

The Scottish Young Carers Festival Report 2009



FUNDED BY THE SCOTTISH GOVERNMENT

Contents Page

Section 1

Executive Summary

Section 2

Background and Policy

Section 3

Festival Aims and Objectives

Section 4

The Festival Steering Group

Section 5

Development of the 2009 Event

Section 6

Venue Equipment and Activities Based on Risk Assessment

Section 7

Publicity/Information Materials

Section 8

Training for Young Carers with Media Education
Festival programme and consultation mechanisms used.

Section 9

Attendees

Section 10

Consultation Feedback from Young Carers
Media Coverage
Evaluation Feedback

Section 11

Acknowledgements and Thanks

Appendices

Appendix A – Risk Assessment
Appendix B – Information Pack
Appendix C – Booking Pack
Appendix D – On Your Arrival
Appendix E – Festival Programme
Appendix F – Media Group Application
Appendix G – BBC Programme
Appendix H – Evaluation Questionnaire

1. Executive Summary

The Scottish Young Carers Festival should run every year – that’s the overwhelming recommendation from young carers who come to the event to get a break from their caring responsibilities, meet other young carers and talk to decision makers about their lives.

The Festival is supported by a steering group comprised of national carer and children’s organisations. The members are The Princess Royal Trust for Carers, Scottish Young Carers Services Alliance, Shared Care Scotland, Barnardo’s, Action for Children, Children 1st and Carers Scotland. The Princess Royal Trust for Carers organises and manages the Festival.

2009 Event

The 2009 Young Carers Festival took place on the last weekend in August 2009, when almost 500 young carers from all over Scotland gathered at West Linton in the Scottish Borders for a weekend of fun activities and serious debating. Young carers groups were able to feed into the development of the Festival throughout the year to ensure that their ideas and views were at the heart of the Festival programme.

The 2009 Festival was a huge success. It was positively evaluated by those who took part and was hailed by many attendants as “even better than last year!” All of the young carers and young carers leaders who came along said that they would want to attend the 2010 Festival.

The age restriction for the Festival was lifted this year. The steering group decided that the services themselves should decide who to bring, whilst advising that the content was really aimed at young carers of secondary school age. This meant that the age range of those attending spanned from as young as 5 years old to young adults of 18.

National Forum

The Young Carers Festival is the current format for a national forum for Scotland’s young carers and there are many elements which seem to contribute to the popularity of this event.

One is that it provides an element of respite from the caring situation, which is very important for young carers. These are children and young people who may rarely have the chance to attend Festival-type events or even have holidays, and so the fun factor features strongly for them. Another important aspect of the Festival is that it brings together young people who share the same day to day

experiences and they tell us in their evaluations how much they value this aspect of the event.

The funders are also able to meet their objectives, as consultation and debate about the issues which affect these young lives can take place in a relaxed atmosphere. This is somewhere for young carers to feel confident and safe to express their views. It's a win-win situation for everyone.

Festival Radio

Another ingredient for a successful Festival appears to be the Festival Radio Station. This is run by a group of young carers aged 16-18 years, who attend media training at a week-long residential course before the Festival. The cost for this is built in to the Festival funding. As well as helping those young carers to develop new skills that can be used in work or further education settings and develop their confidence, they have another opportunity to spend time away from home and be with other young carers.

Strategic Importance

'The Future of Unpaid Care in Scotland' (Scottish Government 2006) recommended that young carers should have their voices heard through a national forum. The Festival model is currently being tested as the best way to do this. The Scottish Government provided funding for a trial event in 2008, and subsequently for two further Festivals in 2009 and 2010. With funding now left to run one more event, there appears to be a growing opinion across all stakeholders that it should continue.

This year's Festival is of particular strategic importance, as the information gathered will be used to inform the development of a national young carers strategy. While the first Festival provided initial views on what needs to happen to improve life for young carers in Scotland, this event was able to pick up on these and "drill down" a little further to provide more detailed information.

Young carers still appear to be dissatisfied with the lack of recognition on the part of many professionals – about what they do and the lack of support from services other than their local young carers' service. This is evidenced by quotes such as:

"My school doesn't have a clue what a young carer is."

"Social workers should receive training on young carers and young carer's assessments."

Varied Consultation

Consultation with young carers lies at the heart of the Festival and various methods were used – from the informal (volunteers dressed as "dream catchers"

going round the site asking young carers for their comments) to the more formal facilitated workshop which was hosted by experienced graphic facilitators.

The invited guests at the Festival, including the Minister for Public Health and Sport and the Minister for Children and Early Years, could not fail to be impressed by the young people taking part, and many of them pledged to take further action when they returned to their offices. This has resulted in some positive developments for services in some localities. For others, the value was in becoming aware of the issues for young carers and their families and the toll that caring can take on young lives.

It is no surprise that young carers in Scotland have overwhelmingly recommended that this marvellous experience should be available to them annually, and become an established date on the calendar.

Recommendations

Following the Festival and the consultation that took place we recommend:

- Use the consultation feedback from the Festival to develop the national young carers' strategy
- The strategy should focus on the areas highlighted by the young carers, such as:
 1. Increased awareness of young carers and increased support for young carers in school
 2. More mental health awareness training and awareness across the statutory and voluntary sector
 3. Increased support for young carers aged 18-25 years old
 4. Long term and sustained funding for the young carers' services
- The Government should continue to increase awareness of young carers and their needs across services and agencies that have a responsibility to support young carers
- The Scottish Young Carers Festival should run as the national young carers forum and it should be an annual event that focuses on consultation and celebration of young carers
- Continue to use the Festival to raise awareness of young carers on a national level
- Continue to use the Festival to provide training opportunities for young carers, such as the media training, that will provide them with skills that can be transferred to a work or further education setting.

- Continue to use the Festival as a respite opportunity for young carers across Scotland.

Lorna Goodwin
Scottish Young Carers Festival Coordinator
December 2009

2. Background and Policy

'The Future of Unpaid Care in Scotland', a report commissioned by the Scottish Government in 2006, made 22 recommendations to improve the lives of carers in Scotland. Recommendation 2 from the report specifically referred to young carers and stated that a national forum representing the views of young carers be established and supported by a young carers' strategy.

In response to the report's recommendations, the Scottish Government recognised the need to hear the voice of young carers and identified them as one of the priority areas they would take forward. A national multi-agency task group was established to assess the potential role and implications of a national young carer forum.

In February 2007, the multi agency task group considered evidence presented by The Princess Royal Trust for Carers National Young Carers Coordinator and concluded that an annual Festival may be the most effective way to engage young carers. The group felt that young carers themselves should make the decision on what sort of format a national forum should take, and the first Festival should be staged with the main purpose of consulting directly with young carers on this issue.

The Festival model is based on a similar event held annually in England, which provides young carers with the opportunity to meet with MPs and influence government and other stakeholders as well as providing a break from caring. Representatives from young carers services in Scotland have attended this Festival and say there is a need for a separate Scottish event to give a voice to young carers in Scotland so that they can influence the decisions which affect them.

In June 2007 the Minister for Public Health announced funding of £200,000 over a two-year period to establish the Festival. The Minister said: "This Festival will provide young carers with the opportunity to meet with decision makers, including MSPs, to have their say on the issues that affect them."

Following the success of the 2008 Scottish Young Carers Festival an application was submitted to the Scottish Government for another Festival. Subsequently the Minister for Public Health and Sport announced funding for a further two Young Carers Festivals in 2009 and 2010.

3. Festival Aims and Objectives

The objectives for the 2009 Scottish Young Carers Festival were as follows:

- * To work jointly with young carers, national carer organisations and national forums to plan and deliver a Young Carers Festival in Scotland.
- * To deliver a 24-hour residential festival event for 500 young carers in Scotland in August 2009
- * To use a variety of methods to consult with young carers to inform the future shape and format of a national young carers forum in Scotland
- * To produce a written report on the Festival providing feedback from participants and other stakeholders highlighting the range of options identified for the future format of a national forum in Scotland.

The outcomes that were anticipated from the Festival were as follows:

- * Young carers would have a break from their caring situation
- * Young carers would have fun and they would meet other young carers from all over Scotland
- * Young carers would be able to highlight some of the key issues that concern them
- * Young carers would be given a greater voice and would influence and shape the future development of a national young carers forum in Scotland
- * Publicity and awareness of the needs of young carers would lead to more young people identifying themselves as young carers.

Section 10 provides feedback from the engagement and consultation with young carers and evidence of these outcomes being met.

4. The Festival Steering Group

The Festival Steering Group plays a vital role in the development of the Festival. The group meets regularly, bringing together a diverse range of experience and knowledge to positively inform the development of the project.

The Festival Steering Group is made up of several carer and national children's organisations. Group members are:

- Lorna Goodwin – The Princess Royal Trust for Carers
- Florence Burke – The Princess Royal Trust for Carers
- Louise Morgan – The Princess Royal Trust for Carers/ Scottish Young Carers Services Alliance
- Don Williamson – Shared Care Scotland
- Stewart McFarlane – Scottish Young Carers Services Alliance
- Selwyn McCausland – Barnardo's
- Shaun Thomas – Children 1st
- Sean Harkins – Action for Children
- Fiona Collie – Carers Scotland.

5. Development of the 2009 Event

To involve young carers and young carers workers in planning for 2009 Festival, the Festival Coordinator attended the quarterly Scottish Young Carers Services Alliance meetings to involve the young carers workers in the development of the Festival. Between Alliance meetings, the Festival Coordinator kept the groups up to date on progress through emails, meetings and phone calls. Alliance members were encouraged to continually feed back their ideas and opinions on what makes the Festival run smoothly from a workers/group perspective.

The Festival Coordinator visited 19 young carers' groups to talk to young carers about the Festival and give the consultation feedback from the 2008 Young Carers Festival. Their thoughts and opinion are absolutely key in the development of the Festival programme.

The groups visited are as follows:

- Aberdeen – City
- Aberdeen – North East
- Aberdeen – South
- East Dunbartonshire
- Dundee
- Edinburgh
- Broomhouse – Edinburgh
- Falkirk and Clackmannanshire
- Glasgow North West
- Glasgow North East
- Glasgow – Pollok
- Glasgow North
- Inverclyde
- Skye
- North Lanarkshire
- South Lanarkshire
- Midlothian
- Stirling
- West Dunbartonshire

Topics covered in each group discussion were:

1. If they were at last year's Festival what they thought of it.
2. What activities did they enjoy?
3. What would they keep and what would they change?

The Festival DVD of the 2008 event was shown to remind them about the Festival or to put it in context for them.

The young people shared their ideas and opinions of what they would like to see happen at the Scottish Young Carers Festival and this formed the heart of the Festival programme.

The groups were also asked the following:

- Did you visit the Consultation Zone?
- What could we change about the Consultation Zone this year?
- Did you take part in the Political Speed Dating?
- If yes, did you enjoy it?
- Did you think this was a good way to interact with decision makers?
- What did you think of the answers they gave you?
- If no, was there a specific reason for not joining in Political Speed Dating?
- Do you have any ideas about how decision makers could participate this year?
- Are there decision makers/politicians you would like us to invite to the Festival?

During the visit, the Festival Coordinator and the young people also discussed some of the comments posted in the consultation zone in 2008.

Eight weeks before the Festival, the Coordinator facilitated a planning day with the young carers workers who would be bringing groups to the Festival. This was to help prepare the workers and the young people for the Festival. The planning day was held at The Princess Royal Trust for Carers' offices in Glasgow. The day focused on:

- the Festival programme
- roles and responsibilities at the Festival
- topics to discuss with the young people before attending the Festival
- how to prepare project/young carers/parents and guardians for the Festival.

A copy of the minutes from the planning day was circulated to all Alliance members to inform those workers who weren't able to attend the session.

6. Venue Equipment and Activities, Based on Risk Assessment

In 2008 the steering group adopted the risk assessment framework that had been used by Crossroads at the Isle of Man Young Carers Festival. As this had provided a comprehensive assessment for the 2008 Scottish Young Carers Festival, it was used again.

Based on feedback from the young carers groups who attended the Festival the steering group decided to use the Broomlee Centre in West Linton again for the Festival site. It offers a large enough space for all the Festival activities to take place and gives the young people their freedom. As it is a self contained area, the young carers workers also felt it was a very safe environment for the young people.

Once the Festival dates were confirmed, the Festival Coordinator and Administrative Assistant returned to the site and updated the risk assessment. This was then approved by the Steering Group and distributed to the Scottish Young Carers Services Alliance. (See appendix A.)

The Festival risk assessment was also updated to reflect the current flu pandemic. Advice was sought from the Scottish Government and built into the risk assessment.

The various activity providers had to provide their own risk assessments and copies of Public Liability Insurance. Volunteers from St Andrew's Ambulance were asked to attend the Festival to provide any medical assistance or advice if needed.

7. Publicity/Information Materials

The information pack produced for the 2008 Festival was updated for this year's Festival. It provided information for young carers and young carers workers, telling them about last year's Festival and what to expect at the 2009 event. This was distributed to the steering group and the Alliance. (See appendix B.)

The 2008 comprehensive booking pack was also updated to make it relevant for this year's Festival. (See appendix C.) A booklet '*On Your Arrival*' was produced and sent out to young carers workers before the Festival to give them information and instructions on procedures for arriving at the Festival site. (See appendix D.) A Festival programme was distributed to the groups as they registered at the Festival. (See appendix E.)

Information about the Festival also featured on the national Young Scot website and youngcarers.net. After meeting the online workers from Young Scot, the Festival Coordinator and The Princess Royal Trust for Carers Press and PR Manager developed a Scottish Young Carers Festival Bebo page. The social networking site Bebo is extremely popular among young people today and is often used by national children's organisations to communicate information about the services and support they can offer young people. As well as having appropriate advice about online safety it also gave young people information on the progress of the Festival through weekly blogs.

The Festival Coordinator attended several events to present information about the Festival, its aims and objectives and the consultation feedback from the young carers.

The events included:

- The Association of Directors of Social Work meeting
- Shared Care Scotland National Conference
- West Dunbartonshire Council Getting It Right for Young Carers Conference
- Aberdeen Council *Getting It Right for Young Carers* Conference.

8. Training for Young Carers with Media Education

Following on from the success of the 2008 Media Group, funding for this training was built into the application for 2009 Festival. The training week was delivered by Media Education and was open to all projects in the Scottish Young Carers Services Alliance.

The purpose of the training was to have a group of young people who would be responsible for running all elements of the Festival Radio Station. As well as some respite from their caring situation, the training provided an opportunity to develop skills that can be transferred to further education and employment settings.

Applications for the training courses were sent out through the Alliance email network. (See appendix F.) Nine young people took part in the media training course which was held in July at the Broomlee Centre in West Linton. The Festival Coordinator supervised the participants throughout the week with support from staff from Barnardo's, the Scottish Young Carers Services Alliance/The Princess Royal Trust for Carers and North Lanarkshire Action for Children.

One of the participants from the 2008 Media Group took part in a supervisory/volunteer role at the 2009 media training course. He hopes to pursue a career in youth work and had been volunteering with his local young carers group. This was an opportunity for him to further develop his skills and CV.

The workshops were designed to be fun and provide young people with transferable skills. The workshops focused on developing media and communication skills that could be used at the Festival to run the Festival Radio Station. They were introduced to all the equipment and some of the skills and techniques required to produce high quality radio and video. It also allowed the young people to highlight issues that are important to them. This was achieved through audio, video, drama, role play and creative arts.

The young people were also able to take part in outdoor activities at Broomlee which were not only fun but great team building and confidence building exercises. The group also visited Edinburgh city centre to go to the cinema and for a meal. Whilst in Edinburgh they were invited to Forth One radio station where they were given a tour of the station and met presenter Ian Waugh who they interviewed for the Festival Radio Station.

During the time between the residential and the Festival some of the Media Group interviewed Tam Ballie, the Commissioner for Children and Young People, about how he and his team support young carers. This interview features on the Festival DVD.

Of the nine young people who participated in media training, eight helped run the Festival Radio Station.

Post Festival, members of the Media Group have spoken at national conferences or showcase events and several of the group members are studying media/communication in a further education setting.

Festival Programme and Consultation Mechanisms Used

The Festival programme was shaped through the visits to the young carers' groups. The programme reflects the views and opinions of the young carers and Alliance members – on what they enjoyed about the previous Festival and what they wanted to see included in the 2009 Festival. The programme offered young carers the opportunity to try fun and new activities while meeting other young carers from across the country. The programme also allowed the young carers to highlight the issues that are important to them and engage with key decision makers raising awareness and gaining national recognition for Scottish young carers.

The Festival programme included opportunities for young carers to display some of the work and skills they have gained through their young carers' groups. A group from Glasgow North had been working with the British Red Cross to become fully trained First Aiders. The young people then trained up a further group of young people. They attended the Wicker Man Festival as First Aiders and the Body Works Conference in London. This group asked if they could run First Aid demonstrations at the Festival. They developed their own programme which included First Aid demonstrations and quizzes. The group held four sessions throughout the Festival allowing them to demonstrate their skills through peer education.

BBC Scotland provided a very comprehensive and full programme at the Festival. (See appendix G.) One of the activities offered six young carers the opportunity to work with producers from Fred MacAulay's Radio Scotland show to produce a feature about the Festival that was broadcast out on the Monday after the Festival. The young carers also featured on the show on the Friday before the Festival. MacAulay & Co has listenership of about 250,000 – raising awareness of young carers and the Festival to a whole new audience. Young carers were also offered opportunities to take part in such activities as video production, animation workshops, radio drama and script writing with the script writers from the BBC drama River City.

Staff from the coffee house chain Beanscence volunteered at the Festival and also provided several activities for young carers at the Festival. These included running a tennis competition on the Nintendo Wii and providing cupcake decorating workshops through their partners Fifi and Ally.

Several consultation methods were used. In 2008 there was a dedicated area for consultation referred to as the Consultation Zone. This area was open throughout the Festival and allowed young people to come in and leave messages and opinions regarding services and support for young carers. This had been such a successful way of obtaining information from young carers that it was decided to

use this method again. The area was renamed the 'YC Zone' and the views and opinions raised by the young carers are discussed in section 10.

The young carers who undertook the media training to run the Festival Radio Station worked as roving reporters at the Festival and recorded audio messages from around the Festival site.

A structured consultation session was held using graphic facilitators on the Saturday at the Festival. This allowed a group of young carers to discuss the issues they face as young carers, what support they would like and for this to be captured in a large graphic record. More details of this are in section 10. The young carers then presented this to the group of invited guests on the Sunday. The guests participated in this session by saying what work actions they would follow up post Festival. This was also recorded in the graphic.

Further consultation took place through a series of short video sessions. These sessions allowed young carers to have their say about services in their area and what they would like decision makers to do to improve things for young carers.

The young carers were asked to think about:

- What help or support is available for young carers in your area?
- How could young carers be supported better?
- What would you say to someone who has the power to change things such as a politician?

These views and opinions have been captured and featured on the 2009 Festival DVD.

The Scottish Youth Parliament (SYP) ran workshop sessions on the Saturday. The workshops focused on giving information about what the SYP is and what it does. The MSYPs talked with the young people about how they can express their opinions and influence change – whilst providing the young carers with practical ideas on how they could raise issues or concerns with individuals and organisations who make decisions. The sessions also allowed the SYP to find out about the issues that are important to young carers and how the SYP can support Scottish young carers.

In 2008, the young carers were able to participate in a political speed dating session with the invited guests who attended the Festival. When the Festival Coordinator visited young carers' groups in the development stages of the 2009 Festival the young carers said that, while it was a fun and informal way to engage with the decision makers, they wanted to have a more formal engagement for the 2009 Festival. A Question Time type panel was suggested as they felt that way everyone could hear what was being discussed and no one could avoid the questions being asked or try and distract them from asking questions. The Question Time debate was held in the main marquee at the end of the guests' programme and was chaired by the Chairperson from the SYP.

The views of the young carers and young carer workers were captured in an evaluation questionnaire at the end of the Festival. (See appendix H) The results of this questionnaire are discussed in section 10.

9. Attendees

There are 48 young carers' services within the Scottish Young Carers Services Alliance and 36 of these groups took part in the Festival. The groups are as follows:

- Angus
- Borders
- Dumfries and Galloway
- East Dunbartonshire
- Dundee
- Edinburgh
- Edinburgh – Broomhouse Young Carers
- Edinburgh North West
- Falkirk and Clackmannanshire
- Fife
- Glasgow West
- Glasgow North West
- Glasgow East End
- Glasgow South East
- Glasgow North East
- Glasgow – Pollok
- Glasgow South West
- Glasgow North
- Highlands-Sutherland – Tykes
- Highland – Connecting Carers
- Inverclyde
- Highland – Skye
- North Lanarkshire
- South Lanarkshire
- East Lothian
- Midlothian
- West Lothian
- Moray
- North Argyll
- Orkney
- Perth and Kinross
- Renfrewshire
- East Renfrewshire
- Stirling
- West Dunbartonshire
- Y Sort It – West Dunbartonshire

Several groups had to pull out of attending the Festival at the last minute because of issues with funding and staff shortages. The groups who planned to attend the Festival but couldn't were:

- Aberdeen City
- Aberdeen – North
- Aberdeen – South
- Gordon Rural Action – Huntly
- Gordon Rural Action – Inverurie
- North Ayrshire
- South Ayrshire

Several different organisations attended the Festival on the Saturday to provide information on the support and resources they can provide to young carers. The organisations in attendance included:

- Caledonian Youth
- Careers Scotland
- The Prince's Scottish Youth Business Trust
- The Samaritans
- Scottish Youth Parliament
- Young Scot

The MS Society, Enquire and the Scotland's Commissioner for Children and Young People office were unable to attend the Festival but sent information to be disseminated to the young people at the Festival. Tam Ballie, Scotland's Commissioner for Children and Young People, was also interviewed by a member of the Media Team about how he and his team can support young carers and this interview features on the Festival DVD.

The decision makers were invited to attend the Festival on Sunday 30 August between 11am and 1pm and 16 invited guest attended. The guests who attended were:

- Shona Robison MSP – Minister for Public Health and Sport
- Adam Ingram MSP – Minister for Children and Early Years
- Robin Harper MSP – Lothians, Scottish Green Party
- Jeremy Purvis MSP – Tweeddale, Ettrick and Lauderdale, Liberal Democrats
- Margaret Anderson – Acting Director of Social Work Services, Falkirk Council,
- Stephen Bermingham – Public Involvement and Communications Manager, NHS Borders
- David Brands – Manager of Locality Service, Borders Council
- Gary Coutts – Chair of NHS Highland

- Martin Egan – Service Manager Children and Family Support, North Lanarkshire
- Jeff Hamilton – Councillor, Moray, Independent
- Sally Lee – Associate Director, NHS Lothian
- Joan Lyle – Service Manager Child Care Services, Alloa
- Professor Jim McGoldrick – Chairman of Fife NHS Board
- Mary Wilson – Chair of NHS Borders Board
- John Walker – Depute Director of Housing and Community Care, Perth and Kinross
- Gavin Whitefield – Chief Executive of North Lanarkshire Council
- Harry Stevenson – Executive Director of Social Work Resources, South Lanarkshire
- Alice Squire – Strategic Development Officer, Aberdeenshire Council

The Festival would not have been able to run without the hard work and efforts of the 17 Festival volunteers who donated in kind their time. The volunteers came from a number of organisations including The Princess Royal Trust for Carers, Shared Care Scotland, the Scottish Government and the Beanscene coffee house.

10. Consultation Feedback

This section is about how the outcomes of the Festival were met and the issues raised by young carers at the Festival.

Outcome 1 – Young Carers Would Have A Break From Their Caring Responsibilities

The Festival allowed young carers respite from their caring responsibilities and time to try new and fun activities or simply to chill out and relax. When we asked the young people what their favourite part of the Festival was, many of them told us it was this opportunity to have a break.

“Away from my job as a young carer away from all the hard work!”

“The fact that I get away from home for a while.”

“Gives us a break.”

We asked what they would change about the Festival. As was the case last year, the majority of the requests were for the Festival to be run over a longer period of time.

“I didn’t want to go home so could it last maybe a day longer.”

“Make it for a whole weekend.”

“Make it a day longer.”

Outcome 2 – Young Carers Would Have Fun And They Would Meet Other Young Carers From All Over Scotland

The 2008 Festival programme ran on a drop-in basis, allowing young carers to try as many or as few activities as they liked. As this worked so well last year, the programme was run in the same manner this year unless the activity required people to sign up. The Festival programme reflected the ideas from young carers gathered from last year's evaluation and visits by the Festival Coordinator to young carers' services. The young people told us again this year that one of their favourite elements of the Festival was taking part in the activities and having fun.

“All the fun of the activities.”

“Face painting, food, the staff, bouncy stuff, eh... everything!”

“Everything at the festival is fun.”

“Lots. I'm having fun!”

Another huge part of the young people's enjoyment of the Festival is meeting other young carers from all across the country and getting to know the other young people in their group better. They have told us that knowing everyone at the event is a young carer too is a huge relief for them, as they don't need to explain their circumstances – but if they did, they are with young people who would be in a similar situation. Seeing the large numbers of young people there and knowing that they are all young carers allows them to see they are not the only young person in that situation.

“Meeting people like me.”

“To have a challenge and realise there is people that are in the same situation as you.”

“Everyone here has to go through the same thing and we're all in the same position.”

“Not being judged.”

“Getting to know my yc group better.”

“To know you're not alone.”

Outcome 3 – Young Carers Would Be Able To Highlight Some Of The Key Issues That Concern Them

At the Festival there was a specific area called the 'YC Zone' where the young people could visit and leave messages and opinions under various headings/questions. Some of the comments left by the young people are included in this section of the report.

Overwhelmingly the mass majority of the feedback from the YC Zone was about teachers and schools.

3.1 When we asked, "What does your school do to support young carers?"

86% of those who responded told us that their school did "nothing".

"Nothing if you need help, you find teachers and they still do NOTHING."

"Nothing, teachers just think it's an excuse and they hardly listen to what we have to say."

"Nothing at all."

"Nothing."

"Sweet f.a! Made a decision today to change that!"

"Nowt."

14% of those who responded gave examples of support their school provided. The examples given included young carers and their issues being discussed in PSE classes or being able to go and talk to staff in Pupil Support Base.

"Pupil Support Base or they are willing to listen when we need someone."

"Talks to staff at our group lots."

"PSE Class Drop In."

"In my school they did understand my situation because I talked to my guidance teacher. After that they helped me and my bros to get transport to go and see my mum in the hospital. My registration teacher was the best."

We asked the young people what schools and teachers could do to support them as a young carer.

As was raised at last year's Festival, they want teachers and schools to **KNOW** and **UNDERSTAND** what a young carer is.

“Teachers could be more understanding towards our needs.”

“Try to understand your responsibility.”

“Learn more about YC.”

“Take time to think about what we do at home and ask us if we’re ok sometimes.”

“Try knowing what a YC is!”

Another prominent element that young carers would like help and support with at school is being able to complete their homework/study. When they go home many of these young people are caring for a family member until bed time, leaving them with little or no time to complete their homework. A lack of understanding of young carers within schools often leads to them getting into trouble.

“Understand when you can’t get homework in on time because of what’s going on at home.”

“Be more understanding when homework is late or can’t do out of school things.”

“Why are there no alternative study periods/regimes for young carers?”

“More time to study for exams because we might be full time carers.”

“Understand that home life has a big impact on our education.”

Some of the young people told us that when they did try and explain to their teachers why they were struggling to complete their homework and asked for extra time and or support, they were told, **“It’s not one rule for you and one rule for another”**.

It is clear that the young people want support with their homework and studying as they do not want their education to suffer.

“If schools are aware we are young carers then why did my education still suffer?”

They would also like to see young carers and the issues they face discussed in PSE classes. This would increase awareness among pupils and teachers. It may also lead to other young people identifying themselves as young carers.

“Make other pupils understand and talk about it in PSE.”

“Try to explain to class about carers.”

“Talk about it in SE or PSE.”

“PSE Classroom.”

“Help class know what young carers are – some of them might be young carers too.”

When asked, **“Some young carers workers have given training to teachers to support young carers in schools. What do you think about this?”**

100% of those who responded felt that this was a good idea.

“A good idea that should be done in every school!”

“Good idea which will help a lot.”

“It’s about time, people need to be aware of young carers!”

“Teachers should get a lot of training so they know what you’re going through.”

“Brilliant! Keep going till it makes sense!”

“Good, keep going.”

It was also suggested that teachers could have awareness of young carers’ issues embedded into their teacher training course. **“They receive training about smart boards why not young carers?”** It has also been suggested that this should apply to all professionals such as social workers and GPs/health visitors.

The young people also told us that they often worry about attending school as when they are not at home, they worry about something happening to the person they look after.

“If I am not at home, I worry about what my mum might do.”

Being able to keep their mobile phone switched on or having access to a telephone within the school may help to allay some of these fears.

Some of the young people also told us that if they didn’t attend school because of their caring responsibilities or if they were late for school they did not receive their Educational Maintenance Allowance.

“Don’t stop EMA for YCs who are late or absent due to caring for a family member, give us more chances from encouraging us to stay on at school.”

“Don’t stop EMA for young carers who are late.”

3.2 This year we asked, “What does your GP/health worker do to support you and your family?”

89% of those who responded told us, “nothing”.

“Nothing.”

“Sweet nothing.”

“Does nothing.”

“Ppfft, my GP is useless!”

Some 11% gave examples of support. The examples included providing medical support to family member and understanding how hard it can be.

“Helps my mum get injections.”

“She understands how hard it can be.”

We asked the young people how GPs/health visitors could make life easier for them as young carers. They want GPs to not only LISTEN to what they have to say, but to talk to them and explain what is wrong with the person they care for – not doing so can cause more fear and anxiety for the young person. They can feel too intimidated to bring it up as they often feel ignored by their GP/health worker. They would like to see their caring role acknowledged by the GP/health worker.

“Understand us and help and listen please.”

“Listen!”

“More help, visit, more.”

“Explain things properly to us.”

Some of the young people told us that they feel quite frustrated when they do try and talk to their GP/health worker about the person they are caring for illness and any worries they may have – only to be dismissed and told it is “just a symptom” of the illness. For the young person who is living with that situation every day they know that it is out of character and feel patronised and frustrated that their concerns are not being taken on board.

“GPs should give information to young people about the illness involved in a mature manner – NOT TREATED AS CHILDREN!”

“My doctor doesn’t listen when I try to talk to him about my mum, says it just cause of her illness when I know it’s not just cause of that.”

“Talk to me too.”

Some young people told us that it was actually their young carers workers that provided more reassurance and information on the condition than their GP. Sometimes when their GPs do talk to the young people they feel “talked down to”, **“even when I am 16, still talked to like I am three years old”**.

They also thought that young carers should get priority for doctor’s appointments and that doctors should have on their notes that they are a young carer. Other suggestions included that doctors should be asking their patient if there are any children/young people in the home and keep information leaflets about young carers groups in their surgeries. They also felt this should apply in hospitals.

For a lot of this to happen, it will again need to centre around raising awareness and understanding of young carers.

A group of young carers in Orkney told us how they delivered training to a group of health visitors and how that improved their awareness and understanding. They felt that this had had a very positive impact on these relationships with these professionals.

Another area where the young carers would like to see more development and support is mental health awareness and training.

“We need more awareness/less stigma about mental health.”

“There should be more awareness about mental illness.”

“There needs to be more training about mental health.”

“Help us know what to do when we are looking after someone who has mental health issue.”

3.3 We asked the young people at the Festival, “What do your social workers do to support you and your family?”

The majority of responses told us that their social workers did nothing.

“Nothing.”

“If you could tell your social worker to do two things that would make life easier for you as a young carer what would they be?” The majority of responses asked that the social worker listen to what they have to say and try and understand what they are going through. They also want to see social workers supporting the whole family.

“Listen and understand more often.”

“Make life a lot easier and understand.”

“Be more understanding and do more to support the family.”

The young people have said that they think young carers should be included in social workers’ training and they should have to complete placements working with young carers’ groups to give them a better understanding of young carers and their needs.

We asked, **“Have you ever had a young carer’s assessment – what happened after the assessment?”**

81% said they had not had an assessment, but those that had said, **“a lot happened”**.

As was the case last year, there seems to be a lot of negativity around social work as there is a fear that social workers will take them away from their family. They are less keen to talk to social workers as they think that if they tell them what is going on then they may be taken away from their family.

The main message that seems to come out of the social work section of the Festival is that when social workers are working with someone then they need to look at the whole family.

“They helped me and my brothers, but not my mum. Which means if you don’t help her... you aren’t helping me at all.”

“If my parents can’t cope – how can I with my siblings?”

3.4 We asked the young people at the Festival, “What it is difficult about being a young carer?”

The responses from the young people highlighted the huge stress they deal with on a daily basis – the responsibility that they take on and trying to juggle that with school and studying. They also feel that there is a lack of understanding and awareness from those that should be providing them with support and services whether that is school, social workers or GPs. There is also the sense that they are missing out on spending time with friends and having a normal childhood.

“Everything.”

“Having to do almost everything in the house and not having much spare time for myself and to see my mates.”

“When teachers/social workers don’t know what it’s like to be a young carer.”

“Dealing with difficult situations when an emergency occurs.”

“Everything. Responsibility. Having not many friends.”

“The responsibility of working hard for exams then looking after someone when you go home.”

“Lack of support.”

“Taking responsibility for my mum and her illness.”

“Not getting to go out with friends and work!”

We also asked the young people, “What do you enjoy about being a young carer?”

The young carers told us that they liked feeling they were playing a part in supporting their family member.

“Spending time with my mum. We are a lot closer because of my caring role!”

“Just knowing I am doing a part to look after my brother.”

“Knowing I’m needed and he’s always going to, to a point.”

“Getting satisfaction seeing I’ve made someone happy.”

“I like making someone happy because I feel the like I made their day!”

When we asked the young people to give us an example of people being disrespectful to them or towards their family, 100% of those that responded gave an example of being bullied due to their caring role.

“People laugh at my little brother.”

“Name calling.”

“Calling me disabled and bullying me!”

“When people slag the person I look after.”

“Spitting, calling my brother a mongo or a spastic.”

“Other kids bullying.”

3.5 We asked them, “Last year you told us that it was your young carers’ service that offered you the most support. What kind of things does your group/worker do that support/help you and your family?”

It is very clear from the feedback at the Festival that young carers’ services offer an essential lifeline to these young people.

They told us that their group not only offers them a place to go and get a break, but their workers offer them support and advice with regards to their caring role that they would be unlikely to get elsewhere.

“They help us a lot with family problems.”

“Offers advice and support. They are amazing, help people with family and others.”

“My young carers group has the best leaders. They help in every aspect of life. And the best young carers too. I love my group.”

“The young carers’ workers offer support and opportunity to discuss the issues we face on a daily basis.”

“Always have that shoulder to cry on. First person I would talk to about ANYTHING. They are AWESOME.”

“Lets you talk to someone whenever you want.”

“They are there for us and help and guide us to a successful future.”

We asked the young people, “What makes your young carer group different from other youth groups?”

They told us it was because it is a dedicated service – it promotes the awareness and understanding that the young people want and need.

“Lets me talk and relieve stress. Get out the house.”

“They understand.”

“Its better coz they understand.”

“They understand more than other groups.”

“Lets me talk and relieve stress. Get out of the house.”

“They know what it is about.”

It also allows them to gain confidence and create a peer support group who understand their situation – something the majority of them tell us they are unlikely to experience at school.

“They understand me and the others in the group understand me too.”

“People are going through the same situation as me.”

“They all care for someone and know what you are going through.”

“You’re with people that understand you.”

“You know you have something in common with them.”

“Close friends and confidence.”

“Close pals. More confidence.”

We asked the young people, “Some young carers’ services can only offer you support for a certain amount of time, for example nine months. What do you think about this?”

The young people who responded felt that long term support was needed as their caring role would be unlikely to stop after nine months.

“Some people need quite a lot of support so it might take longer than nine months.”

“This would be very hard for people who like me whose parent has an ongoing illness which needs help.”

“Doesn’t help as a crisis could happen when we need YC’s most we can’t go back!”

“I love young carers, getting a break, seeing friends we don’t see as much. I look forward to Young Carers EVERY WEEK!”

We also asked: “If young carers’ services could only support you if you only cared for a parent, what would you think about this? How would this affect you?”

Again, this met with an overwhelmingly negative response. The young people felt that the burden on them was the same no matter who they were caring for and people should not be excluded from support on these grounds.

“If my mum can’t cope and needs help, what chance have I got?”

“Not fair as no matter what I’m still a carer.”

“Leaving others out, looking after someone is hard no matter who it is.”

“It would be rubbish – I care for my brother and need YC.”

We asked the young people: “Is there any training you think your young carers workers should be able to have to help them support you and your family?”

The main response was mental health training and awareness raising.

“Much more mental health tutoring.”

“Information and help understanding different health issues.”

“Help us understand about mental health.”

3.6 Question: “What can the Scottish Government do to support young carers?”

There were four main responses to this question. Funding for their young carers’ group, more support for young carers, awareness raising and listening to what the young carers have to say. The first was to fund their young carers’ group:

“Funding.”

“Fund my group – don’t make it so hard to do so.”

“More funding.”

“Funding for my group.”

“Give us more staff.”

More support for young carers in Scotland:

“More support.”

“Lots more support!”

“Help us and help us look after our family.”

“Support.”

“Just to improve facilities.”

In particular, improve support for young carers aged 18-25:

“Recognise that we need help till 25.”

“Make a bigger group for 18-25, no resources.”

“Older group.”

“Older group for 16- 21 year olds.”

The Government should be raising more awareness of young carers, particularly with regards to schools:

“Let teachers understand.”

“Make teachers understand.”

“Make more people aware of young carers so they know who we are.”

“Publicise young carers.”

“Help us make people aware of young carers.”

Listen to what the young carers have to say:

“Why do we always have to shout to be heard because quite frankly our throats are sore.”

“Let us have more of a voice.”

“Listen to us.”

Young Carers Workers

The young carers' leaders who attended the Festival were also given the opportunity to have their say. The following comments were posted:

- Give me the money to do my job properly! Fund us.
- Schools to recognise their role. Funding.
- I want tae come back!
- More funding for yc
- Why don't the schools listen! Even after training the teachers about recognising yc's. They still don't pick up on it!!
- More recognition for yc, respite needed and deserved!!!
- More places for next year. I want to come back.
- Short term funding does not help work that is long term.
- YC love festival can't wait to come back next year – we can't assure this as there may not even be a project or staff to take them.
- More recognition!
- Young carers are very important people. We need multi agencies to help and recognise them to work in partnership to support the full family!
- Long term work, short term funding! Doesn't work.
- Please stop looking for cheap short term solutions!!
- More funding I love YC!
- Recognition of the work they do.
- When I ask SW for a YC assessment they don't know what it is!
- More funding for YC. They need it and they're amazing!
- More funding!
- Local authorities you have a duty to young carers.

- Young carers are not being heard about what they need more of, like time away from home, money what they are to get and more help in all matters.
- All agencies NEED to work together for young carers.
- Support your workers
- More money funds
- More family work to support a real long term change for young carers.
- Constant uncertainty in funding stops projects to plan ahead.
- Funding steams tokenistic – no long term funding, projects exist to tick a box rather than support y/c continually.
- More funding for the longterm YC projects are very valuable & offer very specific support.
- Our YCs are fantastic & should be supported in every way possible. They are very giving individuals saving the government lots of money through unpaid caring and should be looked after in return!!!
- Our young carers group are fantastic! Give them more recognition! Also respite needed & deserved!
- More awareness. No short term projects/funding. This is ongoing situation.
- Young carer workers working within statutory teams (health, education, social work).
- Pay peanuts. Get monkeys.
- More school support and understanding.
- More awareness in schools.
- More school support & understanding.
- Schools do not recognise y/c & do not take y/c projects seriously.
- Schools need to know about young carers so they can refer students.
- All agencies need to work together. Communicate! Don't be precious!

- Schools you really do have young carers in your classes!
- Every young carer is an individual. We need schools, social work and health to each take responsibility to support every young carer dependent on their needs & wishes.
- Secure funding for YC projects to be able to plan services knowing they can be delivered.
- A lot more support and funding.
- Joined up approach by projects to help YC Alliance address at a national level.
- Funding must be long term as we are always going to have young carers.
- More understanding. Higher tier of management.
- GP awareness – ask if patients have yp & children at home. It's not rocket science.
- No short term funding please!! Long term or mainstream support.
- We need funded.
- Don't make our job more difficult.
- More money/funds!
- Value support to young carers by projects.
- Core funding.
- Government needs to take pressure off these young people.
- More qualified emotional support for carers & worker.

Graphic Facilitation Workshop

During the Festival a workshop was held using graphic facilitators. This allowed the young people to talk about the issues they face and the different types of support they need. This was recorded in a colourful graphic that was displayed in the YC Zone at the Festival. On the Sunday, young people presented the graphic to the invited guests. The guests then gave their response/feedback to the graphic and what they would commit to/follow up actions. This was also captured in the graphic – which is recorded below.

PRACTICAL HELP

1. We need more awareness/less stigma about mental health.
2. GPs talking to children about the illness... treating them with respect. (even when I'm 16, still talked to like I'm 3 years old.)
3. Someone to come in and help clean – a friendly person who's good with people.
4. Doctors having on the notes you are a young carer...really helps.

HELP/SUPPORT TO BE INCLUDED

1. When I told some of my friends I was a young carer...they abandoned me... but my REAL friends came back and asked questions.
2. Time set aside to go out and meet people, have a laugh.
3. I always find myself thinking in an older way. I need help not to be responsible all the time.

EMOTIONAL SUPPORT

1. My young carer worker was better at talking to me than my GP about my mum's condition.
2. Going to the YCP to talk – just being able to TALK! Be me...
3. Having someone take an interest in you. Look after you for a change.
4. Great to get the chance to talk about yourself.
5. I'd never spoken to anyone before the YCP.
6. Building up trust with YCP is really important.

7. Would be good to have more time to talk to someone, arrange to see them on their own, not always in a big group.
8. Respite weekends, great to get away and behave your age.

SUPPORT TO LEARN

1. Teacher asking if you are a young carer, many of them don't even ask so you end up being punished rather than understood.
2. Having one person you can trust in the school.
3. My school has created a young carer's policy because of what they learned from me. Other schools should do this.
4. We have hut and after school peace and quiet to get on with my homework...it's good.
5. There's nowhere to get peace and quiet to go...we need somewhere.

WE THOUGHT YOU SHOULD HEAR.

Some Stories from Home.....

1. Seeing you have more responsibility not doing what other people your age are doing...
2. I'm in primary school, but I have to do all the house work – everyday – I hate doing the dishes.
3. Me and my sister cooking, brother cleaning at the end of the day being to tired to sleep after my mum left.
4. I have all these jobs to do everyday.
5. Life is all about changes – but my mum has bi-polar she may be low in the morning and bouncing off the walls at tea time – we have to control her behaviour – my mum loses all sight of reality... Doing my homework then mum wants me to go shopping... I've swapped roles I'm being mum. I always have to be the same – I can't show how I am...
6. My step dad get's in bad moods very quickly he's in a lot of pain... He get's on to me... Sweep up, clean up... Do my room, shouting at me.

7. I don't go out to parties... I relate to people older than me...
8. I try to get out as much as I can but then you feel guilty.
9. Some teachers treat you like you are disabled!
10. I have all these jobs to do, everyday.
11. I'm pretty affected by caring for my mum for a long time...
12. Living with lot's of arguments. I have to settle all the arguments.
13. Being the peacemaker... people in my family talk through me... I have to settle all the fights.
14. My mum gets more upset than a normal person – I have to calm her down... I have to explain things to her... no-one gives me much help... I feel like I'm left on my own perfectly happy at breakfast then snapping your head off.
15. Behaving twice your age most of the time – at young carers you get to be your age.
16. You can't talk to gran/ family because they feel bad.

YOUNG CARERS ARE

1. Open about our feelings
2. Courageous
3. Willing to take a risk
4. Good at picking up on someone's feelings, pick up on atmosphere.
5. Inspirational – makes you think.
6. Brave to say their stories.
7. Mature beyond their years.
8. Have an insight into other people's reactions.
9. More clever.

10. Deserve a lot of respect.

WHAT I'D DO IF I HAD MORE SUPPORT

1. Talk to/teach doctors about mental health, help them be better doctors.
2. I'd be more confident to talk to people.
3. Go out more, go and see my friends...without being/feeling guilty.
4. I could act my age more.

FEEDBACK FROM INVITED GUESTS

- Young carers do need help – we should be doing more.
- We should be talking about entitlements – help with homecare as a right.
- Trying to bring more coherence to services – GETTING IT RIGHT FOR EVERY CHILD. Highland acting as a pathfinder. Don't lead the child to the services – lead the services to the child.
- Commitment to go back to clinical board to get notes on file.
- Good practice within 32 local authorities need to share at practitioners' level.
- COSLA – get group of young carers to make presentation.
- All we've said will be reported back to steering group.
- Focus on improvement service – work at practitioners.
- Group of young carers to meet with heads of councils – we would need a group of YCs to commit to this.
- Carers strategy – involving ycs. Above inputs should be included.
- All local authorities should be assessing their services how... HMIE – how good are our services and how could can they be? Get young carers to write to councils to ask.
- Assessments for look after children – we get caught up in adult services, overlook children.

- Speak to GP's about collecting data on ycs – and Directors of Education.
- You need to get to GPs, councillors – this format works well, very powerful.
- Live presentation to Institute of Teachers Union – Robin will do this.

Outcome 4 – Young Carers Would Be Given A Greater Influence And Shape The Future Development Of A National Young Carers’ Forum In Scotland

At the inaugural Young Carers Festival the young carers were asked to consider a format for a national young carers forum to run. In the YC Zone we asked the young carers to review what they said last year. Did they still agree with this or would they add or change anything?

In 2008, they told us that they wanted young people from within their local area to meet regularly to discuss issues and for an annual Young Carers Festival for consultation, discussion, action and celebration. We asked the young carers to review this. All of those who responded told us they wanted to keep the festival as a forum.

“Keep the Festival. Best way.”

“Keep the Festival. Very good!”

“Keep it a Festival.”

Last year, the young people thought that a forum should achieve: more funding for young carers, raise awareness of young carers and their issues – particularly with schools. They wanted to ensure every young carer in Scotland received the support they needed and got regular respite from their caring responsibilities. This year, the young carers reiterated the need for funding for young carers and the continuation of the Festival.

“More funding.”

“Even more funding.”

“The Festival to stay.”

“Keep the Festival for younger generations.”

An addition to this section this year was support for young carers aged 18-25. Many of the young carers’ groups can not work with young people beyond the age of 18 due to funding restrictions – meaning that the only support available to them is adult services, which they would not be comfortable attending and may not be appropriate for their needs.

“Support for 18+ group.”

“Groups end at 21 not 18.”

“Transition group for young to adult services.”
“18-25 group.”

For a forum to achieve these aims, it would need funding, time and support and people willing to work on it. They also thought the forum would need participation, commitment, ideas and research on young carers. When we asked the young people to review this, 80% of the responses thought that older young carers, i.e. the 18-25 group, would be needed.

“Older groups to 21.”

“Older groups 16 to 21.”

“Older groups 18-25.”

Organisations that would need to support a forum included the Scottish Government, local councils, teachers, social workers and young carers' workers. This year, they thought the forum should also be supported by the NHS and the general public.

“The NHS.”

“NHS.”

“General public.”

“General members of the public.”

On the Sunday, 16 invited guests attended the Festival. This group included Shona Robison, the Minister for Public Health and Sport, Adam Ingram, the Minister for Children and Early Years, MSPs, local councillors, representatives for NHS health boards and heads of social work. The guests were taken on a tour of the Festival site, visited the YC Zone, listened to a presentation of the graphic facilitation session and finally took part in a question time debate.

The idea for/format for the Question Time debate session arose out of the requests of young carers during the Festival Coordinator's visits to the young carers' groups. They wanted a more formal form of engagement and suggested the Question Time session so that everyone could hear what was being discussed and no-one would be able to avoid the question. The chair of the Scottish Youth Parliament chaired the session and fielded the questions from the young carers.

Before the debate the guests also had the opportunity to listen to a presentation from the graphic facilitation workshop from the young carers who had taken part.

They then contributed to the graphic, but stating what their action points would be to take away from the Festival and follow up on behalf of the young carers.

Having this direct face to face engagement with decision makers who decide and make policies that have a direct impact on them was a very positive and empowering experience for the young people involved.

“Seeing decision makers listen actively to young carers & doing something with it.”

“To make politicians realise more needs to be done to help us. (Was my favourite part of the festival.)”

“So that young carers in the future can have a better life.”

Outcome 5 – Publicity And Awareness Of Needs Of Young Carers Would Lead To More Young Carers Identifying Themselves As Young Carers

MacAulay and Co, Radio Scotland, 28 and 31 August – coverage of Young Carers Festival

<http://news.scotsman.com/health/Sanjeev-is-game-to-help.5584229.jp> – coverage of the Young Carers Festival

<http://www.scotlibdems.org.uk/news/2009/08/young-carers-festival-set-success> - coverage of the Young Carers Festival

[http://www.allmediascotland.com/allnewswire/5396/Sanjeev Kohli and the Red Hot Chilli Pipers Head for Young Carers Festival](http://www.allmediascotland.com/allnewswire/5396/Sanjeev_Kohli_and_the_Red_Hot_Chilli_Pipers_Head_for_Young_Carers_Festival) – coverage of the Young Carers Festival

August – The Princess Royal Trust for Carers website
<http://www.carers.org/press/red-hot-support-for-young-carers-festival.4978,NW.html> - coverage of the Festival

August – allmediascotland website, coverage of the Festival

28 August – Radio Borders/Your Radio, coverage of the Young Carers Festival

30 August – Sunday Post, coverage of Festival and £200,000 award

31 August – Dundee Courier, coverage of Festival and £200,000 award

3 September – The Scotsman, coverage of Festival and £200,000 award

4 September – D&G Standard, coverage of Festival and £200,000 award

December – Source magazine, coverage of Festival

December – Resource magazine, coverage of Festival and young carers' issues for teachers.

Evaluation Feedback

The young carers were asked to evaluate the Festival.

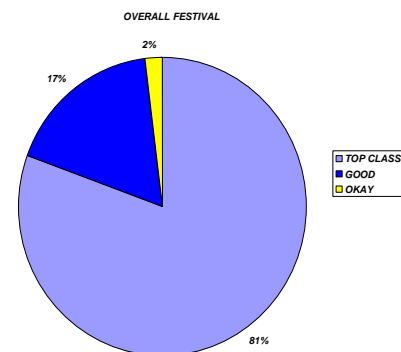
The young carers were asked what consultation activities they took part in. The most popular form of consultation was the **YC Zone** with **44%** of young carers who responded taking part in **two** or more consultation activities.

The young carers were asked why the Festival was important to them. They were able to circle as many answers as they liked. **80%** of young carers thought the Festival was important for **two** or more reasons. The results were as follows:

- 28%** getting to meet other young carers
- 26%** get a break from caring
- 24%** get to try new activities
- 22%** get to speak to politicians & other people who can make things better for young carers and get to voice my opinions about young carers.

The young carers were asked to rate the Festival, the results were as follows:

Top class = 81%
Good = 17%
Okay = 2%



Would you like to attend the 2010 Young Carers Festival?

100% said YES

The young carers' leaders were also asked to evaluate the Festival.

Do you think the young people had the opportunity at the Festival to have a voice and share their thoughts about being a young carer?

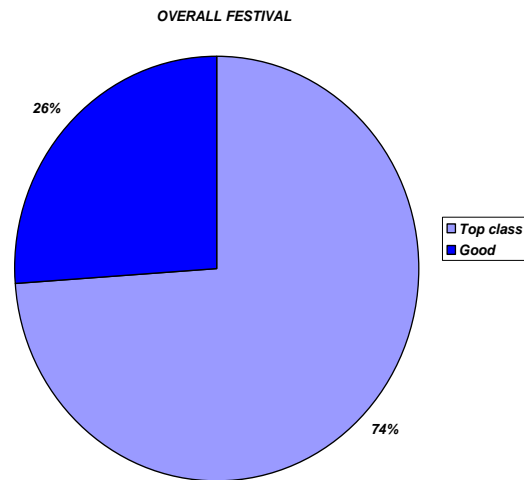
98% said YES **2% said NO**

Was there enough for the young carers to do?

95% said YES **5% said NO**

When the young carers' leaders were asked to rate the Festival, the results were as follows:

Top Class = 74%
Good = 26%



Would you bring your group to the 2010 Young Carers Festival?

100% said YES

11. Acknowledgement and thanks

Thanks to the following organisations for their support, resources and help for the 2009 Scottish Young Carers Festival:

- The Scottish Government
- The Princess Royal Trust for Carers
- Scottish Young Carers Services Alliance
- Shared Care Scotland
- Action for Children
- Barnardo's
- Children 1st
- Carers Scotland
- All the Festival volunteers
- All the staff at the Broomlee Centre
- BBC Scotland for providing full activity programme and in particular: BBC River City production staff, BBC Radio Scotland and BBC The Lab
- Sanjeev Kohli for hosting The Festival's Got Talent
- Beanscene for providing volunteers and activities
- Fifi and Ally for providing cupcake decorating workshop and cupcakes for invited guests
- Heather Anderson and Pete Ritchie for providing Graphic Facilitation Workshop for £150. Normal rate £750
- Scottish Water for donating 500 2 litre bottles of water
- Dancebase for providing Street dance and Bollywood workshops for free
- Original Smoothies Glasgow for providing for smoothies at discounted rate and for a £70 donation to Scottish young carers

- Burgerseed Parties for providing Human Table Football, Giant Inflatable Twister, Giant Jenga and Giant Connect 4 for free at a value of £934
- RB Farquhar for providing toilet hire at a discounted rate
- Marie MacFarlane and Marc Dickson from the Scottish Youth Parliament for running workshops.
- David Leitch from the Scottish Youth Parliament for chairing the Question Time Debate
- St Andrew's Ambulance for providing first aid at the Festival site
- Ian Waugh from Forth Radio for the visit during the Media Training week
- Tam Ballie, Scotland's Commissioner for Children and Young People, for his interview for Festival DVD
- Caledonian Youth
- Careers Scotland
- The Prince's Scottish Youth Business Trust
- The Samaritans
- Scottish Youth Parliament
- Young Scot.