



Aberdeen City
Health & Social Care
Partnership

A caring partnership

Carers Strategy 2023 – 2026

Annual Report - Year Two



Contents

- Implementation and Key Highlights Timeline
- Action Plan 2024 Overview
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Strategy Implementation Key Stages

Year 1 2023

January 2023
Carers Strategy
Approved

Mar – Jun 23
Action Plan
Development

July 2023 New
SPM Appointed

December 2023
Deadline for
Improvement Projects
Ideas

March 2023
Official Launch of
Carers Strategy

May 2023 Young
Carers LOIP
Charter initialised

August 2023
Budget Realigned
to support
improvement
projects

Year 2 2024

February 2024
Year 1 Annual Report

**Mar – June
2024** Start of
Improvement
Projects

**Jun – Aug
2024**
Collaborative
Commissionin
g Workshops

Dec 2024
Carers Service
Preferred
Provider

**February
2024**
Programme
Review Carers
Services

June 2024
Carers Week
Events
Awareness
Raising

Oct 2024
Carers
Tenders
Published

**February
2025** Annual
Report Year 2

2024 Actions

- Understand the support needs of all Carers in Aberdeen and specifically those with protected characteristics (Equality Act (2010)), including particular focus on;
 - Develop approaches to engaging with minority ethnic Carers
 - Develop approaches to engaging with LGBTQ+ Carers
 - Religious and Faith groups
 - Carers with Disabilities
- Test whether information sessions/training co-produced by carers for Adult Social Work Care Managers increases staff awareness/knowledge of carers rights and sharing of available support offered to carers at the earliest opportunity.
- Carry out review of Young Carer Support service
- Tender for revised Young Carer Support Service at end of existing contract
- Review and retender performance of Adult Carer Support service
- List all types of youth groups running youth programmes, engage them in ensuring young carers are identified and could they support them in being leaders in planning their own support, encourage these organisations also to be Carer Positive.
- Review progress so far and develop guidance in relation to carer involvement in the hospital discharge process, including awareness and recognition of the role of Young Carers.
- Review support guidance for Carers when the cared for person is moved to a Care Home.

Info from slide 18 onwards for Engagement and Carers Reference Group

More information on Carers Week and some awareness Events on slide 15

We carried out a programme review and collaborative commissioning process in 2024 for both Young and Adult Carers Services. New Contracts start 01/04/2025. More information on slides 16/17

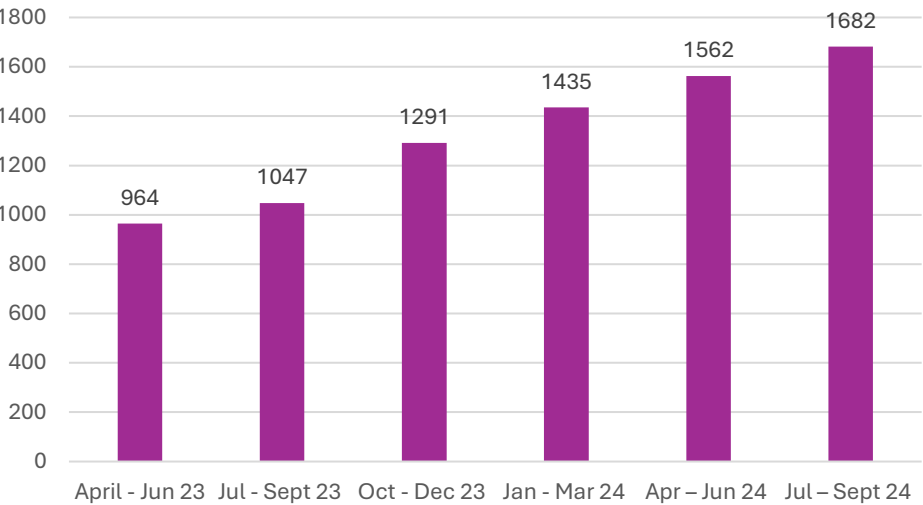
Refreshed LOIP has new Adult Carers Charter and Completed Young Carers Charter

Data



Adult Carers Registered

Increase of **43%** Adult Carers Registered/Supported

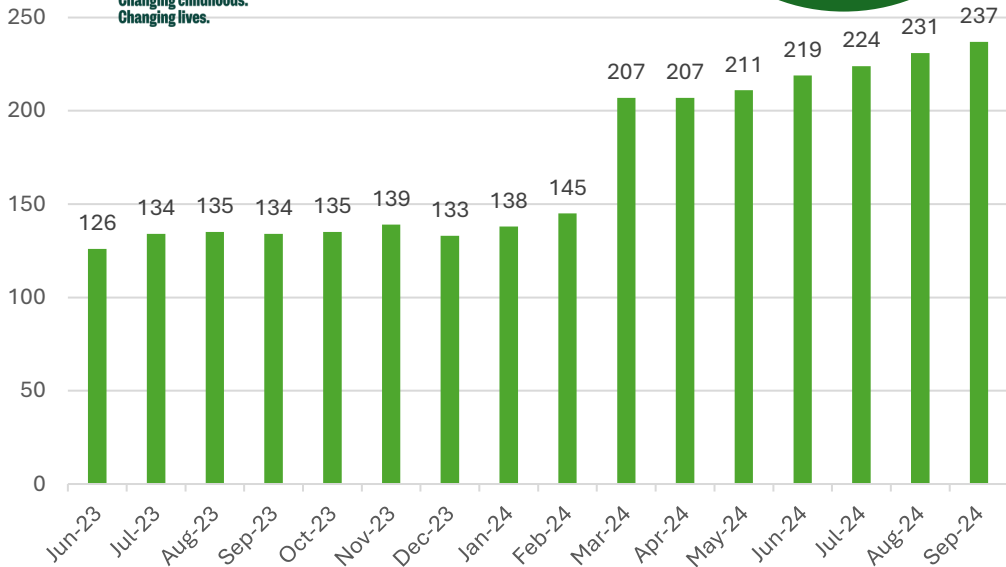


Our number 1 Carers Strategy Priority is - Identifying as a Carer and the first steps to support. Both services have seen a more than 40% increases in registrations, which is a huge step for Carer identification and accessing appropriate support.



Young Carers Registered

Increase of **47%** Young Carers Registered/Supported

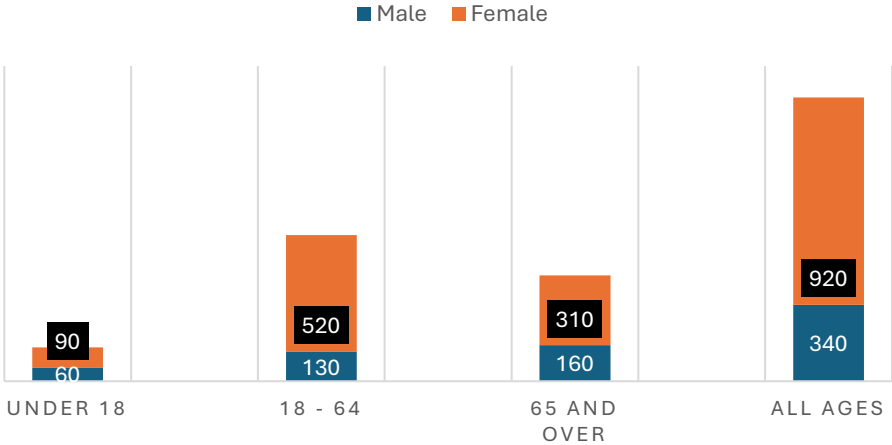


National Indicator (N18) Updates August 2024	Aberdeen Rate 21/22	Aberdeen Rate 23/24	Scotland Rate 21/22	Scotland Rate 23/24
Percentage of carers who feel supported to continue in their caring role	32%	37%	30%	31%

Carers Strategy AIM STATEMENT “We will demonstrate overall improvement in all four priority areas by receiving a minimum of 40% positive responses to our Carer Experience statements (what we want Carers to be able to say about their support) when surveyed in 2026. We are hoping to achieve this if trend continues

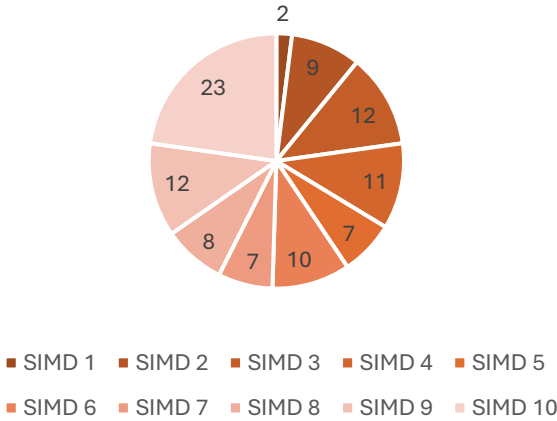
National Carers Census Data – Aberdeen City

ABERDEEN CITY CARERS CENSUS - AGE GROUPS

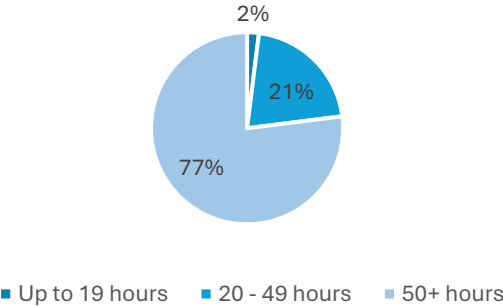


Similar to our Local data survey, there is a higher percentage of Carers spending more than 50 hours per week in their caring role.

Carers - SIMD Areas (1= Most Deprived - 10 Least Deprived)



Number of Hours spent Caring per week

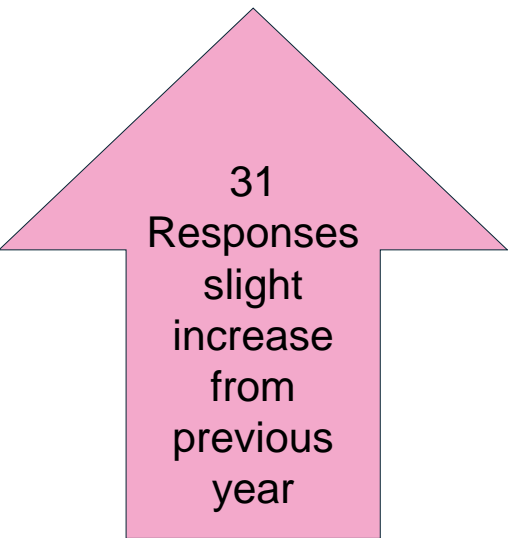


Caring for Specific Groups	Percentage of Census Response
Dementia	7%
Mental Health	2%
Learning Disability	5%
Autism Spectrum Disorder	5%
Learning Disability and Physical Disability	1%
Physical Disability	3%
Elderly Frail	5%
Other	6%
Unknown / Missing	65%

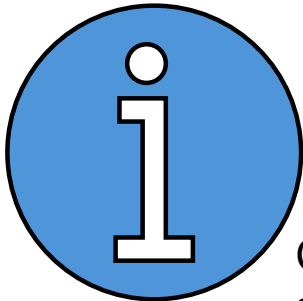
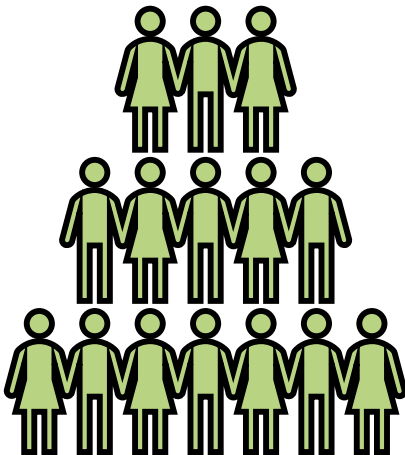
Interestingly the census responses note a slightly higher percentage of carers in least deprived areas. However its worth noting it is generally spread across most SIMD zones.

[Carers Census, Scotland, 2023-24 - gov.scot](https://gov.scot/cars) For comparisons across Scotland and other supporting figures.

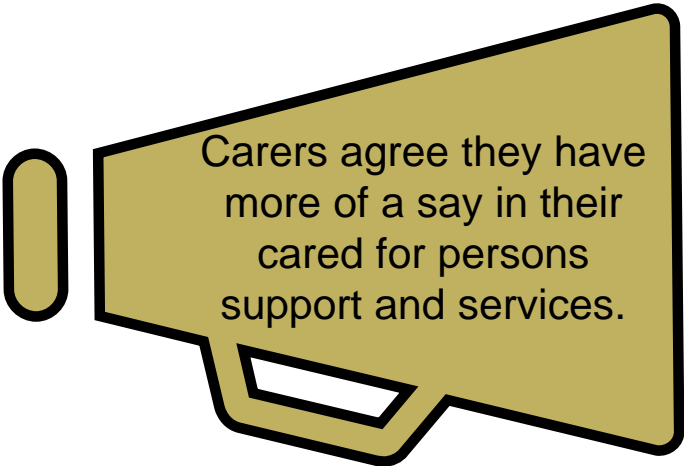
Local Carers Strategy Annual Survey 2024



Most in the 40+ age range with only one respondent in Young Carer Age range. A priority to improve for the Carers Strategy refresh



Carers report they are still struggling to find relevant information, balancing their caring role with life/ other responsibilities and affecting Mental Health and Wellbeing



Cross referencing this Survey with the questionnaire done for the Collaborative Commissioning process, we are finding there are carers engaging with surveys that are not seeking or signing up with Carers Services. This is reflecting on the representation of support they receive. Majority of those registered with Carers service are positive about the level of service they receive.

Carers Improvement Projects

- Barnardos – ELM Music Therapy
- Barnardos – Residential Trips
- PAMIS – PMLD Family Sessions
- We Too – Ninjas
- Podiatry – Carers Foot Project
- Sport Aberdeen Carers SPACE Programme
- Quarriers – Wee Blether expansion
- BAC – Developing Young Workforce Carers Training

ELM Music Therapy Programme



Throughout the year, Barnardos have continued to expand and enhance their engagement activities in partnership with ELM Music Therapy. This collaboration resulted in 12-week therapeutic music sessions offered across five primary schools (Bramble Brae, Westpark, and Heathryburn) and one secondary school (St. Machar). These sessions were specifically designed to support both registered and non-registered young carers. The focus was on identifying young carers early, raising awareness of their rights to support, and providing a pathway to intervention before reaching a crisis point. This approach aligns with Priority 1 of the Carer's Strategy by reducing the need for young carers to be registered only in times of crisis.

In order to widen the support across Aberdeen City, Barnardos rotated the sessions across the Associated School Groups (ASGs) in a fair and inclusive manner. This rotation allowed them to extend the ELM Music Therapy program, ensuring it met the diverse needs of young carers, whether they required individual support or thrived in a group setting. The individual sessions have proven particularly valuable, providing personalized support for young carers across Aberdeen, in line with Priority 2 of the Carer's Strategy.

The funding has been instrumental in continuing these therapeutic interventions, supporting the ongoing development of sibling groups, school-based groups, and the introduction of new individual sessions. As a result, young carers have made significant progress in achieving their Barnardo's outcomes, including:

- Improved mental health and wellbeing
- Positive social interactions with peers
- Increased access to activities and opportunities
- Reduced impact of their caring role

Feedback- "YC loved the session and really benefited from attending as he built up a lot of confidence through doing something outside of his comfort zone. I was pleased with the progress that he made, and Nadine was just lovely to YC which really helped as he needs a nurturing caring approach for his confidence, perfect!"

We aim to secure additional funding to continue offering our highly successful music therapy sessions, which have proven to be an invaluable complement to our universal support services.

Young Carer Short Breaks/ Residential

The funding provided us with the opportunity to increase respite options for young carers, offering them a longer break from their caring responsibilities and ensuring that the needs of all young carers registered with our service were addressed. This included a five-day residential at Outward Bound, a full-day activity at the Scottish Young Carers Festival, and the planning of another residential before March 2025.

Through our continued partnership with Outward Bound and eight young carers participated in the 5-day residential at Loch Eil, Fort William. We were able to expand our resources, allowing young carers to engage in activities they may not otherwise have had access to. Each program was tailored to the individual interests and abilities of the young carers, ensuring their personal outcomes were met.

The full-day short break at the festival provided “choice and control” for those who were unable to leave their cared-for individual overnight but who still have the "right to a break" under the National Care Service Bill.

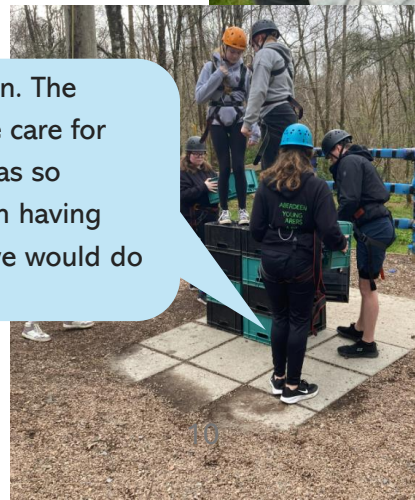
This funding also aligned with Priority 4: Community Support and Services for Carers, which focuses on the practical support available to carers, helping them stay connected to their communities and lead a life alongside their caring role, including hobbies and employment. The short breaks helped young carers "live a life alongside caring," enabling them to sustain their caring responsibilities in the long term.

Additionally, both the young carers and the cared-for individuals benefited from the opportunity to build peer relationships and improve their wellbeing, positively impacting the young carers' ability to manage their responsibilities. These breaks have also helped young carers make progress toward their Barnardo's outcomes, which include:

- Improved mental health and wellbeing
- Positive social interactions with peers
- Increased choice of activities and opportunities
- Reduced impact of their caring role

There continues to be a significant demand for short breaks/respite, with young carers and their families consistently expressing the need for social, affordable, and safe spaces that are free to use. We plan to continue offering these vital short breaks by applying for additional funding, ensuring that young carers receive the breaks they are entitled to.

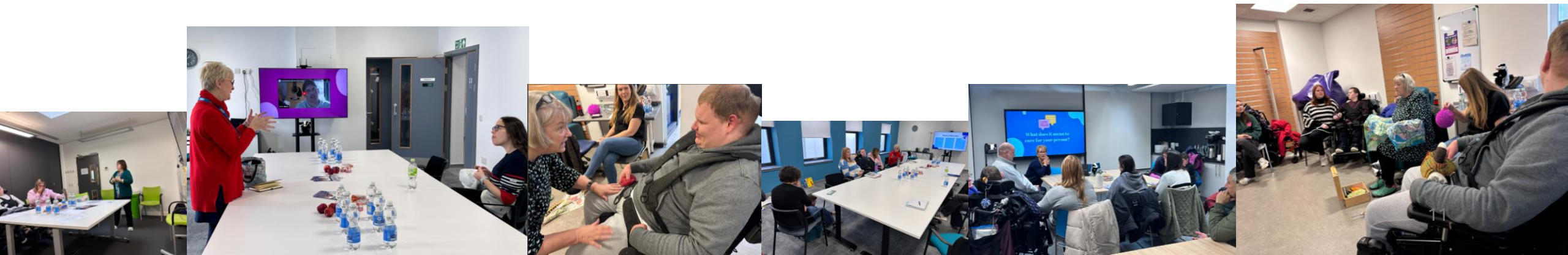
Feedback- The young carers service has been amazing support for myself and my children. The support we have received has been brilliant. Both my girls attend as they help to provide care for both myself and their younger brother. She attended one of the residential trips which was so positive for her. It really gave her the chance to forget about caring role and just focus on having fun with her friends that she has made through the service. I honestly don't know what we would do as a family without the Young Carers supporting us for the last couple of years.



PAMIS – Profound Learning & Multiple Disabilities (PLMD) Family Support

PAMIS has spent their time on the project connecting!

We piloted a first-ever community group, led by PAMIS families in partnership with Robert Gordon University's occupational therapy students. It was a delight to share some time together each week from September to October. We met in accessible venues across the city to talk about life for people with profound learning and multiple disabilities (PLMD) and the unique challenges and joys of the caring role. There was learning and baking! It was great to meet so many people, talking about Changing Places Toilets, accessible doors and parking, and just how long it takes to get out the door each day. Our families reported feeling empowered and "surprisingly delighted" at just how engaging our groups were and we'd call this pilot a win!



We Too – Ninja Funding

It's been an incredible year for the Ninjas at Ninja HQ for their own personal development as well as their impact within the City.

As the team also identify as parent/carers, helping visitors attending Ninja HQ often to initially look for signposting and information for their children, allows natural conversations to help both visitors identify as parent/carers and siblings to identify as young carers.

Over the last 12 months Ninja HQ has received over 2218 Visitors accessing information workshops held both in-house and with external partner, Relaxed Sessions, Drop-In/Ad Hoc Support and the safe space/sensory space area. Outside of this of course is meeting parent/carers at Relaxed Sessions and events in the community (Ninja Outreach) where informal signposting and information is also provided.

Regular training days for the Ninja's has created opportunities for their own personal development. This has included 1-2-1 IT Sessions to increase their confidence using systems and software, social media, mental health first aid and various conferences and information days.

This, in turn has led the Ninjas to recognise their own valuable contribution to the community, drawing on their own personal, lived-in experiences to create "Ask The Ninjas" Programme covering topics such as "Recognising Neurodivergent Burnout" and "Exploring Pre-Verbal Communication Aids". This allows them to be leaders in their own support for ongoing employment opportunities whilst supporting others.

It's been of particular pride to the Ninjas to have also scooped two awards this year. One for Inclusive Event of The Year with Codona's with Celebrate Aberdeen as well as Inspiring Communities Award with Aberdeen City & Shire Tourism Awards.



Podiatry – Foot Care for Carers & Training

Aim: Working collaboratively with carers and creating a connection that a person centred, easily accessible education programme could be developed to improve the carer's knowledge and understanding of personal foot care. Using the valuable feedback from carers to develop the programme and learning package which includes 1 to1 coaching and training if required.


What Happened: A Poster encouraging feedback from carers was developed with the QR code and displayed at the Vaccination Centre inviting carers to complete the questionnaire and promoting the sessions and also allow those unable to stay for CSP interaction, to have an opportunity to provide feedback. Sessions were run in the following locations around the City:

- Aberdeen Health Village at the carer's point.
- Drop in training at the vaccination centre in Aberdeen City centre,
- Set sessions were booked for Quarrier's at Infinity House, Albert Street, Aberdeen.

Advantage was taken of Foot Health Week as it fell during the project's life span, so stands to promote personal foot care and other foot health issues were placed at:

- Aberdeen Health Village;
- Main concourse at ARI;
- Vaccination centre.

Learnings that the sessions set at Quarriers were very much better attended by Carers with better outcomes than the drop-in sessions, however awareness was raised at the drop-in sessions rather than people getting training which is expressed the the results of follow up surveys.



Fit's gan on Aberdeen?

Let's celebrate Foot Health Week
Monday 22 April – Friday 26 April 2024

Drop In and get some support and advice at the pop-up stalls at all these locations.
Mon 22 Apr – Fri 26 Apr

Are you a Carer? There will be drop-in sessions offering advice on personal footcare at the following days and times.

Staff and Colleagues
Look out for our daily brief and Footcare Quiz over the week.

Foot Care Info
Videos Here at the QR Code

Aberdeen Health Village, Frederick Street

ARI Concourse, Foresterhill

Aberdeen City Vaccination Centre and Wellbeing Hub, Bon Accord Centre

Monday 22 April
10am – 4pm


Thursday 25 April
10am – 4pm

Friday 26 April
10am – 2pm

Aberdeen City Vaccination Centre and Wellbeing Hub, Bon Accord Centre

Carers Point, Aberdeen Health Village, Frederick Street





There was a significant increase in awareness of the digital resources available:

Base line survey identified that **14.6%** of those that completed the survey were aware that online resources are available from NHS Grampian. This awareness then went up to **85.7%** of the follow up group after the support sessions.

To identify if the intervention had raised awareness of online resources, data was obtained corporate communication team. It was reported that after and during the project it was noted that the hits on the NHS Grampian Podiatry Page increased quite significantly going from **41** hits in 2023 to **354** hits in the same 90 day period (9th February – 19th May).

SPORT ABERDEEN

'CARE AND CONNECT' - SUPPORTING YOUNG CARERS IN ABERDEEN

Creating opportunities, inspiring people and changing lives through sport and physical activity.



13

Children and young people supported through bespoke 1-2-1 sport and physical activity interventions.

5

Young people supported 1-2-1 throughout the school holidays.



10

Free bikes allocated through partnership working.



90

Hours of 1-2-1 support provided to children and young people.
(Est. April 2024)



76%

Attendance with SPACE; extending young carer's school days.



3

Events supported with Barnardo's Young Carers service.



15



Free memberships used to access Sport Aberdeen venues and activities.



"I think its awesome I get to play sports 'cause I never did that before"
- YOUNG PERSON



OUR VOICES



Thank you so much for supporting the boys, its really helpful and its appreciated.
(Parent)

Its cool to be able to play basketball, and I really like spending time with you because its good to talk.
(P5 Pupil)

Whenever I talk to you about stuff it always makes it seem less scary or sad.
(P5 Pupil)

Playing sports with you is so much fun.
(P6 Pupil)

I really enjoy these sessions, they're good fun, will I continue to have you after I go into P7? I would really like that.
(P6 Pupil)

That was really fun, I like playing on the zipline with you.
(P4 Pupil)

I think its awesome that I get to play sports 'cause I never did that before.
(S4 Pupil)

Thank you for providing this support and for everything you do'
(Parent)

I really like going with you, it's the best part of my week.
(P4 Pupil)

This was the best day, I really loved it.
(P7 Pupil)

He's always a lot more calm after his sessions with you.
(Caregiver)

CASE STUDY

YOUNG PERSON JOURNEY



REFERRAL

S1 Pupil

Providing practical and emotional care for their terminally ill parent.

Limited attendance at activities outside of school



STRENGTHS

Loves sport and board games.

Tries new things.

Empathetic, mature and determined attitude to life.



CHANGE

Improved emotional regulation.

Improved mental health and feeling able to cope better.

More open about their feelings.



IMPACT

Presenting as feeling better and happier within himself.

Smooth transition into secondary school and alternative living placement.



careandconnect@sportaberdeen.co.uk



Quarriers - Wee Blether expansion

- After the successful LOIP Project finishing in 2024, the expansion of the Wee blether programme secured funding from the CSIG Improvement fund to expand to under 55's.
- Quarriers have successfully set up 15 peer support groups that have helped support Carers where they need them in their own communities. These are informal groups, sharing information, reducing social isolation for both Carers and who they care for.
- Refreshed LOIP Project now established for increasing number of Carers support within specific pathways by 2026. [10.2-Carers-.pdf](#)



BAC – Support for Carers – SVQ Qualifications



- Bon Accord Care Training and Development Team initiated a project bid to support Carers achieve SVQ qualifications. The bid included a PT Facilitator post as well as IT devices that would be available for Carers to use while gaining their qualification and making sure there were no issues or barriers for digital inclusion.
- CSIG were unable to fulfil the funding application for the PT Facilitator however through CSIG the connections were made with ABZ Works to see if there were any opportunities for funding a post to support this project. ABZ Works agreed to fund the post and CSIG agreed to fund any IT devices when required.
- BAC has 9 Carers undertaking the SVQ awards, some nearing on completion, engagement for this has been very positive. Candidates will also be supported through to Career development links when awards are completed.
- This project is a good example of supporting Carers with a life outside their caring role, using their skills and experience while caring. The project group has been brilliant at making connections, gathering learning, and breaking barriers to support carers into careers.

Carers Week 10 – 16 June 2024

Carers week gives us the opportunity to showcase what is available for Carers on all year round.

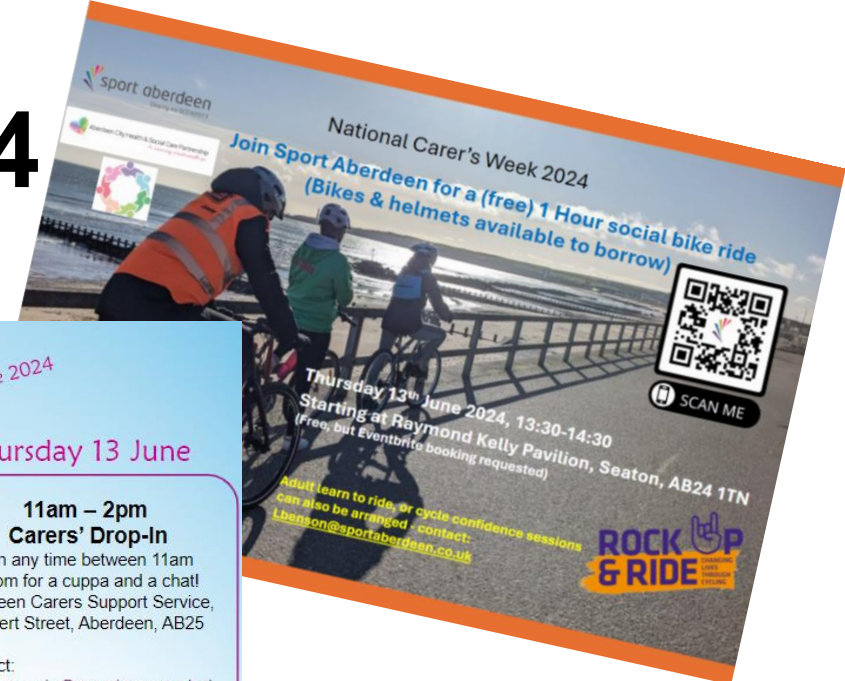


Aberdeen City Health & Social Care Partnership
A caring partnership

Carers Week 2024 - Main Events

10 June – 16 June 2024

Monday 10 June	Tuesday 11 June	Wednesday 12 June	Thursday 13 June	Friday 14 June
10am – 11.30am Kinship Carer Support Group Drop in for a cuppa and a chat, with a focus on Kinship Support. Manor Park Hub, Manor Park Primary School, Danestone Circle, Aberdeen, AB16 7YB. Contact 07917 521852 / elaine.dukes@quarriers.org.uk	11am – 12.30pm Wee Blether Danestone A group focusing on those living in the AB22 8 area of Aberdeen, aiming to bring carers aged 55+ together for company and a chat, addressing isolation and building links into the community. What's on offer? A free hot drink and snack, company, and we can signpost you to other groups and activities within the area. The centre has Wi-Fi, car parking, and accessible toilets, and you are welcome to bring your cared-for along with you. Danestone Community Centre, Fairview Street, Aberdeen, AB22 8ZP. Please let us know if you wish to attend, as pre-booking is required. Contact: Andrew Falconer: aberdeencarers@quarriers.org.uk / 01224 914036 or Kay MacDonald: kaymacdonald1@aberdeencity.gov.uk	10am -12:30pm Collaborative Commissioning Workshop 1 Join to support the development of the Coproduced service specifications for the future Adult and Young Carers Support Services in Aberdeen City. Providers, stakeholders and Service Users welcome. Contact gracemilne@aberdeencity.gov.uk to attend.	11am – 2pm Carers' Drop-In Drop in any time between 11am and 2pm for a cuppa and a chat! Aberdeen Carers Support Service, 37 Albert Street, Aberdeen, AB25 1XU. Contact: teresa.massie@quarriers.org.uk / 07917 521853	11am – 1pm Wee Blether This Wee Blether group aims to bring individuals aged 55+ together for company, a cuppa, and a chat, addressing isolation and building links into the community. Meet staff from Aberdeen City Council's Wellbeing Team, Aberdeen Carers Support Service, and the Care Management Team. You are welcome to bring your cared-for along with you. Aberdeen Vaccination Hub, The Bon Accord Centre (Lower Mall), Aberdeen, AB25 1HZ. Contact: Loreena Piffre: 07551 018643 / loreena.piffre@quarriers.org.uk or Wendy McManus: 07778 044015 / wmcmanus@aberdeencity.gov.uk
11am – 1pm Silver City Surfers drop-in Are you an unpaid carer struggling with technology? We are hosting Silver City Surfers sessions for free tutoring on smartphones, tablets, and laptops. Drop in for some help from the volunteer tutors over a cup of tea. Complete beginner? That's ok, they can get you started on any device. Bring it along to a session and you'll be using it in no time. 37 Albert Street, Aberdeen, AB25 1XU. To book your place, contact: teresa.massie@quarriers.org.uk / 07917 521853	2pm - 4pm 'Moving On' group A group for those whose caring relationship has changed, perhaps due to the person you cared for passing away or moving into full-time care. Aberdeen Carers Support Service, 37 Albert Street, Aberdeen, AB25 1XU. Contact 01224 914036 / susan.middler@quarriers.org.uk	12noon - 2pm AFC Community Trust An information session for carers on what the Trust offers in the community. Aberdeen Carers Support Service, 37 Albert Street, Aberdeen, AB25 1XU. To book your place, contact: teresa.massie@quarriers.org.uk / 07917 521853	11am – 1pm Wee Blether This Wee Blether group aims to bring individuals aged 55+ together for company, a cuppa, and a chat, addressing isolation and building links into the community. Meet staff from Aberdeen City Council's Wellbeing Team, Aberdeen Carers Support Service, and the Care Management Team. You are welcome to bring your cared-for along with you. Aberdeen Vaccination Hub, The Bon Accord Centre (Lower Mall), Aberdeen, AB25 1HZ. Contact: Loreena Piffre: 07551 018643 / loreena.piffre@quarriers.org.uk or Wendy McManus: 07778 044015 / wmcmanus@aberdeencity.gov.uk	4:30pm -5:30pm 'Young Warriors' short film Launch The Health Improvement Fund through ACHSCP provided Barnardos with funding to start up a Young Carers Awareness group and create a short film alongside Young Carers in Aberdeen and SHMU. The film was inspired by retro video games where each level includes different aspects of being a Young Carer and some of the challenges they may face within their role. Where: Legends Lounge, Aberdeen Football Club What: Viewing of the film with food and refreshments provided. Contact Amy Duncan amy.duncan@barnardos.org.uk to attend.



Carers Strategy Implementation Group joined forces and set up a programme for the week of Awareness sessions, project initiatives and peer support groups

Collaborative Commissioning Carers Services



Business Case –
Extension for Adult
Carer Contract
Extension to March
2025

Feb – Mar Project
Planning

**June –
September** Collabo
rative
Commissioning

December – Tender
Provider Selected

Young Carers
Contract Extension
agreed to March
2025

March – May
Programme Review
Stage

**September –
November**
Commissioning
Procurement Tender
Process

Jan – March – New
Contracts
Implementation
Period

Programme Review

Young Carers Contract
Data and Evaluation
Key Stakeholder feedback
Key learnings to bring into Collaborative
Commissioning stage
16 May 2024

Adult Carers Contract
Data and Evaluation
Key Stakeholder feedback
Key learnings to bring into Collaborative
Commissioning stage
9 May 2024

Collaborative Commissioning

Collaborative Commissioning & Ethical Commissioning Principles

Collaborative
Commissionin
g Session 1
**Programme
Review
Findings**

12 June 2024
10am -1pm
Health Village

Collaborative
Commissioning
Session 2
**Future
Solutions**

1 July 2024
1pm – 4pm
Online

Collaborative
Commissioning
Session3
**Shared
Strategic
Outcomes**

8 August 2024
10 – 12pm
Online

Collaborative
Commissionin
g Session 4
**Adult Carer
Service
Outcomes
Young Carers
Service
Outcomes**

20 August
2024
2-4pm Online

Implementation Stage

Tender and Procurement Process
Completed
Contract Service Outcomes outlined
Implementation Working Group in place
Contract signed and agreed ahead of
1 April 2025

Carers Collaborative Commissioning

- Learnings from Programme Review, carried through to work as collaborative workshops.
- Lived experience learnings with an overwhelming response on the services Carers currently receive.
- 5 different providers around the Collaborative Commissioning Workshops
- Relevant Bidders
- Opportunities to work differently, efficiently and shared resources.
- Successful bids with Barnardos and Quarriers – providing continuity for Carers.



Carers Reference Group One Year On





Background

Establishing a Carers Reference Group was a requirement of ACHSCP 'Carers Strategy 2023-26'... "A Carers' reference group...is a key action"

From July through to September 2023 we created promotional materials and began to highlight the desire to form the Carers Reference Group...

The places and forums we targeted to inform and talk with people about the group to gain support:

- Conferences, Community Centres, Vaccination Centres,
- Carers Services (Quarrier and Barnardo's'),
- Grampian Engagement Network
- Social Work/ Care Management, Forums – Patient engagement group, Wee Blethers and Volunteer Groups (ACVO)
- Emailing – around 50 organisations with a connection to health and social care





Foundation

During September and October 2023, we started to meet, one-to-one, with a small number of Unpaid Carers who were interested in forming the group.

From these conversation, clear **areas of common interest** emerged.

In November, in partnership, we developed a '**working together agreement**'.

This was important to help ensure group members then, and in future, would

- feel safe (boundaries and information sharing)
- have clarity on the purpose of the group, and
- Understand how the group would operate



In November we also outlined **goals** we wanted to achieve.



The **goals** identified by the group were to...

- Create an information resource
- Invite guest speakers
- Increase groups membership and diversity
- Share personal stories
- Be involved in service design and change
- Develop and deliver trauma informed training
- Ensure support for loved ones during meetings





New Year Carers Reference Group Objectives for 2025

- Increasing the membership
- Developing the materials and find effective ways to share personal stories
- Communication between group members/ social media
- Finding the resources to provide support to loved ones during meetings
- ‘Levels’ of engagement
- Consideration of remuneration/ funding



Young Carers Services Annual Report



ABERDEEN YOUNG CARERS SERVICE ANNUAL REPORT 2023/24

Introduction

Barnardo's Aberdeen Young Carers Service was commissioned in April 2019 by Aberdeen City Council - now having been in contract for 5 years. It is the only dedicated Young Carers service in Aberdeen City, working with children and young people from age of 5 to 18 years old with integrated transition support to adult carer services- Quarriers Aberdeen. This report covers 1st April 2023 to 31st March 2024.

We continue to support Young Carers in Aberdeen City to live a happy and fulfilled life alongside their caring roles that aims to reduce the impact upon their own mental health and wellbeing, and offer short-term respite opportunities.

We offer family supports through one-to-one and group opportunities that include an adults group and family events. Furthermore, we provide a range of additional supports including targeted group work, social activities, advocacy, signposting/linking to other services, and financial support.

This year, our aim was to continue supporting schools, services, and the community to increase the awareness of the needs of Young Carers by informing professionals of the challenges that Young Carers face, their needs, and the potential risks associated with being a Young Carer.

We successfully worked in partnership with a wide range of professionals and sectors to implement a culture change with the ideology of 'Think Young Carer' being embedded across various settings including education, health, Social Work, other Third Sector organisations, community groups, and adult services. Whilst also helping to build effective systems to identify Young Carers that have a carer friendly ethos to promote inclusion, making them aware of their rights as a Young Carer, and offering every Young Carer in Aberdeen City a Young Carer Statement.

We have been pro- actively working alongside partners on the Carers Strategy 2023-2026 to identify how a multi-agency approach can be taken to increase the number of Young Carers recognised and receiving support within Aberdeen City with the recommendations from the Strategy continuing to shape service development in how we develop this approach with other organisations.

As part of our Contract Monitoring processes both our Carers service provide quarterly reports and an annual report.

Both these reports give us an in depth view of all that has been achieved within the services, some things mentioned throughout this report.

We are glad we are able to continue our partnership for the new Contract starting April 2025, we already have plans to bring services closer together with new innovations as well as further supporting transitioning Carers from young to adult services.



Annual report 2023-2024

2025 – More actions to come

- Action Plan Review
- Review and Refresh Carers Strategy

Annual Carers Survey
Feb – April 2025

Programme Review
and Engagement
February – May 2025

Co-Production
Strategic Aims and Key
priority actions
June/ July/ August/
September

Draft Carers Strategy
IJB Insight Session or
TSS
BEFORE CHRISTMAS

Consultation Period

Final Carers Strategy
3RD February 2026

- Increase CRG membership
- LOIP Refresh project to keep increase number of Carers Supported within specific pathways.
- Drive prevention and awareness of Carers services, rights and support.