



During Lockdown and moving forward into recovery

We are having contact with 60 young carers on average each week and around 20 parents/guardians through phone and video calls. This has been working very well though young carers are not always able to converse freely with their worker when speaking within the home.

We are looking to begin garden or walk and talk support soon with young carers who are on a red level of support or on amber but who run the risk of going into red due to COVID 19. There will be strict guidelines on this which young people will sign up for before meeting with their worker. This will give the young carers the opportunity to talk freely.

Moving forward we are planning to have small socially distanced gatherings of around 4 young carers at a time in the garden at our centre using a large gazebo to ensure the meetings can take place safely but are not restricted by weather. The small group meet ups are in direct response to feedback from our older young carers who are missing out on the support of their peers.

We are fortunate to receive annual respite funding from Perth & Kinross Council. This has been well used during lock down with 46 young carers receiving funding for lockdown respite items such as gardening equipment, games, bikes and laptops/tablets. Additionally we have just received confirmation of additional funding from the Carers Trust to continue this offer in June which is fantastic support for our YCs.