitment by statutory agencies and voluntary sector organisations to continue to work with and support young carers and their families. The aim is to reduce and prevent the need for children to undertake a caring role with the associated impact upon their own health, well-being and life chances.

Support for young carers and their families is delivered through a number of organisations and agencies in a wide range of ways. Early identification and intervention by professionals is key, as is the need to adopt a whole family approach when assessing the needs of a family, working with adult services and supporting transitions of young people who are young carers into adulthood.

Young carers continue to tell us their views and we continue to listen to ensure that services being commissioned and provided within the community are those that best meet the identified need. A multi-agency response continues to be the best way forward in making further steps to reduce and prevent harmful impacts on children by them undertaking inappropriate caring roles within their family.

## 4 What Young Carers Say

Young carers identified four areas of support as of particular importance, as set out in the Children's Commissioner's report of December 2016 (The Support Provided to Young Carers in England) :

**1. To be able to be a child.**

Young carers stated that they value the opportunity to escape and be a 'normal' child or young person.

**2. To listen and take their views into account.**

Young carers felt that services supporting those they are caring for did not recognise them as the main carer and the expert on their condition. They felt that their views were not accepted or respected.

**3. To have someone they can talk to.**

Young carers want to be able to speak with a trusted professional person who can listen, provide advice and emotional support. Young carers felt it was important that the person they talk to keeps their information confidential, only sharing to help get the support they need.

**4. For professionals to be aware and understand them.**

Young carers highlighted that professionals such as GPs and teachers are often not aware of the challenges they face, the types of support available, and the best way to support them. They also feel that more should be done to raise awareness among professionals about young carers and the support they require. Furthermore, young carers also felt that more could be done to raise awareness with their peers to tackle ignorance and bullying.

At the 2017 Isle of Wight Young Carers Conference, the Young Carers Action Group presented their 10 Top Tips for professionals:

1. Find out the best way to communicate with us.
2. Don't pit me or feel sorry for me.
3. Respect my individuality.

4. Don't stereotype or define me as just a 'Young Carer'.
5. Don't be afraid to ask us how we are or what we want.
6. Remember we all care in different ways and every family model is different.
7. Don't force us to speak to you, but when we want to, be prepared to listen and support.
8. Think about the information you share about us and who you share it with.
9. We have aspirations for our futures too; support our learning needs in Education.
10. Be happy! Be smiley! Be approachable!

## 5 Statutory Duty

'In England, the implementation of the Children and Families Act 2014 (HM Government, 2014), gives all young carers under the age of 18 (regardless of the type of support they provide) a right to an assessment of their needs. This is a responsibility of the local authority. This legislation also states that local authorities in England 'must take reasonable steps to identify the extent to which there are young carers within their area who have needs for support' (HM Government, 2014a). Moreover, the Children and Families Act 2014 (HM Government, 2014a), together with the Care Act 2014 (HM Government, 2014b), set out a preventative focus on supporting children through a 'whole family approach' (Department for Health, 2017).'

## 6 Who is this strategy for?

This strategy has been produced for all those who have a responsibility and interest in supporting young carers and their families, be this health, education, social care (both adult's services and children's services), children's centres, or voluntary organisations. It is important to demonstrate to young carers and their families the commitment that has been made to ensure they receive a good assessment of their needs and adequate support. We want young carers and their families to feel confident in accessing support services as well as ensuring that they have a voice in the development of services.

## 7 Aims of the strategy

1. **It is envisaged that every young carer will be identified by key agencies, their needs assessed (and those of the person they are caring for), and identified needs met.**



- a) Accordingly, the three main outcomes for Young Carers Project in Isle of Wight are:

**SMART 1** - Ensure that there are consistent processes/assessments between the projects that offers a standardised approach to raising awareness of the early identification process of a young carer and their level of need, and where appropriate the escalation to the early help hubs where co-ordinated/multi-agency support is required.

**SMART 2** – Provide quarterly reports (statistics illustrating total project breakdown) of the number of young people accessing and being supported at level 2 and 3 report the type of support being delivered ( i.e. one to one, group). Updates should clearly state the number of new young carers engaged to the service per quarter.

**SMART 3** – All projects to be part of the core membership of Early Help meetings and have regular contact and attendance where possible at weekly meetings. To be evidenced by early help quarterly reports and feedback from projects.

- b) Isle of Wight local authority has a statutory duty to ensure that all identified Young Carers receive a needs assessment if they want one, and that services are provided to meet identified need. The Assessment may be carried out by early help services in the main, or by statutory social care provision where the Multi-Agency Safeguarding Hub have determined that Level 4 needs are indicated (the 4 levels of intervention are detailed in the Isle of Wight Children’s Trust Thresholds Chart). Adults Services will assess the needs of young carers between the ages of 16-18 and will refer young children under the age of 16 to children's social care for an assessment.

**2. All professionals need to be enabled to confidently identify young carers and assess their needs or refer them on for assessment.**

- a) Young Carers in Schools Award Scheme, administered by the Carers Trust and The Children’s Society, is about building, sharing, and recognising young carers support in schools. The programme enables schools to access additional tools and resources which will increase their capacity to identify and support young carers in schools and provides schools with recognition for their effective practice. Evidence shows that this can lead to significantly increased improvements in the wellbeing, confidence, attendance and achievement of young carers at school. The

aspiration is to have Champion Schools in order that they can support the uptake of the Award Scheme leading to a significant increase in the number of Isle of Wight schools that have the Award. We need to aim high and set an ambitious target to improve on the number of schools that have achieved the award.

- b) Promoting, with partners, clear referral pathways that are understood by the workforce, supported by joint training in Children's and Adult Services, to ensure that every Young Carer gets an assessment if they want one.
  - c) Adults Services often identify young carers in the families that they are supporting but historically, the numbers of referrals through to Young Carers support services or to Childrens Services has been very low. Better understood referral pathways and training to Adult Services staff has already led to a noticeable increase in referrals coming from Adult Services, and this will continue to be built upon.
- 3. A service which is accessible to young carers in every geographical area of Isle of Wight with a smooth transition into adulthood and support from Adult Services Independent Futures Team.**
- a) This will ensure a consistent process and assessment to ensure a standardised approach.
- 4. There will be measurable outcomes to evidence success.**
- a) Data recording will be improved in both Adults and Children's Services, enabling more accurate identification of the numbers of young carers known, assessed, and supported in Isle of Wight.
  - b) YMCA will produce regular, reliable data that will inform about how many young carers are supported by age, gender, relationship to those they're caring for, and the nature of the issues causing the need for caring responsibilities.
  - c) Measures of the impact and effectiveness of Young Carers Services on outcomes for young people will help to shape future service provision. This will also be informed by user feedback from young carers about their experience of assessment and support services.

This strategy will be reviewed and refreshed midway through the three years.

## 8 References

<https://www.iwight.com/Residents/Care-Support-and-Housing/Adults-Services/Carers-Adult/Carers-Strategy>

<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2017/06/Young-Carers-report-December-2016.pdf>

<https://www.local.gov.uk/meeting-health-and-wellbeing-needs-young-carers>

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/582575/Lives\\_of\\_young\\_carers\\_in\\_England\\_Omnibus\\_research\\_report.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/582575/Lives_of_young_carers_in_England_Omnibus_research_report.pdf)

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## 9 Appendices

### 9.1 Appendix A: 2017 Young Carers Survey

#### Executive Summary

Only 24 responses were received from young carers on Survey Monkey. Therefore we cannot test whether the responses are statistically significant, and must use the data carefully.

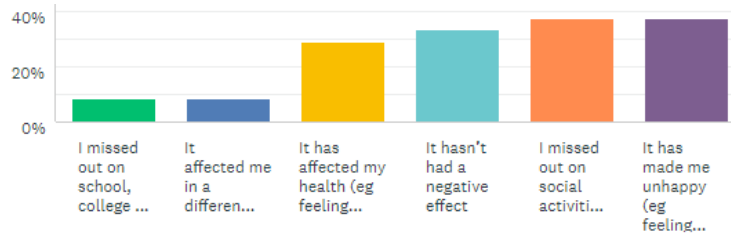
Key messages:

- Young carers report that they are still being negatively affected by their caring responsibilities
- 90% of young carers said that YMCA young carers had helped them in a positive way
- YMCA reaches over 90% of registered young carers when telling them about activities
- 86% of young carers said that going to activities made a positive difference. However some young carers still struggle to access activities because of lack of transport, or they cannot take time away from their caring role. More than half said they need support to enable them take part in activities.
- 100% of the young carers who benefited from a 1-1 support worker said that it had helped them in some way.
- 100% of young carers said the support they received from YMCA was excellent (71%) or good (29%).
- Young carers described a range of support available at school or college. However, 25% said they were not offered support.

#### Q1 How old are you?

Ages ranged from 8 to 19. The majority of responses (17 of 24) were from children aged 10, 11 and 12, therefore it is recommended that additional research be carried out with younger and older young carers and that this report focuses on this narrower age group.

#### Q2 How has being a young carer affected you over the past year?

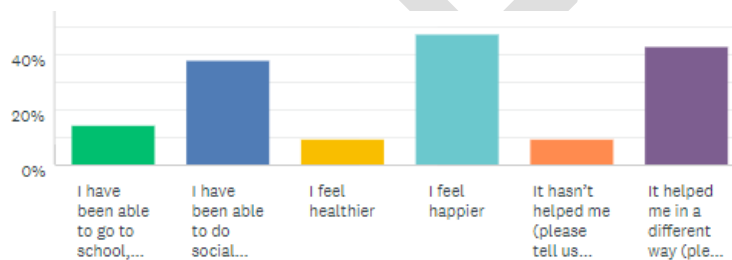


ANSWER CHOICES	RESPONSES
I missed out on school, college or work	8.33% 2
It affected me in a different way (please tell us how)	<a href="#">Responses</a> 8.33% 2
It has affected my health (eg feeling tired or poorly)	29.17% 7
It hasn't had a negative effect	33.33% 8
I missed out on social activities like seeing friends	37.50% 9
It has made me unhappy (eg feeling worried, anxious or depressed)	37.50% 9

Total Respondents: 24

The majority said that being a young carer has affected them negatively.

### Q3 Over the past year how has YMCA Young Carers helped you?

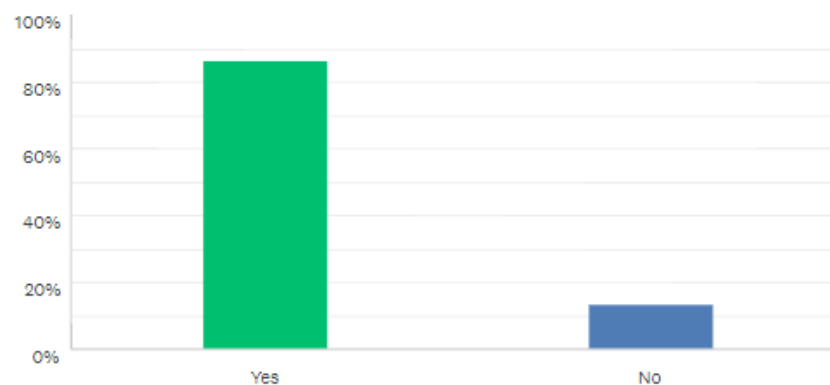


ANSWER CHOICES	RESPONSES
I have been able to go to school, college or work	14.29% 3
I have been able to do social activities like seeing friends	38.10% 8
I feel healthier	9.52% 2
I feel happier	47.62% 10
It hasn't helped me (please tell us why)	9.52% 2
It helped me in a different way (please tell us how)	<a href="#">Responses</a> 42.86% 9

Total Respondents: 21

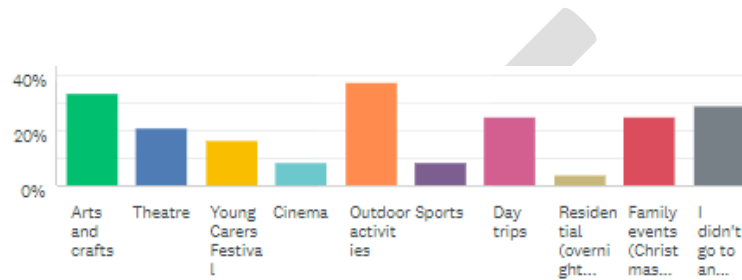
90% of young carers said that YMCA young carers had helped them in a positive way. 5 of 9 young carers who said it had helped in a different way talked about meeting other young carers and gaining support from those who understand the impact of caring.

### Q4 Did you always find out about the activities that we offer?



22 people responded and it is very pleasing to see that the vast majority always find out what we offer. Those who said “no” included 2 who were not sure why, one said they now get the info from their support worker, and another said they do not go to activities.

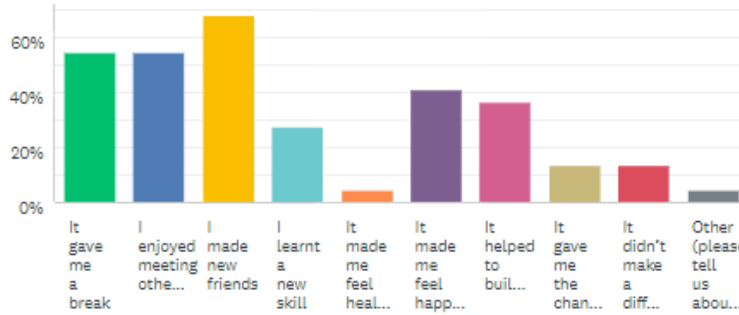
**Q5 What types of activity did you come to in the last year?**



ANSWER CHOICES	RESPONSES
Arts and crafts	33.33% 8
Theatre	20.83% 6
Young Carers Festival	16.67% 4
Cinema	8.33% 2
Outdoor activities	37.50% 9
Sports	8.33% 2
Day trips	25.00% 6
Residential (overnight stay)	4.17% 1
Family events (Christmas Party, Summer event)	25.00% 6
I didn't go to an activity (please tell us why)	29.17% 7
<b>Total Respondents: 24</b>	

24 young carers answered and there was a relatively even spread of activities attended with the most popular being outdoors activities, and arts and crafts. 7 young carers said they did not go to activities. 1 had just joined, 1 had reached 18, 1 had no transport, 1 didn't like what was on offer, 1 prefers to be with friends, 1 didn't go, and 1 was too anxious.

**Q6 What difference did coming to activities make?**

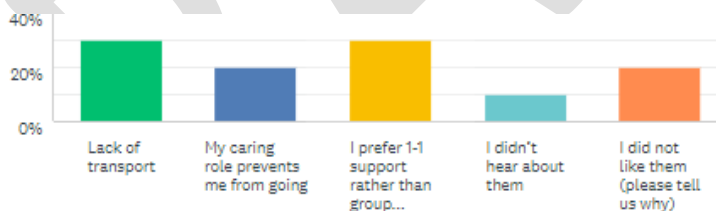


ANSWER CHOICES	RESPONSES
It gave me a break	54.55% 12
I enjoyed meeting other young carers	54.55% 12
I made new friends	68.18% 15
I learnt a new skill	27.27% 6
It made me feel healthier	4.55% 1
It made me feel happier	40.91% 9
It helped to build my confidence	36.36% 8
It gave me the chance to talk to someone about my worries	13.64% 3
It didn't make a difference	13.64% 3
Other (please tell us about it)	Responses 4.55% 1

Total Respondents: 22

86% of young carers said that coming to activities made a difference. The type of difference varied with most young carers experiencing more than one type.

**Q7 If you did not come to any activities in the last year, why was that?**



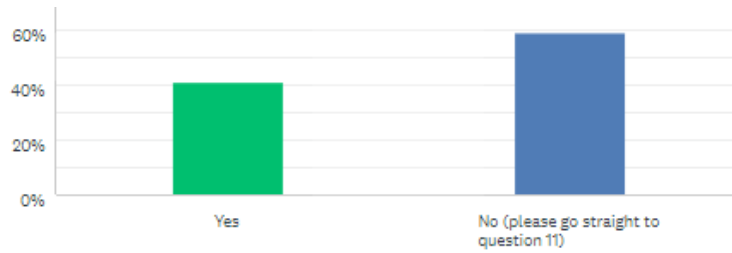
ANSWER CHOICES	RESPONSES
Lack of transport	30.00% 3
My caring role prevents me from going	20.00% 2
I prefer 1-1 support rather than group activities	30.00% 3
I didn't hear about them	10.00% 1
I did not like them (please tell us why)	Responses 20.00% 2

Total Respondents: 10

10 young carers said they did not come to activities. This is 42% of those who responded to the survey and is a worrying figure. For 3 transport is an issue and for 2 their caring role stops them from going out.

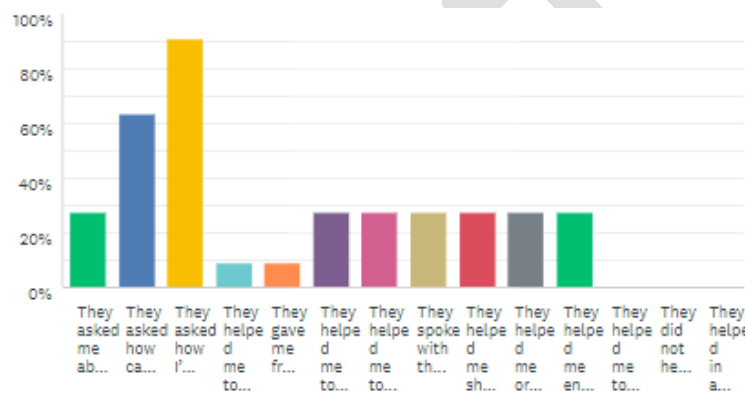
Those who said they did not like the activities did not give further detail (answers were none and n/a)

**Q8 In the past year have you received support from a YMCA support worker?**



ANSWER CHOICES	RESPONSES	
Yes	40.91%	9
No (please go straight to question 11)	59.09%	13
<b>Total</b>		<b>22</b>

**Q9 If you said “Yes”, tell us a bit more about the support you received**

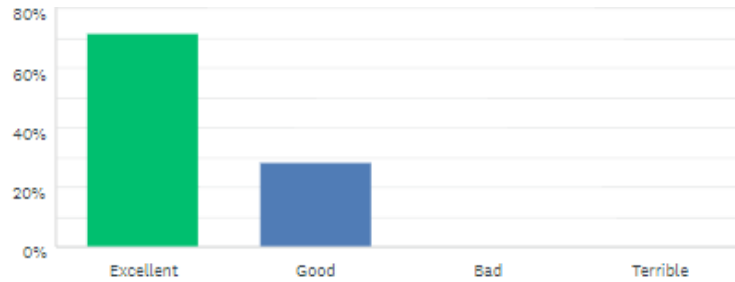


ANSWER CHOICES	RESPONSES	
They asked me about the level of care that I provide	27.27%	3
They asked how caring, school, social or home life is going	63.64%	7
They asked how I'm feeling	90.91%	10
They helped me to keep myself safe	9.09%	1
They gave me friendship or relationship advice and support	9.09%	1
They helped me to deal with bullying	27.27%	3
They helped me to think more positively	27.27%	3
They spoke with the person I care for	27.27%	3
They helped me share my worries with other people that I wanted to share these with	27.27%	3
They helped me or my family get support from other people	27.27%	3
They helped me enjoy an activity or trip	27.27%	3
They helped me to think about what I will do when I leave school	0.00%	0
They did not help me (please tell us more)	0.00%	0
They helped in a different way (please tell us more)	0.00%	0
<b>Total Respondents: 11</b>		

11 young carers who received support told us more about the help they had received. 10 out of the 11 said we had asked them how they are feeling and 7 out of 10 said we had asked how their life and caring was going. Nobody said that we did not help.

**Q10 Please rate the support you received from YMCA**





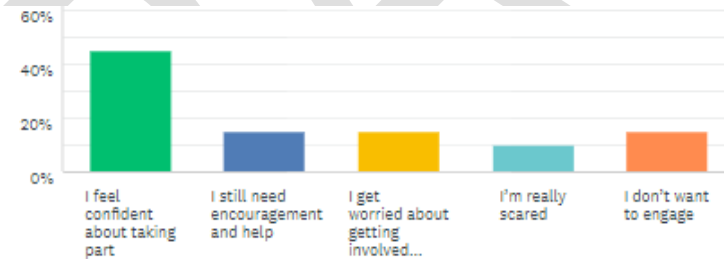
ANSWER CHOICES	RESPONSES
Excellent	71.43% 10
Good	28.57% 4
Bad	0.00% 0
Terrible	0.00% 0
<b>Total</b>	<b>14</b>

All 14 who responded said the support was excellent or good.

**Q11 How could YMCA’s support be improved?**

13 young carers responded, mostly with “don’t know” or “it is good enough”. One said that they had expected more regular visits from support worker and it had been a lot less than had originally been said, 1 said “more meetings, and 1 said “it’s changed and become very distant”. One person asked for a regular club.

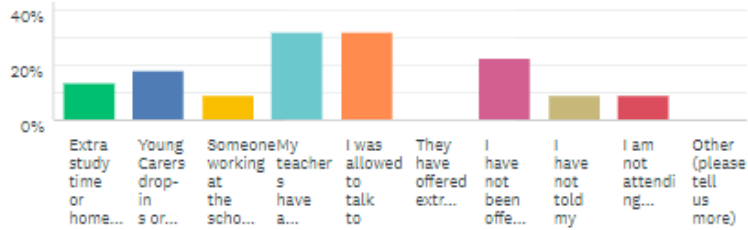
**Q12 How easy did you find it to take part in YMCA Young Carers?**



ANSWER CHOICES	RESPONSES
I feel confident about taking part	45.00% 9
I still need encouragement and help	15.00% 3
I get worried about getting involved	15.00% 3
I'm really scared	10.00% 2
I don't want to engage	15.00% 3
<b>Total</b>	<b>20</b>

This shows that although almost half are confident, the majority need support to engage and some still do not want to engage.

**Q13 What support has your school or college offered you?**



ANSWER CHOICES	RESPONSES
Extra study time or homework extensions	13.64% 3
Young Carers drop-ins or meetings	18.18% 4
Someone working at the school checks to see if I'm ok	9.09% 2
My teachers have a better understanding of my situation	31.82% 7
I was allowed to talk to my YMCA support worker in school time	31.82% 7
They have offered extra support to a family member	0.00% 0
I have not been offered extra support	22.73% 5
I have not told my school or college that I am a young carer	9.09% 2
I am not attending school or college	9.09% 2
Other (please tell us more)	Responses 0.00% 0

Total Respondents: 22

This is an encouraging picture showing that most of the respondents attending school were receiving some support. However, 5 of the 22 respondents said they had not been offered extra support, and 2 had not told their school or college they were a young carer.

#### Q14 How Could We Make YMCA Young Carers Better?

Of 12 respondents, 4 asked for more trips and more variety/age appropriate trips. 2 wanted more 1-1 support. 1 asked for first aid training. 1 said "going bowling once a year won't help me". The other responses were in the "don't know" category.

#### For over 14s

#### Q15 What support do you think you need to help you think about your future after school/college?

6 people responded, some said "I'm not sure". 1 said "financially things like moving out of parents and rent", "information about options, events/open days", "an idea of what job types are available as schools only tell you about the basic typical ones, "They need to be aware of all young carers in their school, and there needs to be someone (or a small group) of staff who talk to young carers and offer support and provide advice.

#### Q16 What is the best way for YMCA to keep in touch with you as you become more independent?

6 people answered, with the majority saying emails, then text. 1 person said "ensure they know of the other caring groups open to them such as Carers IW so they aren't alone"

#### Q17 What activities would you like YMCA to do for older young carers?

There were 5 responses. 3 said Thorpe Park/theme park. Other suggestions included paintball or headhunters, residential weekends, workshops, courses, work experience, scuba diving, abseiling.

Emma Corina, 23 July 2017

## 9.2 Appendix B: Young Carers Consultation 2018

### **Background**

YMCA Young Carers provides support and respite to young people aged under 19 on the Isle of Wight who provide significant care for someone, usually another family member. The purpose of this service is to reduce the negative impact of caring, and ensuring access to universal services for young carers.

### **Content**

The rationale for this consultation is part of the plans for creating a new strategy to improve the assessments carried out by Childrens and Adults Services and to incorporate a joint assessment which will look at the entire family.

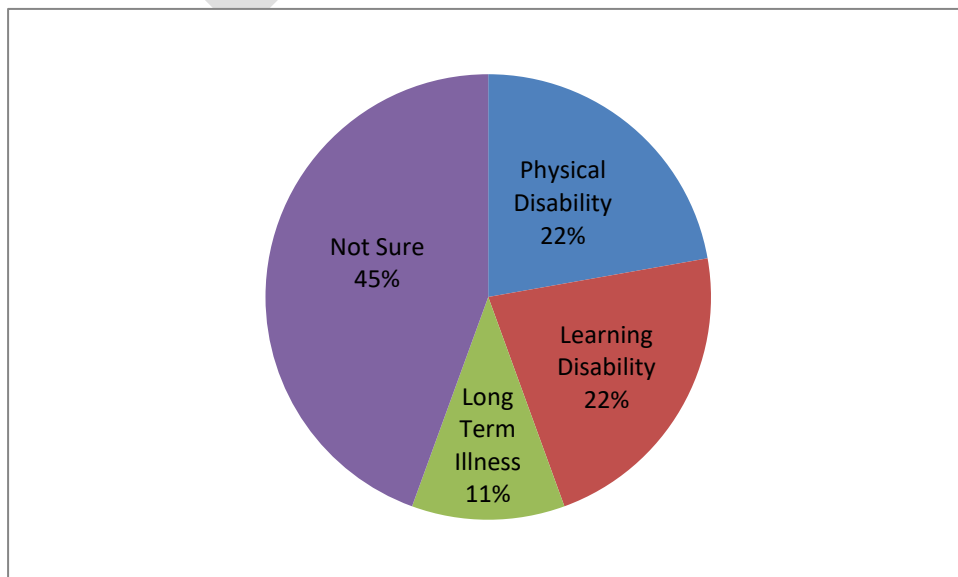
### **Method**

In partnership with YMCA Young Carers a consultation was held on 13 February 2018 at Winchester House, Shanklin. Trudie Augustus-Harris (Co-ordinator) and Lauren Fry (Support Worker) of YMCA delivered a pancake making and activity session and invited along members of YMCA Young Carers.

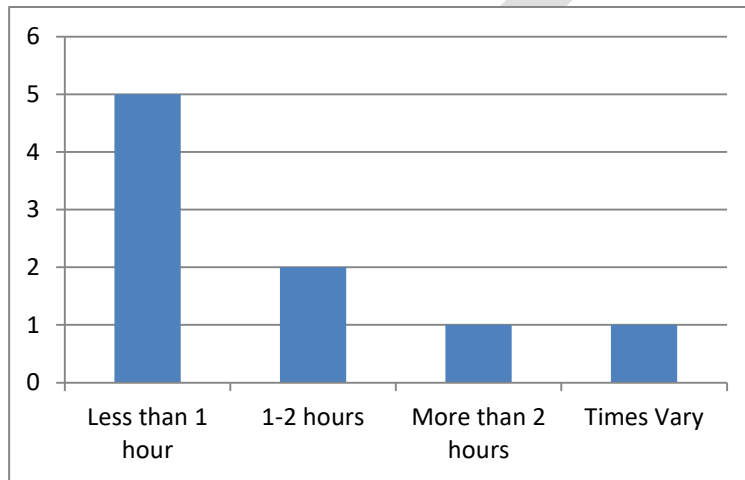
In total nine children and young people attended ages ranging from 5 to 18 years old. Two males and seven females from across the Isle of Wight who care for their mother/father and or their brothers and sisters.

The information below is also supported by the YMCA Young Carers annual questionnaire carried out at the end of 2017. This is sent to all registered young carers on the Isle of Wight (see attached).

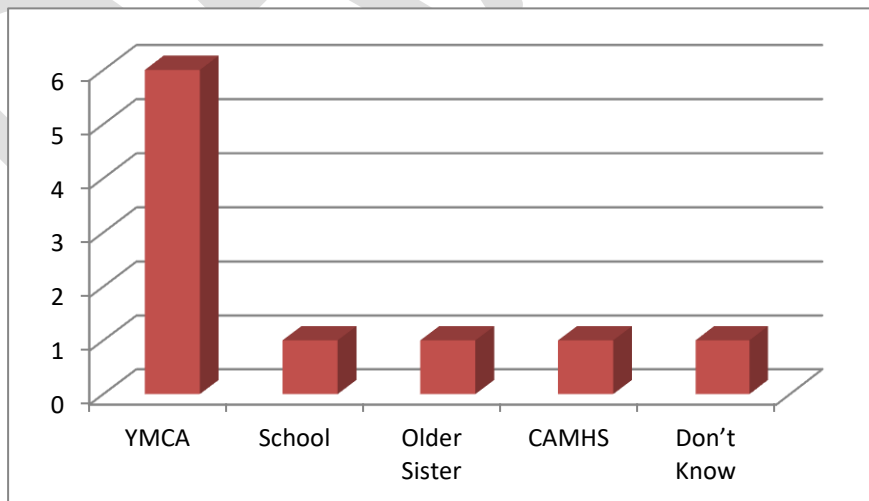
### **The person or persons I care for is someone with a...**



**How much of your time does it take up each day?**



**Where did you get the information and advice about what support there is for you in your role? caring**



**Can you tell us how YMCA Young Carers have helped you?**

- If I have problems I can talk to them.
- They have helped me with school so that they understand my situation.
- I love coming to the activities.
- They have come to my school as mum couldn't attend a meeting.
- YMCA helps me socialise with other people.
- Its nice to have someone to talk to.
- I love the activities and the festival.
- It helps me get out and I have someone to talk to.
- I like the activities.

**What information and advice have you received to support you in your caring role?**

- Help to achieve my goals in my day-to-day life
- How to access social events, day trips, group activities
- How to improve my own health and wellbeing
- How to raise concerns about the safety or wellbeing of the adult I am caring for
- Staying in education, employment or training

**What type of support have you found/or would find most useful?**

- One to one support
- Activities
- Help with School issues

**What information, advice and support does the person you care for get?**

- Phone line support

**Do you have any other suggestions to improve the support you receive from the YMCA Young Carers? (direct quotes)**

- More activities
- Mummy needs more help
- Nothing could make this better
- Its really good already

**Is there any other comment you would like to make? (direct quotes)**

- More support for mum
- Its amazing

Questions asked only to over 14 Years Old

The two older young carers were asked an additional set of questions with regards to the support they might require as they move into adulthood. Please see their answers below.

**As an 'older' young carer, what type of support would you find most helpful?**

- One to one support
- Support groups with older young people
- Activities
- More support for mum so I can concentrate on college work and spending more time with friends.

**What things would make the life of an 'older' young carer better?**

- More support for the person I care
- Help to build confidence and self esteem

**What activities would you like to do with the YMCA?**

- Young Carers Festival - stops at 16 - wish it could be for up to 18 years old.

**As a carer what support do you think you will need when you turn 18?**

- More time to socialise and study.
- Help with issues as I become an adult such as benefits and adult mental health services.

**Recommendations**

- The young carers really value the activities they attend through the YMCA and would like to see more offered. As this is not part of the funding provided by the Isle of Wight Council the YMCA are working hard to gain funding from other sources such as In Kind and Island Roads.
- More information with regards to services available to young carers as they turn 18 to support them with issues such as benefits and further education. There are services

in place and YMCA are working closely with the IW Carers and JobCentre Plus to provide support to young adult carers as they transition.

- Increase the age range for young carers festival to extend age range to 18 years rather than 16 years.

### **Conclusion**

100% of the young carers said that the YMCA had benefited them in some way. They all enjoy the activities organised and run by the YMCA and at least 50% reported how supportive the YMCA are with issues at school.

DRAFT