



University of Winchester Young Adult Carers Event

‘Who Cares For You’ Saturday 14th March 2015

Executive Summary

- Successful multi agency event for young adult carers at the University of Winchester
- Outcomes met
- DVD produced

Background

This was an event for Hampshire’s young adult carers aged 16-24, organised by University of Winchester in partnership with:

- Hampshire Young Carers Alliance
- Princess Royal Trust for Carers in Hampshire
- Carers Trust

The University aims to support young carers into, and through, their higher education and ensure they are getting whatever help they need to manage the demands they face. As part of this we wanted to work with Healthwatch Hampshire to impact not just on a group of local carers but on the issues these young people face, particularly around transition from young carer to adult services.

The young people enjoyed a day out and the chance to meet people in a similar situation over activities such as pottery painting, photography, a photo booth and the chance to meet Haatchi the dog and his inspiring owners. Participants discussed their experiences of health and social care services in Hampshire in small focus groups and contributed to a DVD documenting their views and suggestions.

Aims & Objectives

- Establish methods of identifying and contacting young adult carers across Hampshire
- Enable young adult carers to meet each other and participate in some fun/respite activities
- Explore with participants possible ways of helping them to keep in touch
- Find out more from them about their perceptions of health and social care services and what other support they need and would value.

Timescale & Resources

The agencies worked together over six months, meeting twice to plan the day. Staff time to oversee the project and the cost of room hire, promotional and workshop resources and facilities were waived by the University and other agencies involved.

	Budget	Actual
UoW staff time and travel	£895.00	£895.00
student ambassadors	£175.00	£160.00
food	£290.00	£287.00
filming	£400.00	£300.00
workshop costs	£240.00	£140.00
photo booth		£250.00
total	£2,000.00	£2,032.00

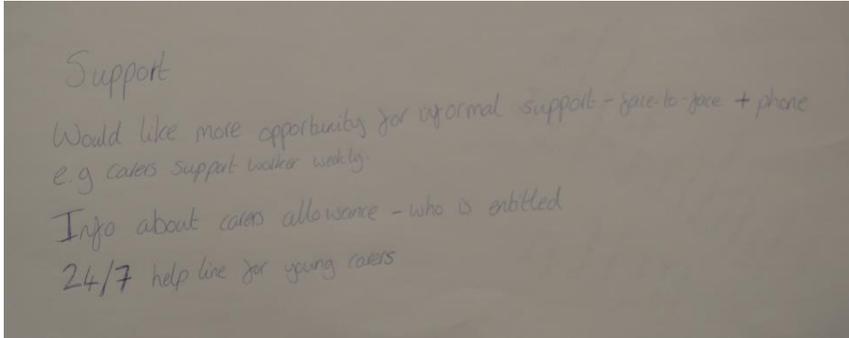


Feedback & Findings

The main findings are articulated in the DVD output where the young people themselves give clear messages about their experiences and need for support, trust and recognition.

The DVD can be seen here: ?? youtube

Examples of feedback on health and social care services included:

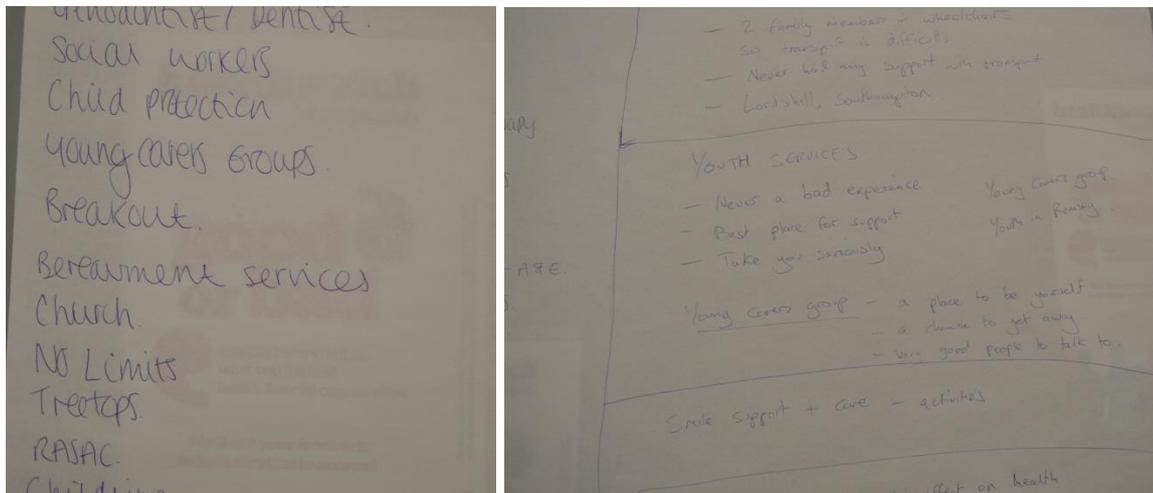


- No communication
- Listen! to young carers
- GPs rarely refer to young carers projects - need to raise awareness
- GPs never ask about caring duties
- Lack of understanding
- Didn't stick to their word

- The transition from children's to adult services needs to be improved
- Visits to homes not good enough, ignore reality of the situation, tickbox exercise

Several groups discussed the need for a whole family approach to support.

The groups discussed the types of support they could access and many were full of praise for their local young carers project and concerned to improve the reach of these initiatives.





Twenty two young people and three project leaders attended on the day. As we had anticipated, **identifying and contacting young adult carers** proved to be difficult. Some have left young carers groups or were never referred to them and they may not declare themselves as carers to colleges and universities. All the agencies involved actively promoted the event through their social media channels and press releases. Our flyers were displayed in GP surgeries, in universities and colleges, in community areas such as community centres and our local Sainsburys kindly agreed to have them on their tills. We promoted the event through a facebook page set up by one of our young adult carers, through Citizens Advice Bureaus, the YMCA, Hampshire County Council, the Childrens' Society, in newsletters and online updates issued by organisations such as Roseroad and the Carers Trust and through local radio events listings. Members of the University spoke to young carers at local project meetings such as the Kings Arms in Petersfield and this personal contact proved to be effective in reaching people who were attending these groups. One major barrier for some people was the time and cost involved in getting to Winchester from more remote areas of the county. Some young carers projects organised transport in leaders' cars for several young people but for individuals not part of one of these groups the logistics may have put them off getting involved.

Despite the difficulty in reaching our target audience, those who came had a lovely day and several evaluation forms mentioned how it should be repeated so that other carers can have the opportunity.

The day itself received very positive feedback with the young people feeling they had had a lovely day and were better informed about the support available to them. As well as bonding over activities such as pottery painting and a photo booth, the young people learnt about the new Care Act and what it would mean for them, explored the Carers Trust's online resources and thought about how their experiences as carers have given them important strengths and skills. The highlight of the day for many of them was hearing the inspiring story of Haatchi the PAT dog and the chance for cuddles and photos with Haatchi himself.



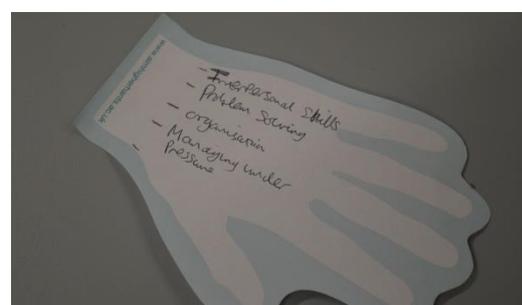
Feedback on the day included:

- I loved how everyone got involved
- Very informative
- Just a great day!

The best part of the day was:

- Discussing social services etc, getting voices heard on what needs changing
- Therapy dog because I felt it helped all carers
- Group discussions, good to listen and share
- Spinning plate [Carers Trust online support resource] made an impact
- The care act it's interesting to see how the new law affects carers

The young people had some time to think through the special skills and qualities they had acquired as carers and how they could use this knowledge in the future, for example in applications to Higher Education. Themes such as resilience, time management,





communication and budgeting were drawn out from group discussions.

They also considered the one word which sums up being a carer:



Next Steps?

- The young people plan to keep in touch via email and facebook and many were delighted to find out that they will see each other again at residential for young carers at the University in mid April.
- We are actively exploring ways in which we can facilitate this continued contact going forward.
- The DVD will be shared with and used by Healthwatch Hampshire, the Princess Royal Trust for Carers, HYCA and Carers Trust.

Key contacts

The University of Winchester

Terri Sandison

Director of Lifelong Learning & Staff Development

The University of Winchester, Sparkford Road, Winchester SO22 4NR

terri.sandison@winchester.ac.uk

01962 827225

Compiled by

Katherine Lawrence

Widening Participation Coordinator

The University of Winchester

1 April 2015