



Y Sort It – Young Carers Service

WHOLE FAMILY APPROACH

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Y Sort It Young Carers – A Bit about us!

- ▶ Y Sort It Young Carers are based in a youth project in West Dunbartonshire – the service was established nearly 10 years ago.
- ▶ We currently have over 140 young carers registered with our services ranging from ages 10 to 25 years old.
- ▶ Similar to most other Young Carer Services we offer a variety of different services/support including 1-2-1; group work; respite and activities
- ▶ There are currently 7 members of staff in the young carers team (1 Coordinator and 6 Young Carer Support Workers); each with their own individual caseload and key school.
- ▶ 90% of our referrals come from Education at our Local Authority

The Start of a Whole Family Approach

- ▶ During the COVID 19 pandemic and lockdown our service like many other had to “alter” the way they operated; our services moved online and door step check ins were created
- ▶ As a result of these, the team improved their relationships with not only the young carers – but their whole family
- ▶ During the 1st lock down we created online cookery classes that the whole family could take part in; provided care packages and Christmas Presents for young carers and their siblings; dropped off food parcels and prescriptions to our shielding families.
- ▶ As a result of this personal relationships were formed and families gained a better understanding of what our service was.
- ▶ This was when our Whole Family Approach was created....

Family Focused Activities

- ▶ Over the COVID 19 pandemic it became clear how much young carer families often miss out on opportunities other families have, time away from home was always vital for the young carer but we also recognised that time away as a family is just as important. During the summer of 2021 we opened the doors of our eco friendly hut in Carbeth for the families to use and also included them in our hectic summer programme. Trips included visits to Heads of Ayr, Mini Cruise on Loch Lomond and family picnics at various local parks. We also organised tickets for families to attend “GlasGlow” during the winter months.
- ▶ In 2022 we created “Fun Family Fridays” which are held on the 1st Friday of each month, this give the families an opportunity to meet each other, enjoy family focused activities and use the opportunity to just relax, share stories and meet the young carer workers. As well as get a bite to eat!

Working in Partnership with Carers Trust

- ▶ In October 2021 we worked with Carers Trust (Nicola and Paul came to visit us 😊) to look at resources and put the whole approach into practice.
- ▶ Response to this from families and young carers was really positive and all agreed the importance of putting this into practice. It gave families an opportunity to express their thoughts both individually and as a family of a young carer.
- ▶ Since we hosted this workshop we have been putting our skills into practice



Whole Family Approach
Workshop

Putting Ideas into practice



Filling up the water at
Carbeth



GlasGlow



Board Games at Carbeth

Putting Ideas into Practice



West Highland Way



Admiring the meerkats



Young Carer Family Trip to
Heads of Ayr

Going Forward

- ▶ Full Family Approach will be something that we will continue to offer in our service. Supporting not only the young carer and their family is vital in sustaining good working relationships and allowing family bonding and understanding. Creating strong relationships between the carer, cared for person and other family members is important to achieve an all over happier family unit.
- ▶ Our Fun Family Fridays will continue, we are getting the hut ready to allow families to spent time there, holiday programme is already getting thought about including family trips and picnics 😊



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