

Action for Children Report

Kernow Young & Young Adult Carers

Young People's Annual Report 2017-18



HOW

ACTION FOR CHILDREN

WORKS

35

activity days
delivered in
2017-18

449

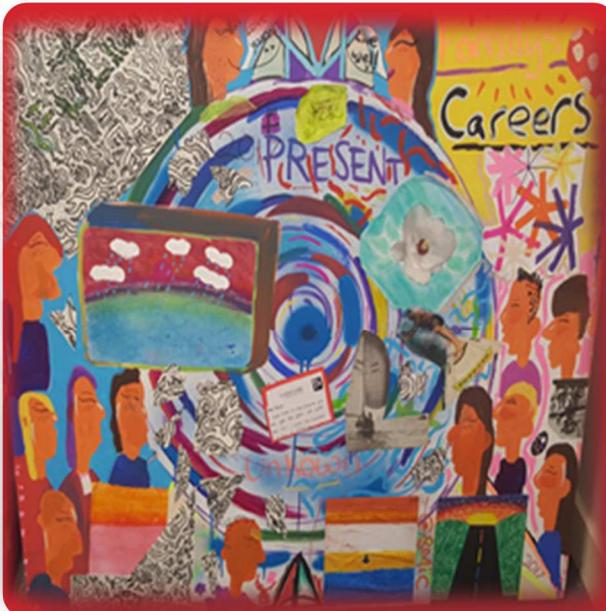
new young
people referred
in 2017-18

19

School Groups
take place regularly
across the County

589

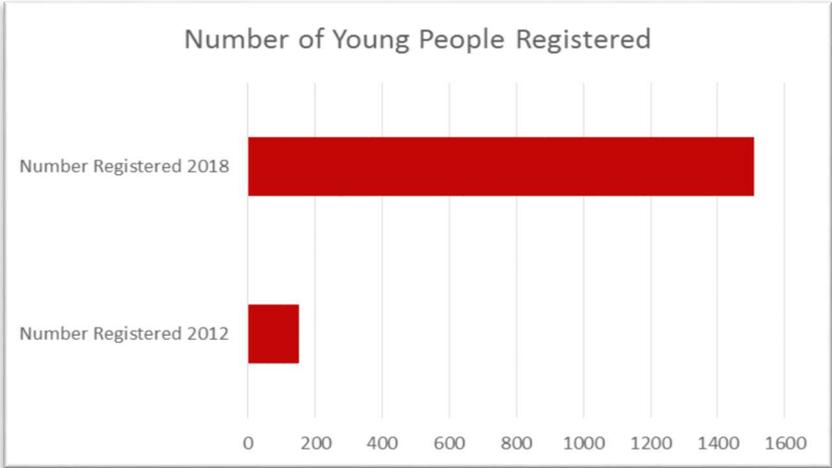
young people attended an
activity in 2017-18



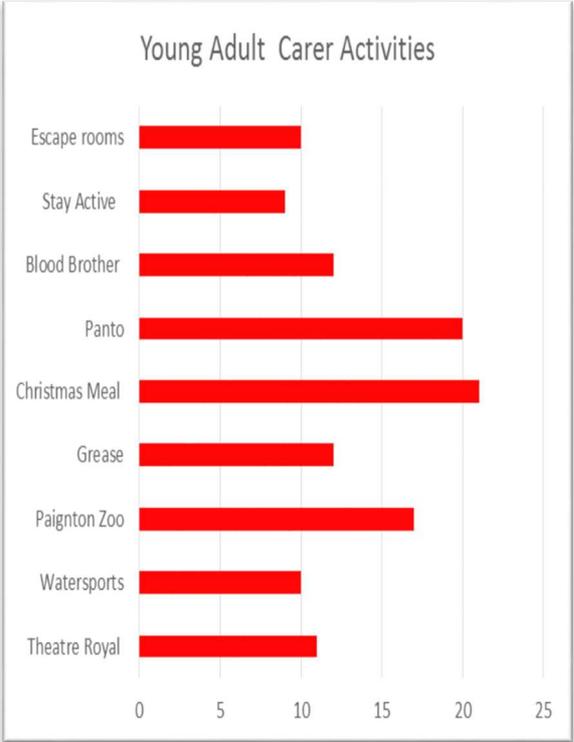
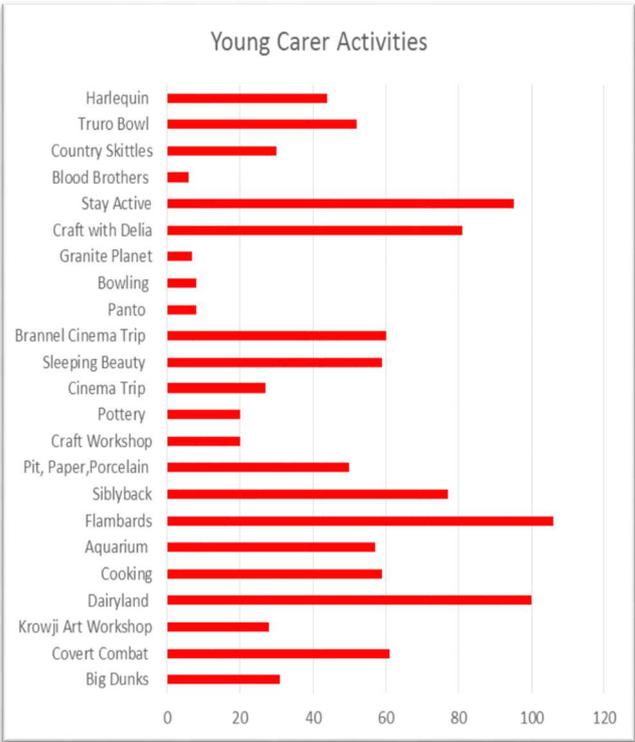
1,119 young
carers & 390
young adult
carers now
registered

The last year has been an incredibly busy and rewarding time for the Young Carers and Young Adult Carers Service. We have received more new referrals than ever before (407 young carers and 42 young adult carers) and currently have 1,119 young carers and 390 young adult carers registered with our service (July 2018).

In 2012 when Action for Children took over the young carer’s service, we were supporting 152 young carers.



During the year we delivered over 35 days of activities for young carers with 589 young people attending an activity with us.

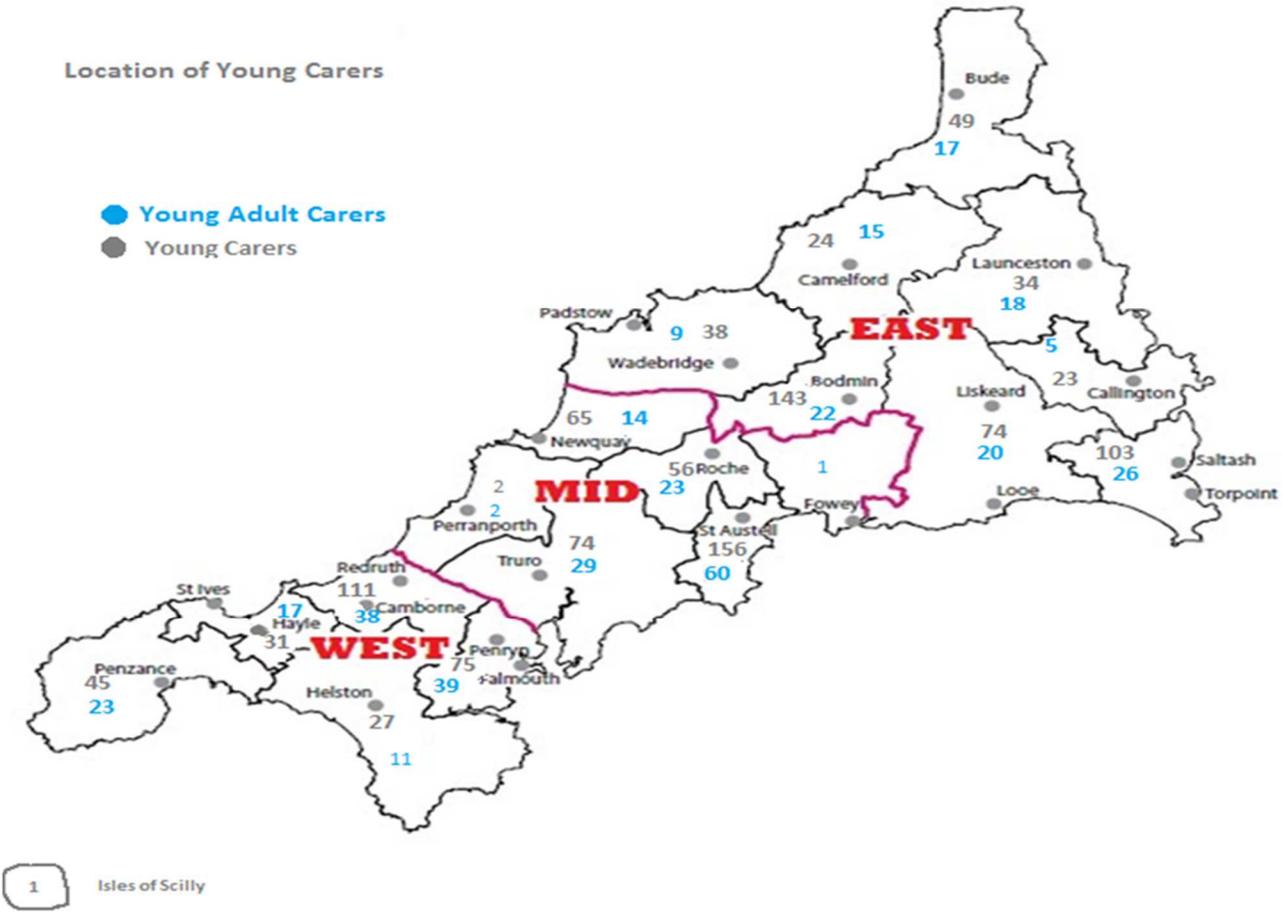


We have 19 monthly school groups throughout the county and have worked in schools delivering cookery workshops, teeth cleaning and hygiene workshops, CV writing and health and wellbeing focusing on promoting positive mental health amongst young carers. 151 young carers recognised as having a higher level of need have received support from us this year.

Our work with young adults has also been growing. Popular activities for young adults have included Stay Active, Segway Riding and Archery, Theatre Trips and Eureka Escape Rooms. At Christmas we had a very popular Christmas meal with 21 young adults attending.

We have continued to be Cornwall Council’s Chairman’s Charity this last year and this has supported 157 young carers in their education and attainment.

Location of Young Carers



Background

John's Mum is physically disabled and John supports her physically and emotionally

Would You Like to Find Out How We Can Help?

What would help the young person?

1. Needed to have a break from home environment as mum's needs can impact on the Young Carer's physical and mental well-being
2. Someone to talk to about his thoughts and feelings around his caring role
3. Opportunity to make friends and take part in fun activities.

How did this help the young person

1. Social opportunities has meant a break from caring. Increased friendship opportunities.
2. Being able to offer 121 support has been invaluable to young person
3. Opportunity to be able to talk through feelings and discuss future aspirations. This has had a positive impact on young person's well-being. Young person felt supported.
4. Positive activities has meant the young person has met with other young carers so there is an understanding and empathy with others in similar caring roles. Opportunity to make new friends and learn new skills and share positive activities with others.

The school group has been invaluable support so young person can engage with others, but also gain advice and support. The key person in school is now linked with young person if support needed.

What have we done?

Young carer attended the Young Carers Festival in Southampton- this gave the young person a whole weekend away. Opportunities to meet others in the same situation. To have a full break from the caring role and responsibilities

One to one support to talk through feelings around caring role

Cinema vouchers were issued through short breaks funding so there is an opportunity to go out and meet friends

Cooking and water sports activities over summer
School group accessed on a monthly basis- including well-being workshop

Referral to the Wave Project- for some surfing sessions to build confidence and self-esteem

What Do Young People & Their Parents Say

"I had a fantastic time, at the Young Carers Festival, I would love to go again!!"

Young Carer

"I am having so much more fun and feeling relaxed." **Young Carer**

"I had such an amazing time at the Young Carers Festival thank you for letting me attend" **Young Carer**

"Thank you ever so much for my ticket for the Royal Cornwall it was amazing and I'm so glad I didn't miss out on it. Just wanted to say thank you!"

Young Carer

"I enjoy meeting the support worker to talk, this not only gives me a break, but an opportunity to talk"

Young Carer

"I would not have the fantastic opportunities that I have had if it was not for The Young Carers Service" **Young Carer**

"I really can't tell you how thankful we are to all of you for the amazing work you do. The guilt is tremendous that our kids look after me when it should be me looking after them. It's lovely that they have time away to be themselves." **Parent**

"When I go out with KYC I feel accepted by the whole group" **Young Carer**

"I really like it because I am making friends and meeting new people." **Young Carer**

**Action for Children
Report**

Report Date: July 2017 – June 2018