

# Richmond Carers Centre Impact Report

## Outcomes Evaluation 2026

### Young Carers



Using a range of outcome statements, we asked young carers to tell us their perception of the impact and difference services and support they received from Richmond Carers Centre has had on them. The feedback below has been gathered from young carers who have engaged in mentoring support over the previous academic year and face to face group leisure activities delivered over the last 12 months.



**100%** of responding young carers  
feel the support they received was excellent or very good

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**100%** of responding young carers  
would recommend the service to other young carers

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**100%** of responding young carers  
gave the overall support they received a 5 or 4-star rating



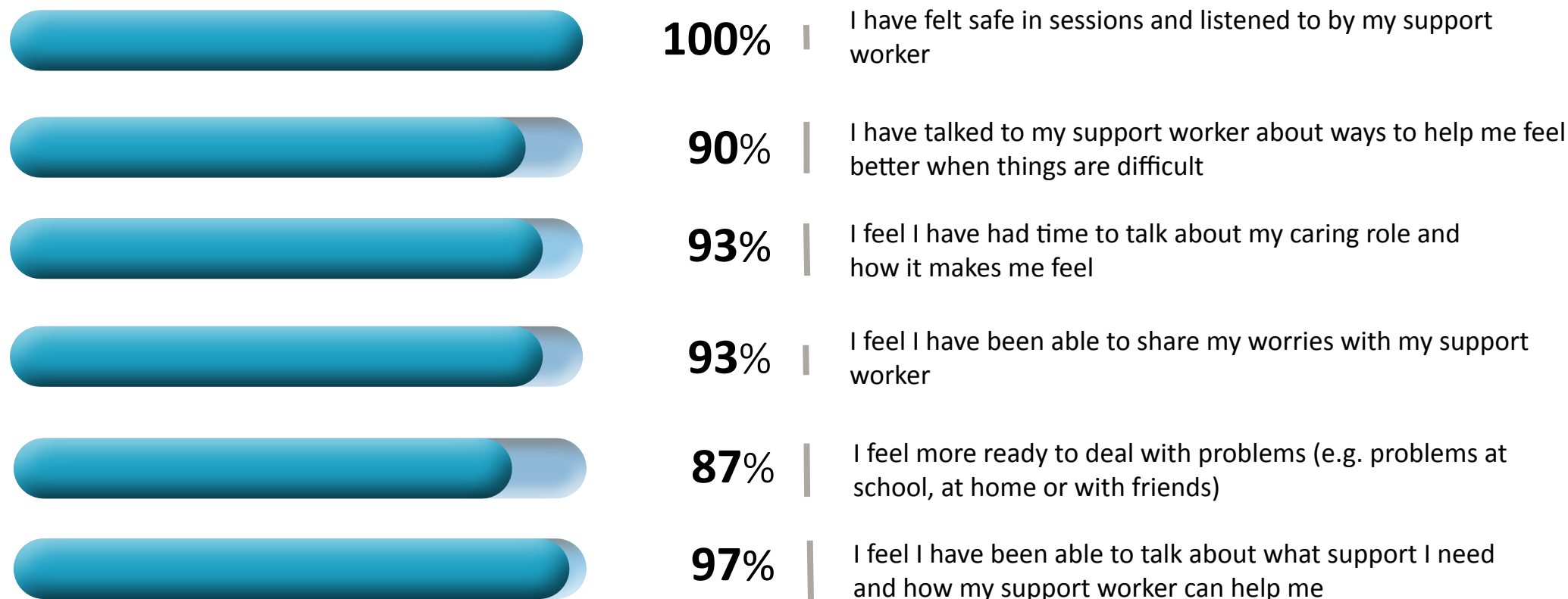
## MENTORING SUPPORT

### Mentoring Support (primary and secondary) Delivered to young carers aged 8-17 years old

The Young Carers Support Team provides one-to-one emotional support through our Mentoring Programme, offering a safe, confidential space for young carers to share concerns about their caring role and wellbeing.

30 young carers gave their feedback

100% of respondents would recommend mentoring support with Richmond Carers Centre - Young Carers Service to other young carers



## MENTORING SUPPORT

### **IT HAS BEEN HELPFUL TO TALK ABOUT MY BROTHER AND HOW TO HELP HIM AND MYSELF.**

*It has helped me take my mind off things. We've been able to talk about things at home now which helps.*

I like how sometimes there were people that were annoying me, but that changed when I came to mentoring sessions. I felt very safe with my mentor (the support worker).

(The mentoring sessions meant) I could say what was worrying me and have a time where I could relax.

I loved the mentoring sessions I have had with the support worker; it was so much fun and what I found helpful was that I got someone to talk to about my worries and when I was sad.

*That I could find strategies to help me at home and to make it easier (to cope) at home.*

*Talking about my sisters, it made me feel better and safer.*

I found that talking about my worries and finding ways to cope with situations has helped me.

*Being able to talk about how I feel about my brother and being able to talk about what to do next.*



## GROUP LEISURE ACTIVITIES

### Group Leisure Activities

The Young Carers Service offers holiday activities and after school groups, giving young carers a break from their responsibilities and the chance to connect with peers who share similar experiences.

**129** young carers gave their feedback

**91%** (8% not sure) of respondents would recommend activities with Richmond Carers Centre - Young Carers Service to other young carers



**98%**

I had fun and enjoyed this activity



**100%**

I felt safe and listened to while on this activity



**98%**

I felt positive being a part of the group on this activity



**75%**

I had the chance to try something new on this activity



**90%**

Rated the activity as excellent or very good



## GROUP LEISURE ACTIVITIES

*I saw people I haven't seen in a while and I enjoyed working as a team. I also just love escape rooms!*

I enjoyed the problem-solving aspect of the escape room. It was also one I had not tried before. The time limit made it exhilarating!

*I enjoyed stepping outside of my comfort zone and facing my fears of heights by trusting my friends.*

I really enjoyed meeting others as everyone was nice and the Young Carers Support Team didn't pressure anyone (to take part).

*Before I did not used to go to many clubs, or any clubs. I am starting to go out of my comfort zone, because of the Young Carers Service.*

***I HAVE LOVED BEING WITH MY FRIENDS AND IT HAS HELPED ME TO MAKE MORE FRIENDS.***

*I really like how I learnt to make pizza dough from scratch and in general this event was fun. I like how this activity kept me busy since I usually stay indoors.*

I enjoyed how relaxed and encouraging the environment is. I liked how throughout the session there was a slideshow and video with inspiration and ideas. I liked how versatile the colours are and how many options there was to do the craft activity.



## NEXT STEPS....

Through analysing feedback gathered from young carers, Richmond Carers Centre - Young Carers Service has identified a number of priorities that will inform our approach in the coming year.

- Provide access to new and bespoke activity experiences to young carers, with a focus on confidence-building and challenge-based activities
- Create opportunities for peer support and social interaction as part of the mentoring programme
- Increase young carers involvement in shaping the Young Carers Service and the support provided, including the creation of a Young Carers Ambassador Group
- Develop the relationship between the Young Carers in Schools Programme and the Young Adult Carers (16 to 17 year olds) Transition Programme

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