

EDINBURGH YOUNG CARERS

CashBack for Brighter Futures

IMPACT REPORT 2024-2025

EDINBURGH
YOUNG
CARERS



Welcome!

This is the second year that **Edinburgh Young Carers** (EYC) has been working in partnership with **CashBack for Communities** and we are delighted to be part of Phase 6 to learn from, and work alongside, our Phase 6 colleagues.

Our vision at Edinburgh Young Carers is to make a positive difference in the lives and futures of Young Carers and Young Adult Carers, and their families, across the City of Edinburgh. Throughout 2024–2025, we have continued to provide long-term emotional and practical support to each young person in our service, providing them with a break from their caring role in a friendly, supportive and fun environment where they can be themselves and leave worries behind.

This report aims to share the impact our programme – ‘**CashBack for Brighter Futures**’ – has made throughout the year and highlight our young carers amazing achievements.

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Priorities for Year 3

CashBack for Brighter Futures

This project will provide an holistic service for children and young people caring for a parent affected by alcohol/substance use.

These young carers report more negative health effects than other young carers, are generally less happy and report more stress and sleep difficulties. Their home environment and multiple **Adverse Childhood Experiences (ACEs)** can lead to negative coping strategies including alcohol/drug use, self-harm, attempted suicide, isolation, anger and anti-social behaviour. The majority live in the most deprived areas of Edinburgh, and face challenges associated with poverty including communication skills, low expectations of themselves and others, and lower attainment and aspirations.

Meet the Team:



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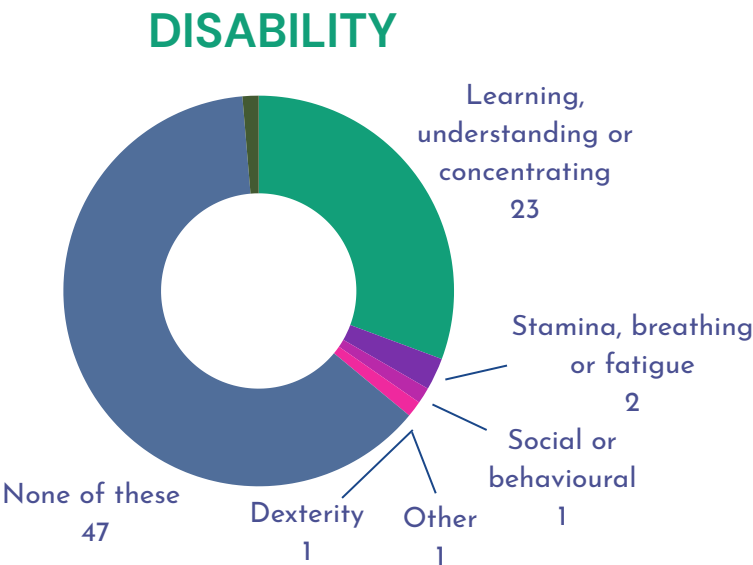
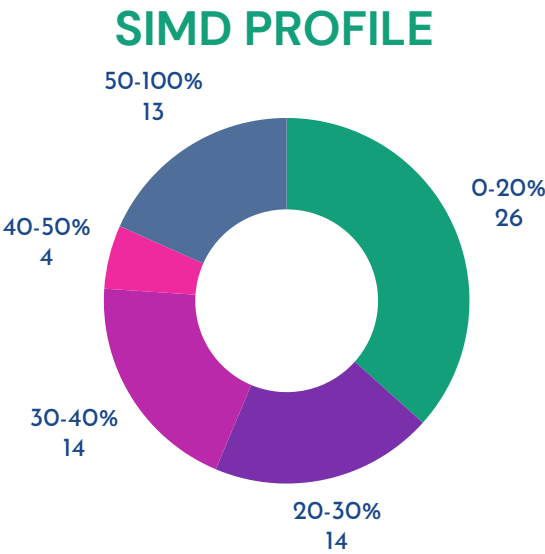
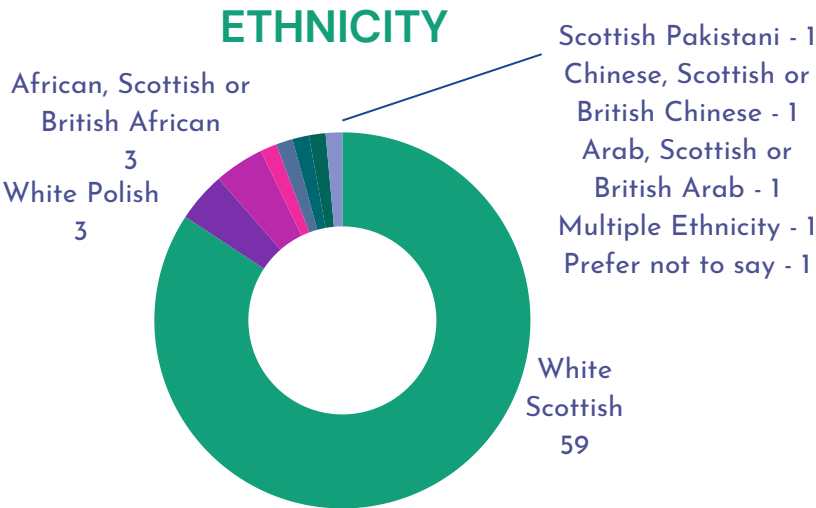
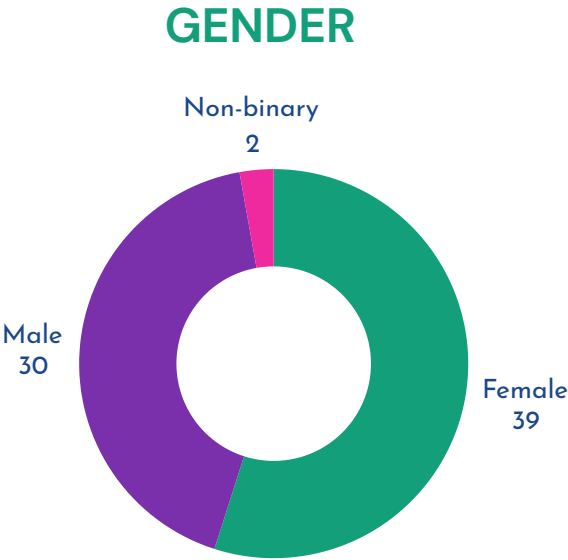
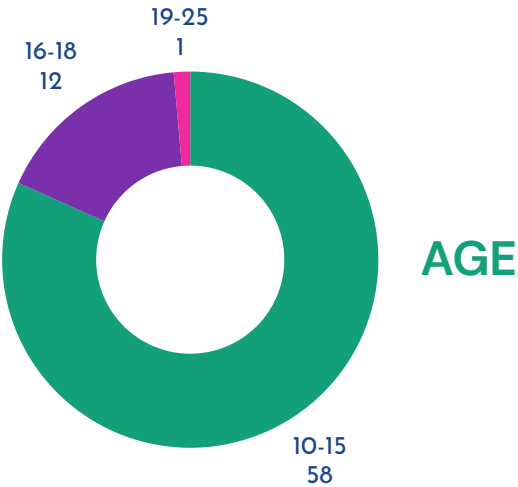
Each young carer has an individualised development plan comprising some, or all, of:

- **Mental Health Support** including fortnightly respite groups
- **Smaller groups/playdates**
- **One-one support/Counselling** for young carers who have been identified as being especially vulnerable to poor mental health and/or risk-taking behaviour
- **Core Skills Development** through activities supporting literacy, motor skills and environment awareness. The content is determined by the young people and may include equine therapy, outdoor skills, educational programmes, swimming and support with school transition.
- **Respite activities**, allowing young carers a break from caring responsibilities and an opportunity to share their experience with peers. This includes days out, camping trips and **2–5 night residential breaks** during school holidays.



The young carers we support with CASHBACK FOR BRIGHTER FUTURES

We have supported **71** young carers who are new to the service this year, alongside our pre-existing caseload



“The nicest thing is that everyone accepts me here. I can tell them things and they just understand me... Can we come back in three weeks?”

2024–2025 Programme

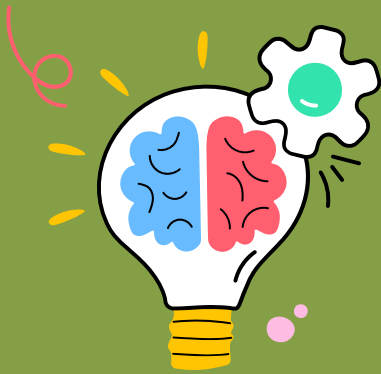


Core Skills Groups

Swimming, cycling and horse-riding groups are offered to young carers. The aim of these core skills groups is to develop coordination and motor skills, spend time outdoor, develop awareness of the city exploring different areas, practice safety on the road and in the water.

Happy Heids Groups

The aim of this group is to provide a safe, supportive, and therapeutic space for young people aged 5–10 to explore their feelings and overall well-being. The group will encourage the development of social skills, friendship-building skills, and self-care strategies. Delivered in partnership with Teapot Trust, the group will use art therapy as a key tool to help young carers express and process their emotions in a creative and accessible way.



Substance-Use Awareness Sessions

For young people aged 13–15 to promote understanding of how different substances affect the body and mind, while also equipping them with practical strategies to keep themselves and others safe. These sessions will be delivered in partnership with Crew 2000, ensuring that young people receive accurate, up-to-date information from experienced practitioners.

Small Group Sessions

Designed for young people who struggle to engage or feel anxious in larger group settings. These groups focus on building social skills, confidence, and friendships, with the aim of supporting young people to eventually access core groups and life skills sessions. They also offer extra respite for young people experiencing crisis, providing a safe and nurturing environment.



**38
swimming
sessions**



**1
residential
trip**



**14
cycling
groups**



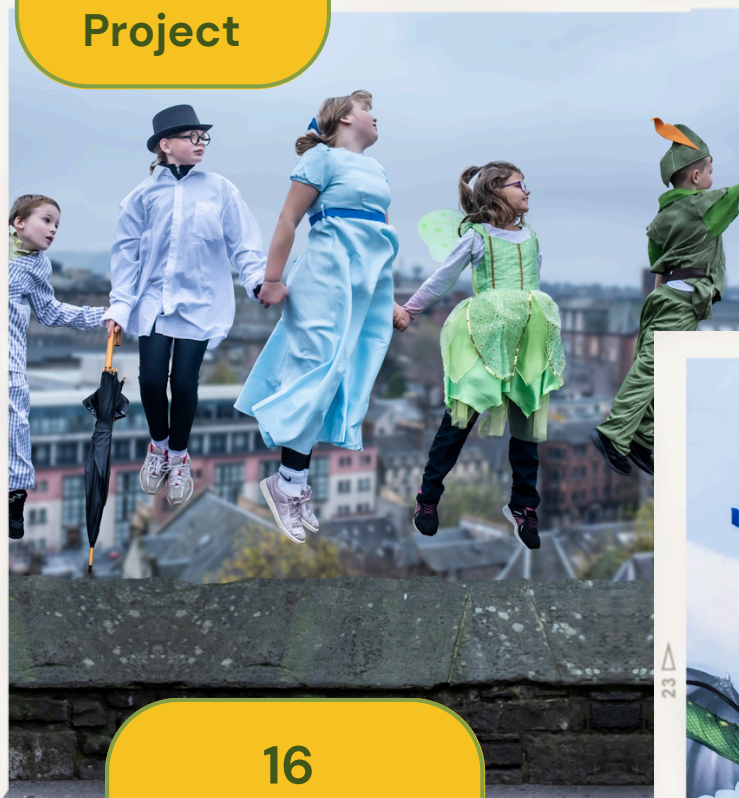
**267
1-1 sessions**



**4
days of
horse-riding**



Magic Fest Project



16
Mighty Minds
sessions

2
cooking
sessions



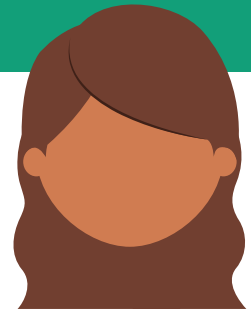
8
Happy Heids
sessions



1
First Aid
confidence
session



Faye's Story



Faye is 10 years old and cares for both of her parents and brother. Faye's parents live with mental illness and Faye's brother has autism and high care needs. Even though Faye's brother receives one-to-one attention from teachers, Faye still provides support to her brother throughout the school day.

Faye's parents experience strong social anxiety and mistrust of others, and therefore struggle with taking the children to school, with their attendance being around 55%. Due to missing school, Faye has missed social and academic development milestones. The teachers describe her as preoccupied, worried, never smiling, always serious and withdrawn.

Providing a suitable solution for Faye's family for accessing groups has had a huge impact for Faye. Previously withdrawn and serious, Faye is coming out of her shell – during swimming and cycling groups, she has now started playing with other YP.

At a Child Planning Meeting, it was noted that **attending EYC groups is the main strength in Faye's life at the moment**. We organised playdates for Faye, to support her in building friendships and developing her social skills. We also delivered Christmas presents to Faye and her brother, which included developmental games and books, so that even when she is not at school, she can still engage in activities that support her development.

From Social Work: *"I met with Faye last week and it was lovely to see her face light up when she was telling me about swimming. I'm really pleased she attended and that she has time and space to be a child and play", and "it is clear she views the group as a safe space and a space just for her".*

It was decided that Faye and her brother will be moved into foster care, while her parents receive support with their mental health and parenting skills. We will continue to provide group support and playdates to maintain some consistency for Faye and ensure a safe space, where she can be a child and play.

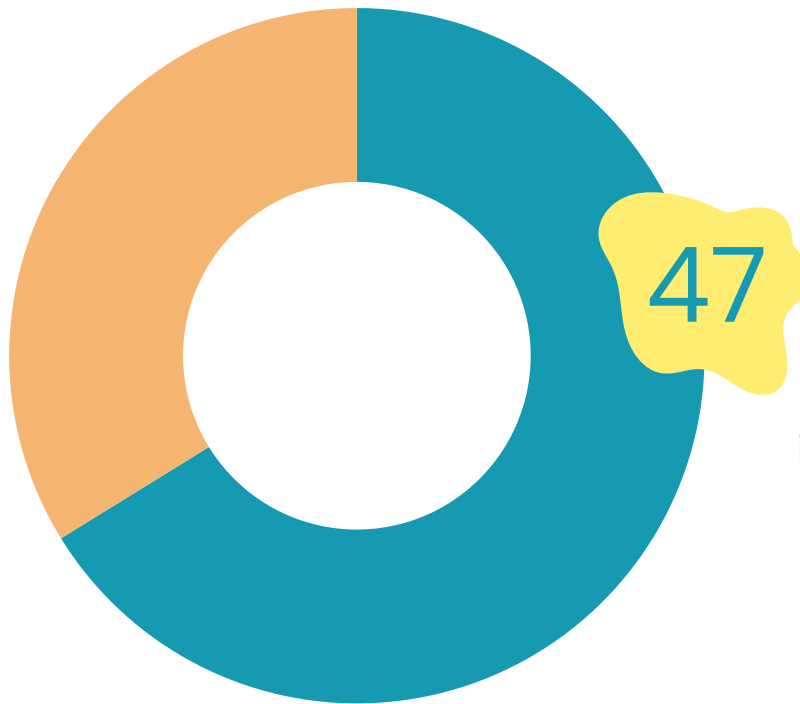
"I met with Faye last week and it was lovely to see her face light up when she was telling me about swimming."

Our Outcomes and Achievements

OUTCOME 1:

YOUNG PEOPLE ARE DIVERTED FROM ANTISOCIAL, CRIMINAL BEHAVIOUR AND INVOLVEMENT WITH THE CRIMINAL JUSTICE SYSTEM (TARGET = 52)

TOTAL
71



Young people report that they feel less inclined to participate in antisocial and/or criminal behaviour

We have worked with young people to assess, monitor and discuss those young people's involvement with anti-social behaviour; including substance use, gambling and fighting.

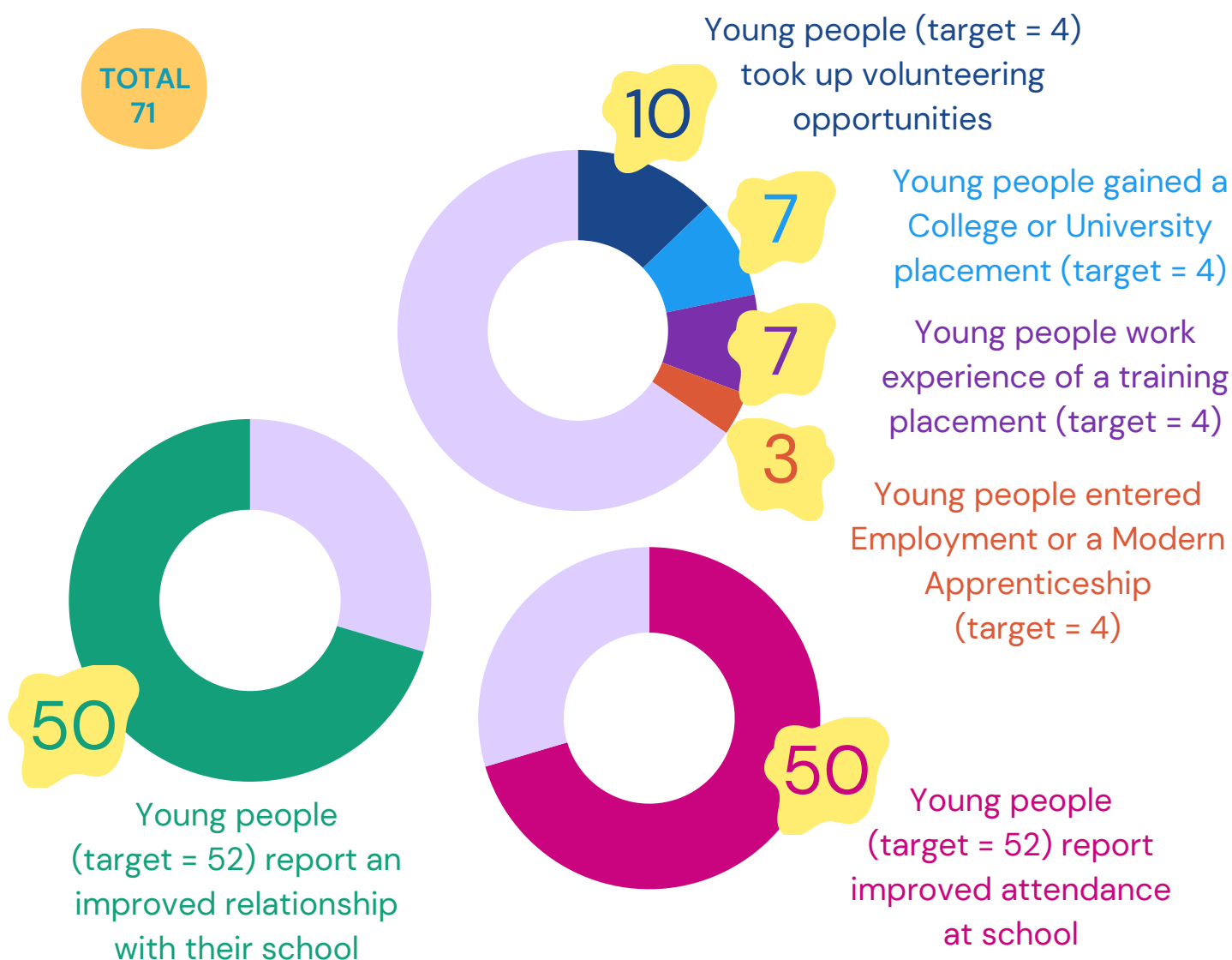
One to one support continues to be the focus of our project and we will continue to monitor anti-social behaviour and apply suitable interventions when or if required, liaising with school and involving other specialist agencies.



Our Outcomes and Achievements

OUTCOME 2:

YOUNG PEOPLE PARTICIPATE IN ACTIVITIES WHICH IMPROVE THEIR LEARNING, EMPLOYABILITY AND EMPLOYMENT OPTIONS (POSITIVE DESTINATIONS)

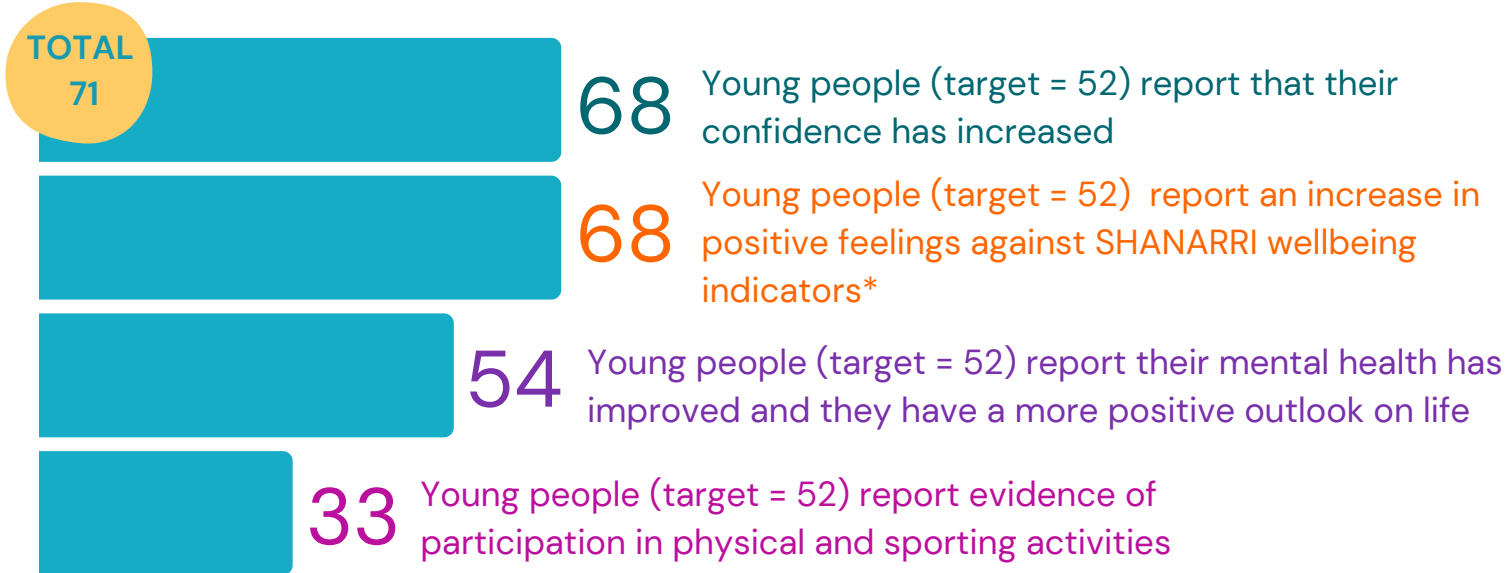


Over the year we have supported young people towards positive destinations. This includes supporting college and university applications, providing opportunities to gain employability skills, taking on volunteering roles and encouraging young carers to remain in education.

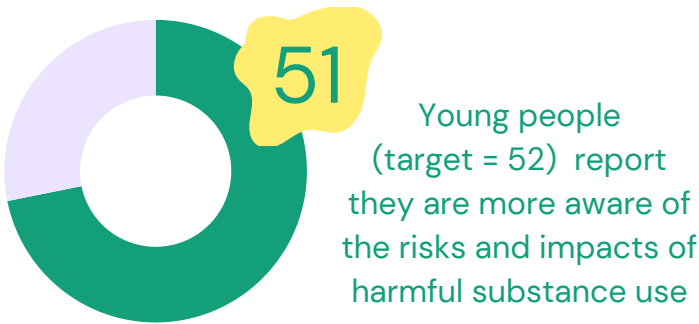
Our role is to work in partnership with professionals around the young person and to co-ordinate support in order to promote school attendance, a positive relationship with school and often advocate for a child's specific needs in the school environment.

Our Outcomes and Achievements

OUTCOME 3: YOUNG PEOPLE’S HEALTH, MENTAL HEALTH AND WELLBEING IMPROVES



**Safe, Healthy, Achieving, Nurtured, Active, Respected, Responsible, Included*

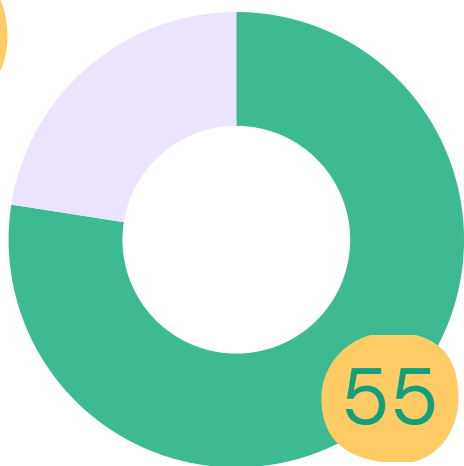


We review young people's feelings against SHANARRI indicators. Young people reported improvement against all SHANARRI indicators. To promote mental health and wellbeing, we offer regular one-to-one support sessions and the opportunity to access counselling to those young people needing extra support. The risks and impacts of harmful substance use are topics often covered during our support sessions. Over the next year we will be delivering a series of workshops in partnership with Crew2000 to raise awareness and promote harm reduction around substance misuse (including vaping and smoking) with young people aged 13+.

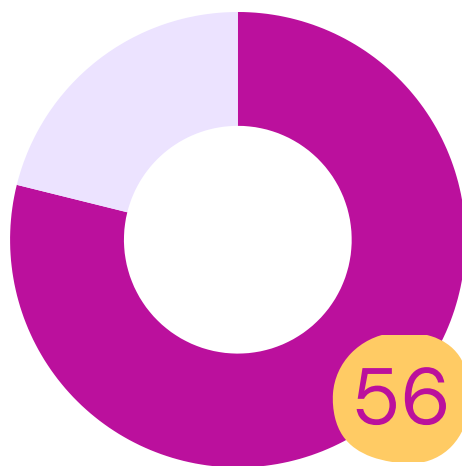
Our Outcomes and Achievements

OUTCOME 4: YOUNG PEOPLE CONTRIBUTE POSITIVELY TO THEIR COMMUNITIES

TOTAL
71



Young people (target = 52) report increased motivation to positively influence what happens in their community

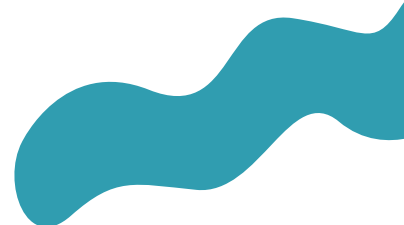


Young people (target = 52) report a heightened sense of belonging to a community

Every project run by our service utilises community spaces with the aim of promoting accessibility to local resources. This outcome was measured using evaluation forms after each project.

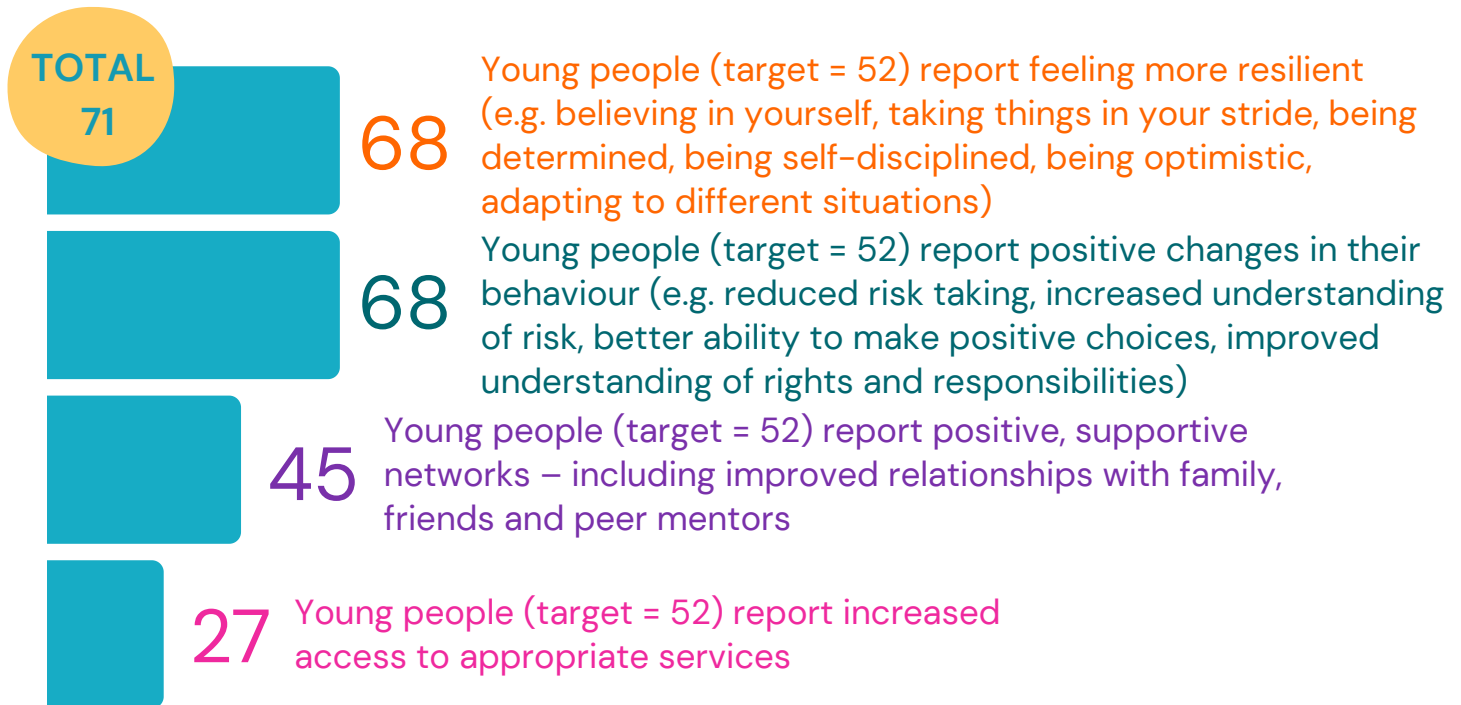
We continued to run swimming classes at the Royal Commonwealth Pool and cycling sessions in partnership with A Wee Pedal (Bridgend Farmhouse).

We also offered art workshops in partnership with the National Galleries and were able to visit several galleries and exhibitions and had sessions with local artists. The locations of these groups are primarily run in areas of social deprivation within South East and North East Edinburgh.



Our Outcomes and Achievements

OUTCOME 5: YOUNG PEOPLE BUILD THEIR PERSONAL SKILLS, RESILIENCE AND BENEFIT FROM STRENGTHENED SUPPORT NETWORKS AND REDUCE RISK TAKING BEHAVIOURS



When we review the young people's support plan, we assess positive changes in different areas of their wellbeing as a result of the support they have received.

Every young person reported their confidence has increased, which had an influence in positive changes in the young people's behaviour, improved school attendance and engagement with other services. This outcome has also been measured with ongoing communication with other professionals supporting the child, parents/guardians and by colleagues within our service who work with the young people in a group setting.

This year, we saw a reduction in the amount of young people having access to appropriate services, including social services, education, support services, mental health support and respite services. In particular, the waiting lists for specialist support/diagnosis has increased significantly which has had an impact on this outcome.

Our Cumulative Outcomes

We are really pleased to see that we have exceeded targets in most areas at the end of the 2 year point, therefore we are confident that we will exceed all Phase 6 targets at the end of year 3.

This project has allowed us to dedicate and tailor support provision to the most vulnerable children and young people which has had a massive impact on the achievements they have made.

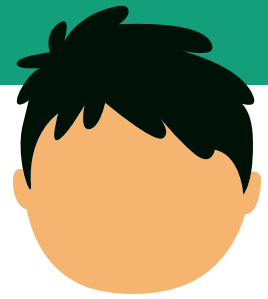
OUTCOMES (targets in (x))	2024/ 2025	Phase 6 to Date	% Actual / Target
1. Young people are diverted from antisocial, criminal behaviour and involvement with the criminal justice system			
Young people report that they feel less inclined to participate in antisocial and/or criminal behaviour	47 (52)	81 (84)	96%
2. Young people participate in activity which improves their learning, employability and employment options (positive destinations)			
Young people report an improved relationship with their school	50 (52)	116 (84)	138%
Young people's attendance at school improves	50 (52)	116(84)	138%
Gained employment or a Modern Apprenticeship	3 (4)	13 (7)	186%
Took part in a training placement	7 (4)	11 (7)	157%
Achieved college/university placement	7 (4)	16 (7)	229%
Young people volunteer	10 (4)	41 (7)	586%

OUTCOMES (targets in (x))	2024/ 2025	Phase 6 to Date	% Actual / Target
3. Young people's health, mental health and wellbeing improves			
Young people report an increase in feelings against SHANARRI indicators: Safety, Health, Achievement, Nurture, Activity, Respect, Responsibility, Inclusion	68 (52)	143 (84)	170%
Young people report their mental health has improved and they have a more positive outlook on life.	54 (52)	129 (84)	154%
Young people report they are more aware of the risks and impacts of harmful substance use	51 (52)	81 (84)	96%
Young people report they are less inclined to engage in harmful drugs and/or alcohol use	51 (52)	80 (84)	95%
Young people report their confidence has increased	68 (52)	143 (84)	170%
Young people report evidence of participation in physical and sporting activities	33 (52)	104 (84)	124%
4. Young people contribute positively to their communities			
Young people report a heightened sense of belonging to a community	56 (52)	128 (84)	152%
Young people report increased motivation to positively influence what happens in their community	55 (52)	99 (84)	118%

OUTCOMES (targets in (x))	2024/ 2025	Phase 6 to Date	% Actual / Target
5. Young people build their personal skills, resilience, and benefit from strengthened support networks and reduce risk taking behaviour			
Young people report feeling more resilient (e.g. believing in yourself, taking things in your stride, being determined, being self-disciplined, being optimistic, adapting to different situations)	68 (52)	143 (84)	170%
Young people report positive, supportive networks – including improved relationships with family, friends and peer mentors	45 (52)	120 (84)	143%
Young people report increased access to appropriate services	27 (52)	80 (84)	95%
Young people report positive changes in their behaviour (e.g. reduced risk taking/ increased understanding of risk/ better ability to make positive choices/ improved understanding of rights and responsibilities)	68 (52)	143 (84)	170%



Edgar's Story



Edgar is 11 and cares for his mum who has epilepsy. Edgar reminds mum when to take medication and he is always around when mum bathes or goes to the toilet in case of emergency help required, as he feels responsible for her safety.

Edgar presents as a very caring and sensitive boy, however he can struggle to regulate his emotions and becomes quite disruptive and physically/verbally aggressive, especially towards mum.

Mum and Edgar had recently moved to a different part of Edinburgh when referred to EYC. They were both feeling quite isolated and the need for extra support was clear. Edgar has received a range of tailored support from EYC, including access to a Young Carers Statement, respite groups, and 1:1 sessions. He has also been referred to Sunflower Garden for play therapy, and Circle to work specifically on the relationship with his mum, including boundaries and routines at home.

Edgar initially presented with challenging behaviours – he was oppositional, easily dysregulated, and overwhelmed in noisy environments. However, over time, with consistent relational support and the safe spaces provided by both our team, school, and Sunflower Garden, he began to engage meaningfully.

Edgar has developed improved self-awareness and emotional regulation, along with physical confidence through his swimming and cycling activities. He has learned that he is allowed to have fun, to be cared for, and to take up space as a child—not just as a carer. This isn't always consistent—he still faces many challenges—but it's important to celebrate the meaningful progress he has made so far.

Edgar's journey highlights the need for early, multi-agency intervention and the importance of recognising potential neurodivergence or trauma responses in young carers. Building the case for a CAMHS referral took time and advocacy, and the system can often be slow to respond to complex, overlapping needs. There's a real need for accessible and sustained support for both child and parent carers.

Edgar's story is a reminder of the importance of seeing the child behind the behaviour and responding with compassion and creativity. His progress reflects the power of consistent, relational work that is embedded in trust and play. It's been a privilege to walk alongside him and his mum on this journey.

Stories of Impact and Change

Due to child protection concerns, 12-year-old Tess and her father had to move out of their home and become homeless.

For a few months, they were sharing a sofa in the living room of a relative's flat at the other end of the city from where Tess goes to school. The new location meant that Tess had to spend over an hour each school-day commuting, making her tired and unfocused for learning.

Teachers observed her sleeping during class and being absent-minded, which was not characteristic for her. We were advocating for the family to receive a priority status and assistance for bidding on properties.

They managed to secure a property in November 2024, however, it came unfurnished. Due to financial difficulties, the family could not afford to buy the necessary furniture to move into their new home. We applied for an ELTF grant and support from Fresh Start, which helped them to get essentials like a bed, white goods, desk, lamps and soft furnishings. This meant that Tess could move into her new home sooner and could feel cosy and comfortable.

The move has improved Tess's wellbeing significantly, as she now has her own room, and a short commute to school..



Through regular Adult Carer Support Plan (ACSP) reviews, consistent 1:1 emotional support, and advocacy, a strong, trusting relationship has been built with Holly, who is now 22 years old.

Holly received support across multiple domains—grants, college transitions, housing, mental health, and future planning—and I believe this wraparound, person-centred approach has allowed her to feel seen, heard, and valued.

Holly has expressed that she feels more grounded, hopeful, and empowered. She's shared how important it was to have someone in her corner consistently. Her wellbeing has improved as she has moved from crisis to stability, finding her own direction and voice. However, she still carries the weight of responsibility at home, and emotional support remains an ongoing need.

Holly's story highlights how young adult carers often fall through service gaps, especially when navigating transitions. A flexible and responsive approach is vital, as is inter-agency communication. There's also a need for more housing support and mental health provision tailored to young adult carers who are often overlooked by both children's and adult services.

Partnerships

We are incredibly grateful for our partnership with the Teapot Trust, whose therapeutic art services have been instrumental in supporting our Happy Heids wellbeing group.

Their creative, trauma-informed approach has provided a safe and nurturing space for our young carers to express themselves, build confidence, and process difficult emotions through art. The Teapot Trust team brings not only expertise, but also compassion and sensitivity — helping us embed wellbeing at the heart of our work. Their contribution has been vital in enhancing the emotional resilience of the young people we support.



Our long-standing partnership with Edinburgh Leisure has been key to the success of our swimming groups, which have run for many years and provided invaluable respite, skill-building, and fun for young carers.

Through access to trained instructors and inclusive facilities, these sessions have supported not only physical health but also social connection and emotional wellbeing.

Edinburgh Leisure has also championed wider community inclusion by offering our young carers the **Community Access Programme (CAP)** card, enabling them to access local sports and activities affordably. Their commitment to young people's health and inclusion continues to make a lasting difference.

"Craig was saying how much he loved swimming, and Dad was on board also, which is a great milestone. Thank you for all your help."

~ Professional working with one of our young carers

Organisational Highlights

One-to-One Support and Advocacy

This year we have seen an increasing number of families going through financial hardship, child protection concerns, and poor parental mental health requiring greater support from us. Our actions in response:

- We provided more in depth one-to-one and advocacy support to help young people through crisis periods,
- Helped young people to establish meaningful connections with a trusted adult and other young carers. These connections have been crucial in motivating the young people to engage with services and shift anti-social behaviour patterns.
- The Cashback for Brighter Futures project has delivered over 260 one-to-one's this year.
- Our EYC Membership Service continues to provide information, advice and signposting on issues such as financial wellbeing, transitions to FE/HE, and community wellbeing supports, reaching an even greater number of young people and ensuring they can access the right support, at the right time.


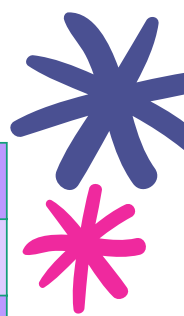
Raising Awareness of YCs and YACs

Raising awareness of young carers and young adult carers continues to be a priority at Edinburgh Young Carers, as we strive to ensure that everyone is 'carer aware' and young carers feel seen, heard and valued in all settings.

- We took part in a **5-week long Magic Fest project** for 17 young people, which culminated in a photo and video exhibit in the Scottish Storytelling Centre that the public could freely access until January 2025. This was an initiative that broadened the young people's experience of the city, harnessed their creativity and raised public awareness of the challenges faced by young carers.
- In March 2025, our young carers, volunteers and staff took part in the national **Young Carers Action Day** parliamentary activities. This included a gathering of young carers across the country outside the Scottish Parliament, to raise awareness and lobby for a right to a break for young carers, as well as a chance for our young people to participate in a Cross Party Group for Carers, Parliamentary Debate and First Minister Questions – an exciting and inspiring day!



CashBack for Brighter Futures – Expenditure

£	2024/25			Phase 6 to Date		
	Actual	Target	Var.	Actual	Target	Var.
Staffing Delivery Costs						
Salary Costs FT worker	34,880	34,880	0	64,495	64,495	0
Salary Costs PT worker	19,403	19,403	0	35,877	35,877	0
Sessional & Instructor Costs	3,439	3,439	0	6,379	6,379	0
Non Staffing Delivery Costs						
Staff & YP Travel	2,587	2,587	0	4,805	4,805	0
Events, Outings & Refreshments	8,470	8,470	0	15,733	15,733	0
Misc	292	292	0	523	523	0
Capital Costs	0	0	0	0	0	0
Management & Marketing	6,907	6,907	0	12,781	12,781	0
TOTAL	75,978	75,978	0	140,593	140,593	0

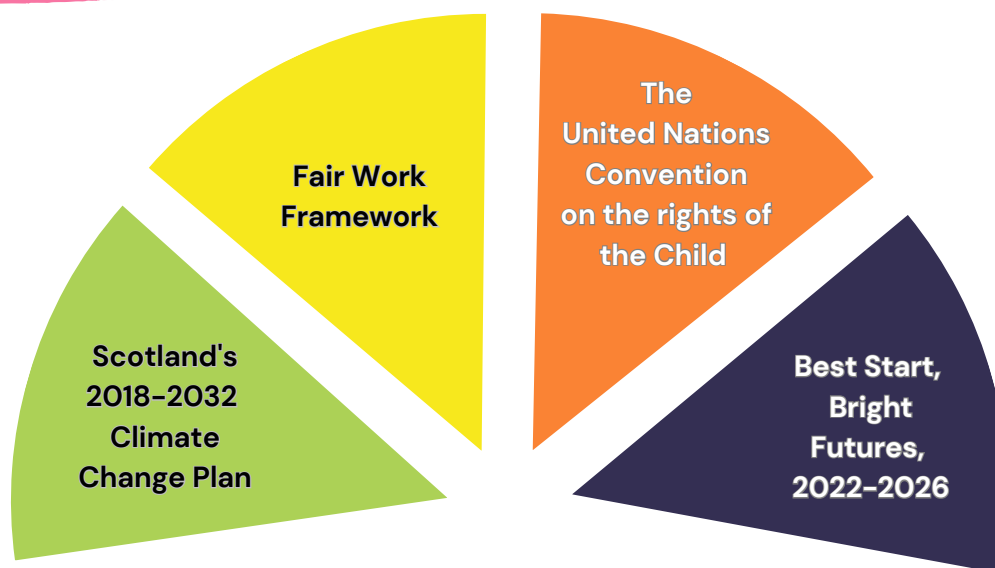


**All expenditure was for activity within the City of Edinburgh local authority*

"You're one of the best... especially for Jenny, she is partly who she is because of you and that is priceless. I really hope [you all] had the best weekend"

~ Parent of young carer, on their return from a residential break

Links to Scottish Policy



Scotland's 2018–2032 Climate Change Plan

Our **educational and outdoor activity programme** includes a significant element of environmental awareness, including instilling the importance of recycling and taking litter home, and taking part in beach/park clean-ups. We work in partnership with *A Wee Pedal* who run a cycling and learn to ride programme for our young carers and to keep this learning going and we have worked with a bike mechanic (SL) who donated refurbished bikes for our young carers.



Another exciting project was our *Growfitti Group*, delivered in partnership with *Bridgend Farmhouse*, which combined graffiti and gardening skills to design a growing area. We worked with young carers aged 13+ years and focused on outdoor learning, **connecting young people with local spaces in the community and developing creativity**.

Following the Scottish Government's introduction of free bus travel for young people ages 12–21, all of our young carers are supported to access this bus pass. Edinburgh Young Carers operate a largely paperless organisation, and use eco-friendly paper when we do have to print. We support a *'Cycle to Work'* scheme for staff and have access to e-bikes for meeting travel. Our staff also attended virtual **climate training** with Youth Scotland which focussed on engaging young people in climate action within their community. We comply fully with our landlord's environmental policy, e.g. measuring impact by monitoring energy consumption, recycling weight and EPC rating of building. This policy is available on request.

Fair Work Framework

Edinburgh Young Carers is committed to ensuring fair working practices for all permanent staff, sessional staff and volunteers. We have a Fair Working Policy to ensure staff are treated fairly, well-rewarded, well-motivated, well-led, and have access to appropriate opportunities for training and skills development.

We are committed to paying our staff above the National Living Wage. To help with stability of employment, we try to employ on a permanent basis and will only utilise temporary or casual employment where it is absolutely necessary.

We recognise that all staff play a crucial role in ensuring the success of the organisation and is therefore committed to providing **training and development** to improve the skills and competence of all of its staff.

We recognise the benefits of a diverse workforce and are committed to providing a working environment that is free from discrimination. Our **Equal Opportunities and Diversity and Harassment and Bullying policies** demonstrate the organisations overall commitment to equality of opportunity.

To assist staff with a better work life balance we offer flexible/hybrid working. Our **Flexible Working Policy** has been developed to outline this. Our family friendly policies also provide guidance and entitlements for staff on all their statutory rights.

We believe that to ensure a **healthy and respected working environment** it is important to ensure there are effective communication processes established between management and staff. In order to achieve this, systems are in place to facilitate the flow of information throughout the organisation both from management to staff and vice versa.

Staff are consulted on all organisation Strategies and Operational plans and have taken part in an away day with the Board to work on our refreshed Strategy for 2025–2030. Staff are also encouraged to make suggestions which they believe may assist in improving our services or to raise any concerns they may have.

The United Nations Convention on the Rights of the Child (UNCRC)

The rights and wellbeing of the young people we work with are paramount in everything we do.

We respect, consider and promote children's human rights in accordance with the UNCRC and the Children and Young People (Scotland) Act 2014.

Our **Children's Rights & Wellbeing Impact Assessment** is reviewed yearly and can be accessed [here](#)

Our website promotes a 20-minute Introduction to Children's Rights training tool that all our staff undertake and refresh annually, and highlight relevant links for anyone who wants or needs to better understand children's rights.

learn.nes.nhs.scot/75341/childrens-rights-uncrc/introduction-to-children-s-rights



Best Start, Bright Futures

The Scottish Government's Tackling Child Poverty Delivery Plan, 2022–26

CashBack for Better Futures contributes significantly to **supporting children to learn and grow**.

We have two dedicated school liaison Development Workers to work alongside school staff to help reduce the barriers young carers may face to accessing a full education as a result of their caring role. The project also targets health and wellbeing, identified in the CPDP as key to successful outcomes. We support Young Carers (16+) with **transition to becoming Young Adult Carers and moving into employment and further education**. Their family circumstances make them even more likely to become NEET. Our local partnerships reduce that likelihood. Support around income maximisation is important for our young carers and their families. By engaging with families, we can identify specific collective and individual needs. EYC work closely with **Citizens Advice Bureau** with the intention of supporting families across Edinburgh who are affected by the cost-of-living crisis **to feel more financially secure and in control of their money**. The financial support service offers families and young adult carers 1-1 time with an advisor who can support and advise on **benefit entitlement, low level debt advice** (referring to debt specialists if needed) and **energy advice**.

During, and since, the pandemic, we have been able to secure external funding to ensure that the **most vulnerable young carers had access to their own phone/iPad**, enabling them to engage with schools, support workers and peers, therefore reducing social isolation. We have sourced **Christmas presents** and ad-hoc gifts for young carers from low income families. Our Winter Warmers Fund provides **school uniform** and other items. Our social and residential activities provide the young carers with a **break or holiday** which would usually be inaccessible to the family. **Tackling Fuel Poverty**, we organised reciprocal training with Home Energy Scotland, which has given our staff extensive knowledge and confidence to signpost families to support available.

"...People like yourself, who you can tell want to help and care, help people find the strength to fight. You're a star!"

~ Parent of young carer



Priorities for Year 3

CashBack for Brighter Futures

In Year 3, our focus will remain on delivering **long-term, individualised support** to young carers, with a continued emphasis on 1:1 support. Many of the young people we work with are facing complex challenges, including difficult home environments, emotional distress, and behavioural difficulties. We will **prioritise tailored, trauma-informed support** for those in greatest need — providing a safe space to be heard, helping them build trust, and supporting them to access the right services through **robust signposting and multi-agency working**.

Alongside this personalised support, we will continue to promote the **development of key life skills**, including fine and gross motor skills, coordination, social communication, literacy, and independence.

We will continue to nurture our valued partnerships with ***A Wee Pedal***, ***Teapot Trust***, ***The Drum Riding School***, and ***Edinburgh Leisure***, whose inclusive and youth-centred approaches have been vital in delivering impactful, accessible programmes. Our partnership with ***Honeypot*** will also continue to provide residential breaks, offering young carers crucial opportunities to relax, connect with others, and just be children.



Priorities for Year 3

CashBack for Brighter Futures

The following core skills groups will be delivered in Year 3:



These sessions will provide a mix of structured **skill-building and therapeutic respite**, supporting young carers to develop self-confidence, emotional regulation, and a sense of achievement.

In the first half of Year 3, we will also launch a series of harm reduction workshops with **Crew2000**, beginning on **4th June**, aimed at young people aged 13+ and covering key topics such as substance misuse, vaping, and smoking. These sessions will encourage **open, informed conversations** and empower young people to make **safer choices**.

Finally, we will deliver additional **First Aid training** in partnership with the **British Red Cross**, equipping young carers with practical, confidence-building skills for use in everyday life and emergencies.



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**Special thanks also to our
team of Sessional Youth
Workers and all of our
Volunteers**

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