

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>High school group replies</p> <p>An adult told me I was a YC.</p> <p>I had a Social Worker (SW) and Children 1st 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>High school group replies</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>Primary replies</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>Primary replies</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

What help do you think YC need	Who would you want to help you	How will we know if it's working for you
<p>High school group replies</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>High school group replies</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 1st.</p> <p>Trusted teacher.</p> <p>Mum's friends.</p> <p>Action for children.</p> <p>Being in a group.</p>	<p>High school group replies</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>Primary replies</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>Primary replies</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>Primary replies</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>Question 3 focused on transitions and changes. There were three areas explored: - (a) What school / home changes might affect yc (b) What would make those changes easier (c) What differences would it make</p>		
<p>(d) What school / home changes might affect yc</p>	<p>(e) What would make those changes easier</p>	<p>What differences would it make</p>
<p>High school group replies</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>High school group replies</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>High school group replies</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>Primary replies</p> <p>Having to tell new people.</p> <p>New teacher.</p> <p>Extra time for homework.</p> <p>Building new relationship.</p>	<p>Primary replies</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>Primary replies</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.

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.