



SUPPORTING YOUNG CARERS

THE PROVISION OF COUNTY-WIDE
SUPPORT FOR YOUNG CARERS

APPENDICES

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Appendices

Appendix A: The Hampshire Young Carers Alliance

The Hampshire Young Carers Alliance (HYCA) is composed of ten young carer services:

1. Andover Young Carers
2. Basingstoke Young Carers
3. East Hants Young Carers
4. Eastleigh Young Carers
5. Fareham & Gosport Young Carers
6. Havant Young Carers
7. Hart & Rushmoor Young Carers
8. New Forest Young Carers
9. Romsey & District Young Carers
10. Winchester & District Young Carers

The Hampshire Young Carers Alliance (HYCA) aims:

- HYCA aims to share and deliver good working practice in line with Every Child Matters and support young people with significant caring responsibilities and strengthen relationships with other agencies by means of a single county-wide voice.
- To share and work jointly on good practice, to prevent isolation of individual projects and help resolve common difficulties and to enhance service delivery.
- To share and work jointly on good practice, to prevent isolation of individual projects and help resolve common difficulties and to enhance service delivery.
- To collectively advocate and campaign for Young Carer's issues within Hampshire.
- To promote the whole family and project ethos to supporting young people and their families.
- A focal point for young carer's issues and development in Hampshire.
- To provide a central resource for dissemination of information and good practice.¹

¹ Taken from <https://hyca.org.uk/about-hyca/> accessed September 2017

Appendix B: HYCA Interventions for young carers²

Service / Intervention	Andover	Basingstoke	East Hants	Eastleigh	Fareham & Gosport	Hart and Rushmore	Havant	New Forest	Romsey	Winchester & District	%
Support to young carers 8-17	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100
Support to young adult carers 18-25		✓		✓		✓	✓		✓	✓	60
Support to younger young carers under 8	✓							✓	✓		30
Respite activities for young carers	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100
Trips and outings	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100
Activities program	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100
After school club or youth club	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100
Young carers club or youth club (weekly)	✓	✓	✓	✓		✓				✓	60
Young carers club or youth club (fortnightly)				✓	✓				✓	✓	40
Young carers club or youth club (monthly)		✓			✓	✓					30
Support or therapeutic groups	✓	✓		✓	✓	✓	✓	✓	✓	✓	90
Befriending or mentoring scheme	✓	✓	✓		✓	✓			✓	✓	70

² The table covers the main interventions for young carers by HYCA services, rather than a comprehensive list. Data from audit of HYCA services.

Appendix C: HYCA Interventions for families³

Service / Intervention	Andover	Basingstoke	East Hants	Eastleigh	Fareham & Gosport	Hart and Rushmore	Havant	New Forest	Romsey	Winchester & District	%
Involvement in the local Early Help Hub	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100
Family support		✓	✓	✓	✓	✓	✓	✓	✓	✓	90
Home visits		✓	✓	✓	✓	✓	✓	✓	✓	✓	90
Family activities		✓	✓	✓	✓		✓	✓	✓	✓	80
Parent coffee mornings	✓	✓	✓	✓	✓		✓		✓	✓	80
Dedicated 'Family Support Worker'		✓		✓	✓	✓		✓	✓	✓	70
Family trips	✓	✓	✓	✓				✓	✓	✓	70
Parent support groups		✓		✓	✓		✓	✓	✓	✓	70

³ The table covers the main interventions for young carers by HYCA services, rather than a comprehensive list. Data from audit of HYCA services.

Appendix D: HYCA Interventions with schools, colleges ⁴

Service / Intervention	Andover	Basingstoke	East Hants	Eastleigh	Fareham & Gosport	Hart and Rushmore	Havant	New Forest	Romsey	Winchester & District	%
Schools work	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100
Support in primary schools	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100
Support in secondary schools	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	100
School awareness raising sessions or assemblies for staff		✓	✓	✓	✓	✓	✓	✓	✓	✓	90
School lunch time drop in sessions	✓	✓	✓	✓	✓		✓		✓	✓	80
Provide a Schools Worker	✓	✓	✓		✓		✓	✓	✓	✓	80
Staff training		✓	✓	✓	✓		✓	✓	✓	✓	80
Support in FE colleges		✓	✓	✓		✓	✓	✓		✓	70
Support in infant schools	✓			✓	✓				✓	✓	50
Support in SEN schools		✓		✓		✓		✓		✓	50
Support in universities		✓		✓				✓		✓	40

⁴ Data from audit of HYCA services.

Appendix E: Numbers of young carers supported

	HYCA Service	Number of young carers 'actively supported' ⁵
1	Andover Young Carers	264
2	Basingstoke Young Carers	120
3	East Hants Young Carers	81
4	Eastleigh Young Carers	135
5	Fareham & Gosport Young Carers	116
6	Hart & Rushmoor Young Carers	25
7	Havant Young Carers	78
8	New Forest Young Carers	177
9	Romsey & District Young Carers	65
10	Winchester & District Young Carers	78
	Total young carers supported by HYCA services	1139
	Number of young carers in Hampshire ⁶	4109
	Percentage of young carers in Hampshire supported by HYCA services	28%

Appendix F: Questions used for the 'post-it' exercise that preceded and informed the development of the interviews

- What difference has the young carer service made to you and your family?
- Describe what exactly has made the most difference to you and your family?
- What is the most important thing about the young carer service to you?

⁵ These figures from the audit of HYCA services are the most accurate figures that could be provided by the individual services. Figures do not reflect variations in how individual HYCA services define and record support for young carers.

⁶ Figure taken from the 'Supporting Young Carers in Hampshire multi-agency strategy 2016-2017' and based on the census 2011.

Appendix G: Sorting exercises

Two sorting exercises were carried out in order to:

1. Act as an 'icebreaker' and to set participants at ease before the main semi-structured interview, and
2. Remind participants about the range of different support that the young carer service that supported them provided.

Sorting exercise 1:

Participants were asked to place the following interventions into one of the groups below. Participants were instructed that they could any number of statements into each group.

Interventions (For Young carers; Parents; HYCA staff; Professionals)

1. Club nights
2. Trips and activities
3. 1:1 support with staff
4. Activities to learn new skills
5. Support with my schooling or support in school
6. Family events (activities and trips)
7. Support for my family

5 groups (For young carers)

- A. This is really essential to me and I would hate this support not to exist
- B. This is very important to me and helps me a lot
- C. This is quite important to me
- D. This is not that important to me
- E. We don't have this type of support

[If E: If the project did offer this type of support, what pile would you place it in?]

5 groups (For parents)

- A. I think this is really essential for young carers
- B. I think this is very important for young carers and helps them a lot
- C. I think this is quite important for young carers
- D. I don't think this is that important for young carers
- E. The project doesn't offer this type of support

[If E: If the project did offer this type of support, what pile would you place it in?]

5 groups (For HYCA staff)

- F. I think this is really essential for young carers
- G. I think this is very important for young carers and helps them a lot
- H. I think this is quite important for young carers
- I. I don't think this is that important for young carers

J. The project doesn't offer this type of support

[If E: If the project did offer this type of support, what pile would you place it in?]

6 groups (For professionals)

- A. I think this is really essential for young carers
- B. I think this is very important for young carers and helps them a lot
- C. I think this is quite important for young carers
- D. I don't think this is that important for young carers
- E. The project doesn't offer this type of support
- F. I don't know whether the project offers this type of support

[If E or F: If the project did offer this type of support, what pile would you place it in?]

Sorting exercise 2:

Participants were asked to place statements about HOW the project may help [young carers] into the groups below. Participants were instructed that they could any number of statements into each group.

Statements (For young carers)

- 1. The project helps my family
- 2. The project helps me with my caring role
- 3. The project helps me get on with and have fun with my family
- 4. The project helps me make friends or meet up with friends
- 5. The project helps me feel better
- 6. The project helps me learn new skills
- 7. The project helps me do more activities and visit places
- 8. The project helps me have a break, relax and have fun
- 9. The project helps me with school

5 groups (For young carers)

- A. This is really essential to me and I would hate this support not to exist
- B. This is very important to me and helps me a lot
- C. This is quite important to me
- D. This is not that important to me
- E. The project doesn't help me with this

[If E: If the project did offer this type of support, what pile would you place it in]

Statements (For parents)

- 1. The project helps our family
- 2. The project helps young carers with their caring role
- 3. The project helps young carers get on with and have fun with the family
- 4. The project helps young carers make friends or meet up with friends
- 5. The project helps young carers feel better
- 6. The project helps young carers learn new skills

7. The project helps young carers do more activities and visit places
8. The project helps young carers have a break, relax and have fun
9. The project helps young carers with school

5 groups (For parents)

- A. I think this is really essential for young carers
- B. I think this is very important for young carers and helps them a lot
- C. I think this is quite important for young carers
- D. I don't think this is that important for young carers
- E. The project doesn't offer this type of support

[If E: If the project did offer this type of support, what pile would you place it in?]

Statements (For HYCA staff)

1. The project helps families.
2. The project helps young carers with their caring role
3. The project helps young carers get on with and have fun with their family
4. The project helps young carers make friends or meet up with friends
5. The project helps young carers feel better
6. The project helps young carers learn new skills
7. The project helps young carers do more activities and visit places
8. The project helps young carers have a break, relax and have fun
9. The project helps young carers with school

5 groups (For HYCA staff)

- A. I think this is really essential for young carers
- B. I think this is very important for young carers and helps them a lot
- C. I think this is quite important for young carers
- D. I don't think this is that important for young carers
- E. The project doesn't offer this type of support

[If E: If the project did offer this type of support, what pile would you place it in?]

Statements (For professionals)

1. The project helps families.
2. The project helps young carers with my caring role
3. The project helps young carers get on with and have fun with their family
4. The project helps young carers make friends or meet up with friends
5. The project helps young carers feel better
6. The project helps young carers learn new skills
7. The project helps young carers do more activities and visit places
8. The project helps young carers have a break, relax and have fun
9. The project helps young carers with school

6 groups (For Professionals)

- A. I think this is really essential for young carers

- B. I think this is very important for young carers and helps them a lot
- C. I think this is quite important for young carers
- D. I don't think this is that important for young carers
- E. The project doesn't offer this type of support
- F. I don't know whether the project offers this type of support

[If E or F: If the project did offer this type of support, what pile would you place it in?]

Appendix H: The Sample

Young carers

	M	F	AGE	Caring for a Parent	Caring for a sibling	Length of time supported by project	Receiving support in school
YC1		X	11		older sister	2-3 years	X
YC2	X		12		2 older sisters	>1 year	X
YC3	X		16	Mum		>1 year	X
YC4	X		9	Mum		>1 year	
YC5		X	17		Brother	5 years	X
YC6		X	16		3 brothers	3 years	X
YC7		X	14		Younger brother	2 months	X
YC8		X	14	Mum		> 2 years	X

Parents

	M	F	Cared for by young carer	Not cared for by young carer
P1	X	X		X
P2		X	X	
P3		x	X	
P4		X		X
P5		X	x	

Staff

6 staff from HYCA young carer services

Professionals

5 professionals from services that have working relationships with HYCA services:
2 staff from schools, 3 from social care services

Appendix I: Semi-Structured Interviews

Semi-Structured Interview 1 (Young Carers)

Introduction

Hello and thank you very much for volunteering to take part in this interview. Just so you know, there are 10 young carer projects in Hampshire (and together they call themselves HYCA -The Hampshire Young Carers Alliance).

The purpose of these interviews is to gather information to help me evaluate all the services and how they are working together. This will help the services to develop the way they work and will give the funders (The Big Lottery) with information about how HYCA is working.

All the information I collect will be **anonymous** - so only I will know who it comes from. If I use any quotes in reports - they will be made anonymous.

It will also be **confidential**. The only time information may be passed on to a HYCA staff member is if I have a concern for you or someone else's safety.

And finally, you can withdraw from the interview at any time if you like - just let me know.

I will record the interview and will take a few notes as well. Again this will be kept securely and only I will hear it. Is that OK?

Are you happy with all that - do you have any questions?

Date	Venue	Name	ID	Duration
Warm ups and background info:				
Tell me how did you get to find out about the project? How long ago was that?				
And tell me about what parts of the project do you and your family use? Which bits do you like the most?				
How old are you?				M/ F
Who do you care for?				
Mum	Dad	Sibling	Grandparent	Other
How long have you been supported by the project?				
< 1 Year on project	>1 Year	> 2 Years	> 5 Years	

About being a young carer and what support they (and family) need

Thinking about the hardest things that you find about being a young carer, what do you feel you need the most support with?

And what things do you think **your family** need most support with?

To elicit what are the most important changes (impact) the young carer project has made AND to elicit how things work

What are the most important changes that the young carer project has made to **you**?

And can you tell me what it is about the project that has made that change?

[Repeat for each change]

[PROBE: How is this different to other support or groups you have gone to?]

[PROBE: How is this different to other support or groups?]

What are the most important changes that the young carer project has made to **your family**?

[PROBE: What makes it important?]

[PROMPT: Has your family received more support?]

And can you tell me what it is about the project that has made that change? [Repeat for each change]

[PROMPT: How does/do this/these (change/s) come about?]

PROBE: How is this different to other support or groups you have gone to?

To elicit what makes the project supportive

Do you feel the project is somewhere safe and supportive to go?

IF YES:

What is it about the project that makes it feel safe and supportive to you?

[PROBE: How is this different to other support or groups you have gone to?]

Can you tell me more about the people?

IF NO:

What needs to change to make it safe and supportive?

And finally

Is there anything else you would like to share about the young carer project that helps you or your family?

Thinking back to what you told me about what you and your family need most...If you were in charge of the young carer project, what changes might you make?

[PROBE: Describe any new types of support you might introduce.]

Why would that help?

Final exit script: Thank you very much for taking part in the interview. I hope you enjoyed it. It's going to be really useful for the evaluation and will help everybody's understanding of how the services work and should help them to develop and improve what they do. Thank you.

Semi-Structured Interview 2 (Parents)

Introduction: As Interview 1

Date	Venue	Name	ID	Duration
Warm ups and background info:				
And tell me about what parts of the project does your child / children and you use?				
How old is your child / children on the project?				M/F
Who does the young carer care for?				
Mum	Dad	Sibling	Grandparent	Other
How long have they been supported by the project?				
< 1 Year on project	>1 Year	> 2 Years	> 5 Years	

About being a young carer and what support they (and family) need

Thinking about the hardest things about being a young carer, what do you feel **young carers** need the most support with?

And what things do you think **you** and **your family** needs the most support with?

To elicit what are the most important changes (impact) the young carer project has made AND to elicit how things work

What are the most important changes that the young carer project has made to **your child/children**?

And can you tell me what it is about the project that has made that change?

[Repeat for each change]

[PROBE: How is this different to other support or groups you have gone to?]

[PROBE: How is this different to other support or groups?]

What are the most important changes that the young carer project has made to **you** and **your family**?

[PROBE: What makes it important?]

[PROMPT: Has your family received more support?]

And can you tell me what it is about the project that has made that/these change(s)? [Repeat for each change]

[PROMPT: How does/do this/these (change/s) come about?]

PROBE: How is this different to other support or groups you have gone to?

To elicit what makes the project supportive

Do you feel the project is somewhere safe and supportive for young carers to go?

IF YES:
What is it about the project that makes it feel safe and supportive to you?
[PROBE: How is this different to other support or groups you have gone to?]

Can you tell me more about the people?

IF NO:
What needs to change to make it safe and supportive?

And finally

Is there anything else you would like to share about the young carer project that helps you and your family?

Thinking back to what you told me about what you and your family need most...If you were in charge of the young carer project, what changes might you make?

[PROBE: Describe any new types of support you might introduce.]

Why would that help?

Final exit script: As Interview 1

Semi-Structured Interview 3 (HYCA Staff)

Introduction: As Interview 1

Date	Venue	Name	ID	Duration
Warm ups and background info:				
How long have you been working for the young carers project?				
And what is your role?				

About being a young carer and what support they (and family) need

Thinking about the hardest things about being a young carer, what do you feel **young carers** need the most support with?

And what things do you think **the families** need most support with?

To elicit what are the most important changes (impact) the young carer project has made AND to elicit how things work

What are the most important changes that the young carer project makes to **young carers**?

And can you tell me what it is about the project that makes this change?

[Repeat for each change]

[PROMPT: How does this/these (change/s) come about?]

[PROBE: How is this different to other support or groups?]

What are the most important changes that the young carer project makes to **the families**?

And can you tell me what it is about the project that makes this change?

[Repeat for each change]

[PROMPT: How does this/these (change/s) come about?]

[PROBE: How is this different to other support or groups for example?]

To elicit which young carers and families benefit most (to explore how things work)

Which **young carers** do you think benefit the most?

[PROMPT: What is it about these young carers that makes them benefit most?]

Which **young carers** do you think benefit the least?

[PROMPT: What is it about these young carers that makes them benefit least?]

Which **families** do you think benefit the most?

[PROMPT: What is it about these families that makes them benefit most?]

Which **families** do you think benefit the least?

[PROMPT: What is it about these families that makes them benefit least?]

To elicit what makes the project supportive

Do you feel the project is somewhere safe and supportive for young carers to go?

IF YES:

What is it about the project that makes it feel safe and supportive to young carers?

[PROBE: How is this different to other support or groups?]

Can you tell me more about the people?

IF NO:

What needs to change to make it safe and supportive?

To learn about the collaboration

What do you think the HYCA collaboration will achieve?

How do you think the collaboration will help young carers and families?

What do you think you need from the collaboration of HYCA?

How do you think the collaboration will help you most?

What else would you want out of the collaboration?

Are you concerned about anything to do with the collaboration in any way?

And finally

Is there anything else you would like to share about the young carer project that helps young carers and their families?

Thinking back to what you told me about what young carers and families need most...are there any changes that you might like to make to the young carers project?

[PROBE: Describe any new types of support you might introduce.]

Why would that help?

Final exit script: As Interview 1

Semi-Structured Interview 4 (Professionals)

Introduction: As Interview 1

Date	Venue	Name	ID	Duration
Warm ups and background info:				
Tell me how you first found out about the young carer project?				
How long ago was that?				
And tell me how you and your service engage with the young carer project?				

About being a young carer and what support they (and family) need

Thinking about the hardest things about being a young carer, what do you feel **young carers** need the most support with?

And what things do you think **the families** need most support with?

To elicit what are the most important changes (impact) the young carer project has made AND to elicit how things work

What are the most important changes that the young carer project makes to **young carers**?

And can you tell me what it is about the project that makes this change?

[Repeat for each change]

[PROMPT: How does this/these (change/s) come about?]

[PROBE: How is this different to other support or groups?]

What are the most important changes that the young carer project makes to **the families**?

And can you tell me what it is about the project that makes this change?

[Repeat for each change]

[PROMPT: How does this/these (change/s) come about?]

[PROBE: How is this different to other support or groups for example?]

What are the most important differences that the young carer project makes to **your service / school / organisation**?

PROMPT: How does it impact your service?

And can you tell me what it is about the project that makes this change?

[Repeat for each change]

[PROMPT: How does this/these (change/s) come about?]

[PROBE: How is this different to other support or groups?]

What would be different if the project did not exist?

To elicit which young carers and families benefit most (to explore how things work)

Which young carers do you think benefit the most? [PROMPT: What is it about these young carers that makes them benefit most?]
Which young carers do you think benefit the least? [PROMPT: What is it about these young carers that makes them benefit least?]
Which families do you think benefit the most? [PROMPT: What is it about these families that makes them benefit most?]
Which families do you think benefit the least? [PROMPT: What is it about these families that makes them benefit least?]

To elicit what makes the project supportive

Do you feel the project is somewhere safe and supportive for young carers to go?
IF YES: What is it about the project that makes it feel safe and supportive to young carers? [PROBE: How is this different to other support or groups?]
Can you tell me more about the people?
IF NO: What needs to change to make it safe and supportive?

To learn about the collaboration

What do you think the HYCA collaboration will achieve?
How do you think the collaboration will help young carers and families?
Do you think the collaboration of HYCA will change anything for your service / school / organisation?
What else would you want out of the collaboration?

And finally

Is there anything else you would like to share about the young carer project that helps young carers and their families?
Thinking back to what you told me about what young carers and families need most...are there any changes that you might like to make to the young carers project? [PROBE: Describe any new types of support you might introduce.]
Why would that help?

Final exit script: As Interview 1



CONFIDENCE
RELAX TALK
FUN STAFF
FRIENDS
UNDERSTANDING