

Richmond Carers Centre Impact Report

Outcomes Evaluation October 2023–Young Carers

Using a range of outcome statements, we asked young carers to tell us their perception of the impact that services and support they received from Richmond Carers Centre has had on them. The below feedback has been gathered from young carers who have engaged in mentoring support over the previous 6 months and face to face group leisure activities delivered in August 2022 to July 2023.

Mentoring Support (primary and secondary)

Scores were averaged for the two age groups, totalling 15 young carers



94% of responding young carers strongly agreed or agreed with the statement
I feel that someone cares about how I am feeling

Helpful as I feel like I can't talk a lot at home

I felt I have had somewhere to go talk about things that have been bothering me, and it's nice to get advice from someone who isn't in the certain situations I am talking about - it's unbiased advice!

I have been able to talk to someone about my feelings and have someone listen to me



95% of responding young carers strongly agreed or agreed with the statement
I feel I have had time and space to talk about my situation at home

I enjoyed having someone to talk to

I liked Richmond Carers Centre – Young Carers Service because I felt in a safe space and I felt like I could say all my feelings.

I feel like I can talk to someone

95% of responding young carers strongly agreed or agreed with the statement
I feel I can ask for help when I need it

They (Richmond Carers Centre – Young Carers Service) understand how I feel at rough times



100% of responding young carers strongly agreed or agreed with the statement
I feel that the staff in the Young Carers Team at Richmond Carers Centre listen to me

I feel more in control of my feelings and I now know that it's ok to feel how I am and it's all part of being human. I would strongly recommend (Richmond Carers Centre) Young Carers Service – it is a life-changing experience





I feel better and happier after doing mentoring

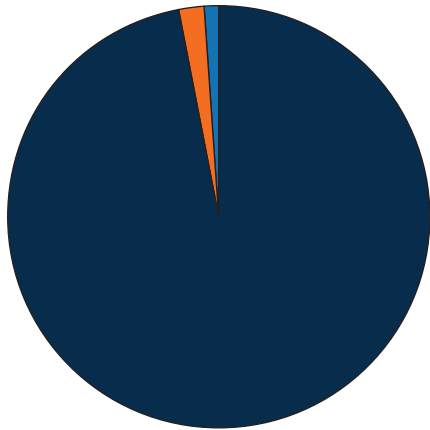
I feel that I am more confident

I enjoyed my sessions and time to take a minute to relax in quiet.

Good opportunities and good for making new friends

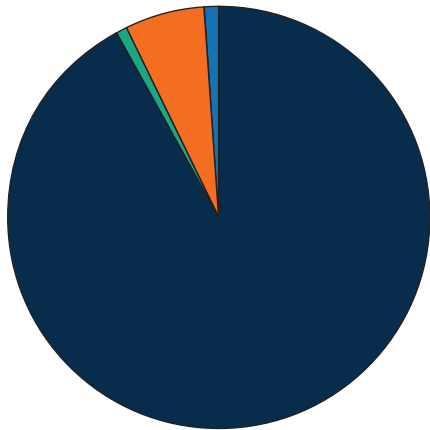
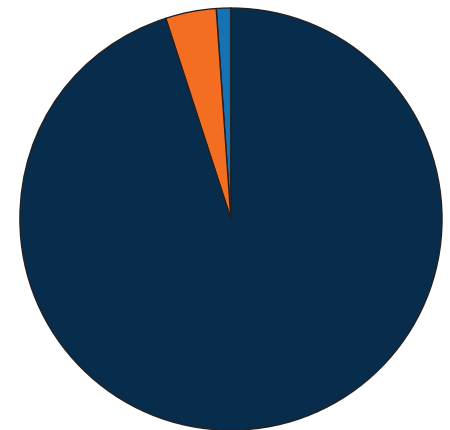
Group leisure activities

231 young carers gave their feedback



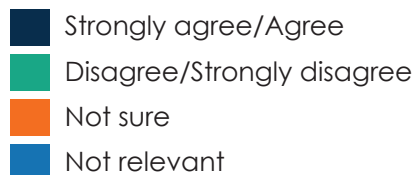
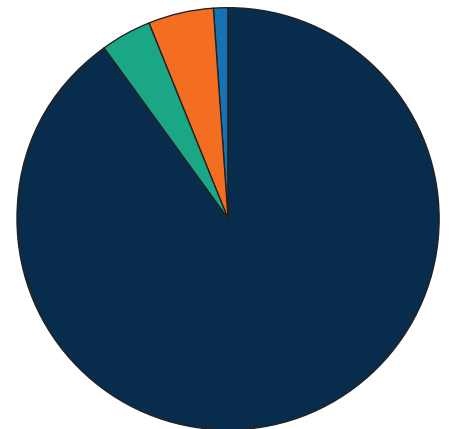
97% of responding young carers strongly agreed or agreed with the statement
I had fun and enjoyed this activity

96% of responding young carers strongly agreed or agreed with the statement
I felt safe and listened to while on this activity



95% of responding young carers strongly agreed or agreed with the statement
I felt positive being a part of the group on this activity

84% of responding young carers strongly agreed or agreed with the statement
I had the chance to try something new on this activity



I enjoyed the activity and meeting new people. It helped me take my mind off things

I enjoyed the activity it helped me to developed patience. I also met other people

I enjoyed all of today, I liked the musical and felt safe with everyone

I have let all my anger go and (learnt to) be calm

Go-Karting helped me deal with my home situation (all activities help me with this). It was fun overall.

I learnt how to use signs on the road and to be responsible when on the road. Also to be quite brave.

It has helped me as I had the chance to be away from my siblings and giving me a chance to do something new

I was really outside, which I liked because I never go outside

I enjoyed a new experience and getting out of my comfort zone

NEXT STEPS....

The next steps listed below outline actions in response to feedback received from young carers that will inform our approach in the coming year.

- Develop the use of identification card for young carers issued by RCC to ensure that they are recognised by local businesses, organisations and in the community.
- Provide transition support for young carers aged 16+ and as they turn 18 to support engagement in adult services and targeted Young Adult Carer support.
- Increase the access to and the variety of the activity/breaks programme for young carers with a focus on working with other local organisations in the planning and delivery
- Further develop support for young carers in school including the education of parents/guardians and the development of support services for young carers in a school/education setting
- Continue to develop support for young carers with SEND with particular focus on bespoke break activities