

## APPENDIX IV

There were group work sessions at four schools: Pilmuir Primary; St Peter's Primary; Elgin High School and Buckie High School.

Question 1 focused on what is a young carer (YC). There were two aspects: -		
(a) What would help you know that you are a young carer? (b) What would help someone else know that you are a young carer?		
What would help you know that you are a young carer?	What would help someone else know that you are a young carer?	
<p><b>High school group replies</b></p> <p>An adult told me I was a YC.</p> <p>I had a Social Worker (SW) and Children 1<sup>st</sup> in my life and they helped me to identify that I was a YC.</p> <p>Quarriers worker helped me identify that I was a YC. (I may have had other adults/ professionals in my life that knew it too).</p> <p>I realised I was doing things in life that were different from my friends.</p> <p>I talked to a teacher who put me in touch with Quarriers support.</p> <p>Looks after someone at home/ with needs and helps others with disabilities / illness.</p> <p>Teachers spotted that there were things that weren't right.</p> <p>Discussed in PSE about being a YC.</p> <p>Having a discussion.</p> <p>Talking through what's happening.</p>	<p><b>High school group replies</b></p> <p>Recognising that you have issues.</p> <p>Someone seeing me at home (a parent/ carer/ family friend).</p> <p>Knowing what I do/ learning from my experience.</p> <p>I could tell people what I do, they should know that I am a YC.</p> <p>Being aware of people's home situation.</p> <p>Being aware of people being and feeling stressed.</p> <p>If you are struggling with homework having to change plan when mum/ dad needs help.</p> <p>The way in which people approach you, not just coming out with it – be aware of emotions.</p>	
<p><b>Primary replies</b></p> <p>Think mum initiated the identification of me being a YC to support dad's needs.</p> <p>Being like an adult carer.</p>	<p><b>Primary replies</b></p> <p>Being late at school, teachers and other should pick up on it.</p> <p>I'd tell my granny/ sister/ mum.</p>	

<p>When you help someone else.</p> <p>Someone who is helping family and carers for friends and family.</p> <p>You help grannie and granda.</p> <p>Went to the GP after mum was ill.</p> <p>Doing shopping for mum.</p> <p>If someone is struggling.</p> <p>Help grannie.</p> <p>Watch cousin for aunty.</p> <p>Have to wash and dry dishes / hoover and do general chores.</p>	<p>Talk to a friend/ family/ teacher.</p>	
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**Question 2 focused on the types of help. There were three areas explored: -**

**(a) What help do you think YC need**

**(b) Who would you want to help you**

**(c) How will we know if its working for you**

<b>What help do you think YC need</b>	<b>Who would you want to help you</b>	<b>How will we know if it's working for you</b>
<p><b>High school group replies</b></p> <p>Space and time for yourself.</p> <p>People to speak to.</p> <p>Having a particular person to speak to.</p> <p>Thinking about what stops you joining in with other social activities.</p> <p>Getting away from it all for a while – respite.</p> <p>Not away from home- just different activities.</p> <p>Getting help with daily tasks in caring role.</p> <p>Time and help to do homework.</p> <p>The young carers festival where I could meet others. I met someone there who I knew as a person, but I didn't know that they were also a YC.</p> <p>I was nervous going on my school trip</p>	<p><b>High school group replies</b></p> <p>Schools/ guidance.</p> <p>Social worker.</p> <p>Support teacher.</p> <p>Friends and family.</p> <p>Guidance teacher.</p> <p>Quarriers.</p> <p>I had a social worker who left – I don't know who would help me now.</p> <p>Andy from Children 1<sup>st</sup>.</p> <p>Trusted teacher.</p> <p>Mum's friends.</p> <p>Action for children.</p> <p>Being in a group.</p>	<p><b>High school group replies</b></p> <p>Teachers knowing what is happening in your life.</p> <p>Teachers knowing that we are not just being difficult.</p> <p>Being able to share worries.</p> <p>Getting time for myself.</p> <p>Worry less.</p> <p>Teacher to talk to people.</p> <p>Better life.</p> <p>Better at school work and get better results.</p> <p>If I had the right support I'd do better at school.</p> <p>I'll feel less stressed and more relaxed.</p> <p>Had time away doing activities.</p>

<p>because I was worried about what would happen at home without me being there.</p> <p>Squeezing everything in sometimes means that I can fall behind with homework.</p> <p>I do more than my young sister, even though we are both YC's.</p> <p>Making sure teachers know what the difficulties are, being stressed a lot by leaving the carer for person alone, means that my mind is somewhere other than in school.</p> <p>Respite from the caring roll.</p> <p>Lots of things on your mind.</p> <p>Time to catch up (more clubs/ opportunities to talk through my situation).</p> <p>Support with homework.</p>		<p>Staying away in a cabin, made me feel happier.</p> <p>Getting out of the house.</p> <p>Making more friends.</p> <p>Sharing experiences with other YC</p>
<p><b>Primary replies</b></p> <p>Getting some support and ideas of what can be done.</p> <p>Someone to listen to us.</p> <p>Help with cooking.</p> <p>Walk to shops for shopping.</p> <p>Help to look after younger brothers and sisters.</p> <p>Help my brother to read.</p> <p>Help with after school activities.</p> <p>Help to get a break</p> <p>Someone to talk to.</p> <p>Help to get to school.</p> <p>Help with housework.</p> <p>Help to think about me too.</p> <p>Extra time for homework.</p>	<p><b>Primary replies</b></p> <p>Someone who understands Family.</p> <p>Someone you trust.</p> <p>Help with homework from dad.</p> <p>Help from brothers/ sisters.</p> <p>Help form teachers.</p> <p>Support form bothers/ sister.</p> <p>Sam from Arrows.</p> <p>Mum and dad.</p> <p>Support for mum because if she gets help it supports us.</p> <p>Mum is a carer not a cared for person.</p>	<p><b>Primary replies</b></p> <p>Better at spelling.</p> <p>Feel happy.</p> <p>Better at football.</p> <p>Better at homework.</p> <p>Feel better.</p> <p>If mum is supported as a carer, this would make a really big difference cause mum would be happier.</p> <p>We'd feel confident.</p> <p>We would feel a bit safer.</p>

<p>Help with worries.</p> <p>Understanding from friends.</p> <p>Help to have friends over.</p>		
<p><b>Question 3 focused on transitions and changes. There were three areas explored: -</b>  <b>(a) What school / home changes might affect yc</b>  <b>(b) What would make those changes easier</b>  <b>(c) What differences would it make</b></p>		
<p><b>(d) What school / home changes might affect yc</b></p>	<p><b>(e) What would make those changes easier</b></p>	<p><b>What differences would it make</b></p>
<p><b>High school group replies</b></p> <p>Mood swings, it's really hard moving school and not knowing who to approach.</p> <p>Changes at home.</p> <p>Moving house.</p> <p>People having different roles.</p> <p>Having a bad night or day.</p> <p>Need to be more mature and grown up.</p> <p>Family issues, divorce adds to the impact.</p> <p>Job at hairdressers on a Saturday.</p> <p>Changes scare me.</p> <p>Scared of changes happening/ coming up.</p>	<p><b>High school group replies</b></p> <p>Having someone to talk to.</p> <p>Sharing your anxieties.</p> <p>Training for my family member not to need as much help so I could break away a bit and people wouldn't be angry and upset.</p> <p>Support with the transition.</p> <p>If I wasn't so shy and had more confidence.</p> <p>Someone to look after my relative when I'm out.</p> <p>Someone for them to talk to.</p> <p>Letting the high school know that I am a YC.</p> <p>Me not needing to tell my story over and again.</p> <p>Having someone to talk to.</p>	<p><b>High school group replies</b></p> <p>Having supports to decide what I want to do in the future – ie move away.</p> <p>Being able to worry less.</p> <p>Being able to do what you want to.</p> <p>It would make me a better carer.</p> <p>I would feel more relaxed.</p> <p>I'd be able to socialize without worrying so much.</p> <p>My social life would get better.</p>
<p><b>Primary replies</b></p> <p>Having to tell new people.</p> <p>New teacher.</p> <p>Extra time for homework.</p> <p>Building new relationship.</p>	<p><b>Primary replies</b></p> <p>Talking with our family / carer.</p> <p>Wouldn't talk about personal stuff with the teacher – I wouldn't find it helpful.</p>	<p><b>Primary replies</b></p> <p>No comments</p>

<p>Help in general.</p> <p>I will be later home from high school and will worry about mum.</p> <p>If I am late home I worry about mum.</p> <p>Going to high school.</p> <p>My siblings(older) will be leaving school.</p> <p>Getting to P6.</p> <p>Getting more homework.</p> <p>Worried about leaving primary school and my sister will be on her own then.</p> <p>My siblings will have left so I wouldn't be able to tell them my problems.</p> <p>When going to high school, older sibling leaving and young sibling being on own in school.</p>	<p>Getting plenty of time to do homework.</p> <p>If granddad was able to help.</p> <p>Sister is also in high school so she will be able to help.</p> <p>Staying in contact with people who matter to me.</p> <p>When my sister moves on to high school, friends will help her.</p> <p>Give me more time for homework.</p>
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**Question 4 focused on which people might help – what do people need to know about YCs to be able to help?**

**High school**

Teacher to understand what a YC is and the issues you have to deal with.

The difficulties YC encounter.

Information about what it is to be a YC – what some of us feel and go through.

Having a relationship with some to talk to and open up to.

That YC feel stressed and why they sometimes run late.

**Did help - / could have helped response.**

That they contribute a lot to society.

That specific identified people know what support might look like e.g. teachers/ librarians/ HSL/social workers/ seasons for growth worker.

**Could have helped**

A translator – my gran doesn't speak good English

Ice skating

Dad

A support group.

A presentation about YC to help everyone understand better would help.

Please note the impact on carer's mental health and wellbeing – I don't have particularly good mental health as a YC.

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**Primary**

Friends of parents.

Parents of friends – to understand more, I don't play at my friend's house any more.

Teachers – gym teacher, also

Chance to go cycling with the neighbours

Various family

Friends to understand why I can't play out at times.

All to understand that there are changes in the relationships and sometimes they are hard in the family.