



Caithness KLICS Young Carers

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Registered Charity SC043820

End of Year Report: 2025

Introduction

It's been another busy year, with many changes, which we have met head on! We have been kept busy organising group activities and trips, food hampers and fundraising.

The group and 1:1 sessions have continued as normal, with lots of new referrals.

Statement from the Project Manager

We continue to raise the profile of Young Carers in Caithness, boosting awareness, through social media, local press, hosting & attending events, word-of-mouth, support from schools and various agencies. Funding grants have been received from various organisations to support the project's activities, staff salaries, rent, transport, local & away trips and respite. This helps us to maintain an excellent, reliable, friendly and much needed service. We continue to build and adapt the organisation with the changing needs and support for our young carers and their families. It has been another challenging year in several areas such as funding and staffing; however, the young carers were forever and always will be our priority.

We look forward to our service growing with them again in the year to come as we continue to develop the service we provide.



KLICS Staff, Management & Funding

Management Structure

Stephanie Harper Chairperson

Elle Harold Treasurer

Donna Chalmers Secretary

Gina Johnstone Committee Member

Colin Emery Committee Member

Louise Sutherland Committee Member

Geraldine Harrold Committee Member

Fiona Sutherland Committee Member

Staff

Wendy Thain - Project Manager, Post 35hrs (Robertsons Trust, The Highland Council, Duchess of Winchester Fund)

Janine Redgrave – Project Coordinator 28 hrs. (Camster Windfarm – Foundation Scotland, Community Regeneration Fund, Trusthouse Forte Charity Fund, Swire Trust)

Amanda Coghill - Finance and Development Officer – 17.5 hours (Bad ae Cheo Lybster – Foundation Scotland) – left us in June to work as a Classroom Support Worker at a local school.

Zoe Sutherland – (Started maternity leave in January) Senior Support Worker – 26 hours (The National Lottery)

Kirsty-Lee Harper – Senior Sessional Support Worker – 20 hours (Camster Windfarm and Stroupster Wind Farm – Foundation Scotland, Trusthouse Forte Charity Fund)

Daniel Gunn – Sessional Worker and Outreach Worker

Jacqui Oag – Relief staff

Shelley Thain – Relief staff

Elizabeth Alexander – Relief staff

FUNDERS

Big Lottery Fund

MFR -Cash for Kids

Robertson's Trust

Highland Council

Community Regeneration Fund

Tesco Groundworks UK

Foundation Scotland –

Camster Windfarm

Bad ae Cheo Hakirk Windfarm

Bad ae Cheo Halkirk Windfarm

Stroupster Windfarm

The Hugh Fraser Foundation

The Duchess of Winchester Fund

The Caithness North Sutherland Fund

The Hugh Fraser Foundation

Trusthouse Forte Charity Fund

Swire Trust

Donations & Community In-kind Support

We have been overwhelmed by the support given to our service from the Caithness Community.

Gurvinder Gill	Harrold Butchers	Margaret	Mcallans Thurso
Audrey Gunn	Fareshare	Community Café – Thurso	Tracy Mulraine
Caithness Poverty Action Group	Tan2Ways	O’Brien Recycling	Richards Garage
Camps Bar	Norscot	A & W Sinclair	Norseman Hotel
North Coast water sports	North Coast competitions	A9 competitions	NRS Dounreay
Highland Workwear	The Free Masons	Tesco	Lidl
Lybster Primary School	Ashley Ann Community Fund	Thurso High School	Wick High School



Harrold Brothers Butcher - continues to support us by donating vouchers, butcher meat and various gifts, used for raffle prizes. They are extremely generous, giving cash donations throughout the year, helping with equipment, activities, and trips.

Fareshare deliveries.

Over the year we have received regular surplus food deliveries from C:Fine. This has had a massive impact on helping to support our families with bags of shopping. On top of this we have helped with food waste and stopped it from going to landfill and helping to lower the carbon footprint that this bring with it.

PPP – Support with surplus food bakery food and Lidl

Pulteneytown people’s project collects surplus food daily from local shops and supermarkets, we had been collecting items of food from them twice a week from the start of the year. After the summer holidays and having spoken to Lidl

directly, we arranged to collect on a weekly basis from Lidl on a Monday, giving the young carers lots of delicious treats during their sessions and allowing us to put bread home to the families.

Local organisations worked with and supported

Caithness Animal Farm, Lybster	Wick Pipeband	Latheron, Lybster, Clyth Community Development company	Ormlie Community Gardens.	Puffin Croft Farm – John O’Groats
Flavours – John O’ Groats	The Assembly Rooms, Wick	Norseman Hotel	PixelIT	Merlin Cinema - Thurso
Highlife Highland	Planet Youth	NHS	Thurso Community Cafe	Thurso High School
Wick High School	Francis Street Services	Mackays Hotel	Ormlie Community Hall	Mikeysline
Forse of Nature	Lyth Art Centre	Wick Players	Newton Park Primary	Harrold’s Butchers
Caithness Youth Pipe Band	The Village Café, Lybster	Thurso Players	Boots, Wick	Caithness Rural Transport
Tesco	Lidl	Caithness Tyre Company	Serendipty, Thurso	Noss Primary School

The Year in Brief

JANUARY 2025

MONTHLY TOTALS														
Session Outcomes	Rural Outreach Support	Thurso				Wick				Sub Total				TOTALS
		Primary	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	
Sessions	3	0	0	0	0	5	16	0	0	8	16	0	0	24
Attendance	21	28	48	15	0	44	40	38	0	93	88	74	21	234
New Starts	0	0	0	0	0	1	1	0	0	1	1	0	0	2
Referrals	0	1	0	0	0	1	0	0	0	2	0	0	0	2
Totals	21	29	48	15	0	46	41	38	0	96	89	74	21	

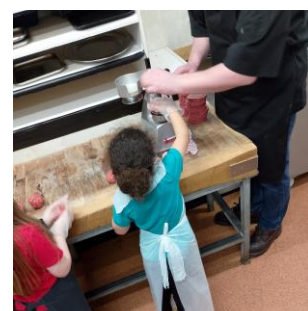


It was lovely to see everyone returning after the holidays, all raring to go, staff included. The Thurso side have been using Ormlie. Activities this month have included a visit from a local piper, Clare Miller, joining in with Comic Con Club sessions, and the teens did some baking. This month we started receiving delivery from Fareshare. These are deliveries of surplus foods from supermarkets which are still useable, saving the food from landfill. We receive deliveries every 2 weeks of a range of foods. We put this food to good use, helping with our snacks for groups, as well as helping to give further support to our families. We have already given out soup packs to our families when we received a huge delivery of potatoes and onions, which was a huge hit!

We received the planning permission for the new building extension, we are still in the process of gathering additional quotations before we make our decision on designs etc.

FEBRUARY 2025

MONTHLY TOTALS																	
Session Outcomes	Rural Outreach Support					Thurso				Wick				Sub Total			
	Primary	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	TOTALS			
Sessions	3	0	0		0	5	16		0	8	16	0	0	24			
Attendance	21	28	48	15	0	44	40	38	0	93	88	74	21	234			
New Starts	0	0	0	0	0	1	1	0	0	1	1	0	0	2			
Referrals	0	1	0	0	0	1	0	0	0	2	0	0	0	2			
Totals	21	29	48	15	0	46	41	38	0	96	89	74	21				



Activities this month included making chocolate lollies and fizzy pops for Valentines Day by Wick and Thurso groups. Some of our primary school children in Wick had a visit to the local butchers, where they learned how to make sausages and burgers. We may just have some up and coming butchers on our hands!! They were allowed to take their produce home with them for their dinner. We thank Harrolds Butchers for their time and generosity.

We have also been busy making bracelets, playing ping pong and basketball.

We've provided family support this month with more food donations via our Fareshare deliveries, helped with gifts for birthdays and worked alongside the Caithness Poverty Action Group to provide emergency vouchers for Tesco. It's great to be able to work with other organisations to help provide support when it's needed.

MARCH 2025

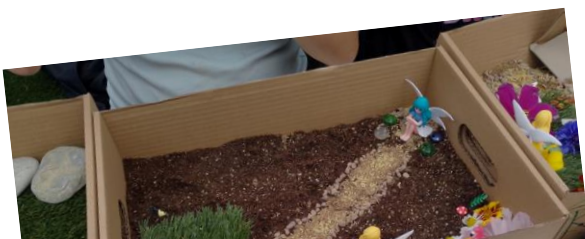
MONTHLY TOTALS														
Session Outcomes	Rural Outreach Support	Thurso				Wick				Sub Total				TOTALS
	Primary	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	
Sessions	9	1	0		3	8	10		0	18	11	0	3	32
Attendance	12	11	35	10	5	63	19	22	0	86	54	44	17	177
New Starts	1	0	0	0	0	0	2	0	0	1	2	1	1	3
Referrals	0	0	0	0	0	2	1	0	0	2	1	0	0	3
Totals	13	11	35	10	5	65	22	22	0	89	57	45	18	



March saw the kids enjoying making pancakes for Pancake Day and the boys used their imaginations to make the coolest cookies they could come up with. Food plays a big part of our activities, as the kids love to get stuck into making different things and of course get to eat them afterwards!

APRIL 2025

MONTHLY TOTALS														
Session Outcomes	Rural Outreach Support	Thurso				Wick				Sub Total				TOTALS
	Primary	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	
Sessions	9	1	0		3	8	10		0	18	11	0	3	32
Attendance	12	11	35	10	5	63	19	22	0	86	54	44	17	177
New Starts	1	0	0	0	0	0	2	0	0	1	2	1	1	3
Referrals	0	0	0	0	0	2	1	0	0	2	1	0	0	3
Totals	13	11	35	10	5	65	22	22	0	89	57	45	18	



Over the Easter holidays we had several events for our young carers to attend. This included a trip to the cinema, trips to Puffin Croft, trips to the park and a visit to Thurso Community cafe in Thurso where they organised activities for everyone to take part in. It's great to work with other community organisations and to see the passion that everyone has for their own projects.

Two of our staff, Karon Jappy and Pauline Mathers were fortunate enough to meet with FAEDA at a lunchtime event, here they gave a very interesting talk regarding life on the road, which was really informative. They also allowed some of our young carers the chance to attend a small concert locally for free which they enjoyed.

MAY 2025

MONTHLY TOTALS														
Session Outcomes	Rural Outreach Support	Thurso				Wick				Sub Total				TOTALS
	Primary	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	
Sessions	10	0	0	0	0	4	6	0	0	14	6	0	0	20
Attendance	18	37	39	10	0	39	8	13	0	94	47	41	18	164
New Starts	0	0	0	0	0	0	5	0	0	0	5	0	0	5
Referrals	1	0	0	0	0	0	0	0	0	1	0	1	1	1
Totals	19	37	39	10	0	39	13	13	0	95	52	42	19	

Young carers got lots of time outside this month, as it was dry and warm. They enjoyed playing tennis, chase, going to parks such as Staxigoe, outside painting and drawings with chalk, they love being outside!

We issued Caithness KLICS Young Carers Certificates to the kids we thought had really gone above and beyond for their families and friends. Well done and congratulations to you all.



Our Thurso young carers helped with the Ormlie Clean Up this month. Helping to put back into the community, well done to you all for helping.



We received some unfortunate news this month. We were unsuccessful in securing the funding we had applied for to enable us to progress with the new KLICS building extension.

There were varying factors to the refusal of the funding, the main being that the chosen supplier had omitted to add for the cost of cladding the building. This is a requirement of Scottish Building Regulations, thus adding a further £50,000 to the quotation. As this resulted in the overall quotation being out of our reach, it was decided to put the project on hold for now and maybe revisit this in 2026.

Although a great disappointment, we did learn a lot about the process and will know what to look out for if we relook at this again in the future.

JUNE 2025

MONTHLY TOTALS																	
Session Outcomes	Rural Outreach Support					Thurso				Wick				Sub Total			
	Primary	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	TOTALS			
Sessions	12	4	0		0	6	11	0	0	22	15	0	0	37			
Attendance	21	29	29	10	0	54	9	14	0	104	38	45	21	166			
New Starts	1	0	4	1	0	0	1	0	0	1	5	2	1	7			
Referrals	0	0	2	0	0	0	0	0	0	0	2	0	0	2			
Totals	22	29	35	11	0	54	10	14	0	105	45	47	22				

Karon and Jan have been attending various meetings such as the Caithness Community Partnership and visiting schools to present Caithness KLICS to both teachers and pupils to make sure that we are staying connected and updated with the help and support that is available.

‘KLICS Has Got Talent’

We decided to hold our own talent competition for the kids, just before they broke up for the school summer holidays. To say our young carers are talented is an understatement. They all did so well, bringing their own dance routines to perform for the staff, such enthusiasm and imagination, from each and everyone of them. They are superstars!!



JULY 2025

MONTHLY TOTALS														
Session Outcomes	Rural Outreach Support	Thurso				Wick				Sub Total				
	Primary	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	TOTALS
Sessions	0	4	1		0	6	2		0	10	7	1	0	18
Attendance	0	14	5	0	0	43	7	10	0	57	12	10	0	79
New Starts	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Referrals	0	5	0	0	0	1	0	0	0	6	0	0	0	6
Totals	0	19	5	0	0	44	7	10	0	63	12	10	0	

July brought the start of the long summer holidays. Caithness KLICS were closed for a couple of weeks, due to staff holidays. When these staff returned, it was all go, as usual!

We took the young carers on many trips throughout the summer, including John O’Groats for ice cream, went Groatie Buckie hunting on the beach, took them to parks in the area, amongst many other outings. The favourite visit of the summer was the Castle View Stables, where our younger ones got the full experience of looking after ponies, from mucking out, grooming to riding. The kids who attended Pony Club absolutely love this session and would like to try it again, some parents even contacted us after to thank us and for information so their child can join up.



AUGUST 2025

MONTHLY TOTALS														
Session Outcomes	Rural Outreach Support	Thurso				Wick				Sub Total				
	Primary	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	TOTALS
Sessions	4	0	0	0	0	2	2	0	0	6	2	0	0	8
Attendance	19	8	15	3	0	21	10	6	0	48	25	28	19	82
New Starts	2	1	0	0	0	0	0	0	0	3	0	2	2	3
Referrals	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Totals	21	9	15	3	0	21	10	6	0	51	25	30	21	

Throughout the summer this year we did 12 trips/sessions with an attendance of 78. We took the young carers on trips to Puffin Croft, John O Groats Flavours, Cinema, Pony Club, KLICS Party and Wick Gala Bingo.

Wick, Thurso and Rural kids all joined in together this year for each of our trips.

The kid's favourite activities this time was the Pony Club and the cinema.

We also supported 20 families with Lidl Vouchers for shopping along with 4 shopping bags from KLICS Fare share shed.

In the summer this year one of our young carers raised money and got sponsored by us for getting her cut off for Little Princess Trust another raised money for a charity for child loss.

One of our teen young carers was involved in a project with Wick youth development for Mikeysline to paint a mural for the local skate park.

All the above young carers have said coming to KLICS have given them confidence to do the above tasks and the support from us means a lot.



SEPTEMBER 2025

MONTHLY TOTALS														
Session Outcomes	Rural Outreach Support	Thurso				Wick				Sub Total				TOTALS
	Primary	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	
Sessions	1	0	0	0	0	7	1	0	2	8	1	0	2	11
Attendance	23	28	56	14	0	44	24	7	1	95	80	44	24	197
New Starts	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Referrals	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Totals	23	28	56	14	0	44	24	7	1	95	80	44	24	

During the month of September, Jan, Karon and Kirsty-Lee attended the Wick High School YPI event. This gave the pupils a chance to speak to Caithness KLICS to give them a better understanding of the service we offer. We were innundated with questions from the pupils, some had heard of KLICS, others hadn't. It was a very busy, well attended event, which highlighted Caithness KLICS' support in the local community.



As the new extension is now on hold, the staff in the Wick branch of KLICS, took the time over the September in-service days, to give our premises a quick freshen up with paint in the kitchen and toilets. The car park and the garden were completely de-weeded and the fencing was completed by the CJS.

OCTOBER 2025

MONTHLY TOTALS														
Session Outcomes	Rural Outreach Support	Thurso				Wick				Sub Total				TOTALS
	Primary	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	
Sessions	0	1	1	0	0	4	2	0	0	5	4	1	0	10
Attendance	8	10	14	3	0	44	19	4	0	62	33	15	8	102
New Starts	0	0	0	0	0	1	0	0	0	1	0	0	0	1
Referrals	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Totals	8	10	14	3	0	45	19	4	0	63	33	15	8	

October was a very busy month for our groups with visits to the Hollywood Bowl ten-pin club in Inverness, and a visit to the Caithness Animal Farm, Lybster to do some pumpkin carving.

A long day travelling to Ness, leaving Caithness at 08:00 and returning at 19:00 but what a great day the teens had. A real treat for many of them, some who had never been ten-pin bowling before! There is also an arcade within the premises, which the kids really enjoyed. They were treated to two games of bowling and lunch out.



The primary aged young carers went to visit the Caithness Animal Farm on a very wet and cold day. This didn't dampen their spirits though, and all had the best time, carving pumpkins, feeding the animals and handling snakes and geckos.

We also held a Halloween Fundraiser Primary Disco, this was open to the public and we raised £388.50



NOVEMBER 2025

MONTHLY TOTALS														
Session Outcomes	Rural Outreach Support	Thurso				Wick				Sub Total				
		Primary	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1
Sessions	0	4	4		0	2	2		0	6	10	4	0	20
Attendance	12	18	16	11	0	45	16	18	0	75	32	41	12	136
New Starts	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Referrals	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Totals	12	18	16	11	0	45	16	18	0	75	32	41	12	

During November, we were fortunate enough to be visited by three local musicians, who all gave their time freely, to show the young carers how to play instruments and how to 'make music' on a mixer board.

Ady Harper, showed the kids how to play the ukulele and the violin. Richard Smith taught the kids how to play the keyboard and Gordon Gunn showed them how to mix music and make a full-blown tune, fit enough to play on the radio!

The kids thoroughly enjoyed these sessions and took great interest in what was being shown to them.



DECEMBER 2025

MONTHLY TOTALS														
Session Outcomes	Rural Outreach Support	Thurso				Wick				Sub Total				
	Primary	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	TOTALS
Sessions	0	4	3		1	2	0		0	6	7	3	1	17

Attendance	4	16	14	7	1	24	0	0	0	44	14	11	5	66
New Starts	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Referrals	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Totals	4	16	14	7	1	24	0	0	0	44	14	11	5	



December is always a very busy month for us, to start December we ran some normal groups then finished up with a Christmas party each side, the teens in Thurso were treated to a take away lunch and our Wick teens opted for a buffet style dinner in the KLICS building, all kids were also treated to a small gift from caithness klics to end the year. Once groups were completed we moved on to our MFR parcels which we distributed around our young carers and families, we received a total of 57 bags of gifts for mission christmas. We also gave 30 families in need a Lidl gift voucher to help towards buying Christmas dinner. Our outreach worker Daniel also put together well being packs after getting local donations, these consisted of toiletries and dental supplies, these were handed out just before christmas to 20 of our older young carers.

End of year totals

Yearly TOTALS														
Session Outcomes	Rural Outreach Support	Thurso				Wick				Sub Total				
	Primary	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	Primary	Teens	Rural	1 to 1	TOTALS
Sessions	49	20	11		7	59	72		4	128	103	11	11	253
Attendance	189	275	356	114	6					991	540	486	198	940
New Starts	8	3	4	3	0					14	13	11	8	18

Referrals	3	6	2	0	0					14	3	3	3	11		
Totals	200	284	362	117	6	0	0	0	0	1019	556	500	209			
Session Outcomes	Reduce Stress				Extended Friendship Networks				Increase self-esteem				Totals			
	Rural	Thurso	Wick	1 to 1	Rural	Thurso	Wick	1 to 1	Rural	Thurso	Wick	1 to 1	Rural	Thurso	Wick	1 to 1
Self Evaluation / Assessments	1	0	4	1	3	12	3	1	0	0	3	1	4	12	10	3
Mixed Sessions with other YC's	166	95	255	0	223	411	243	8	162	92	228	0	551	598	726	8
Signpost other groups and services	34	1	4	0	31	11	4	0	29	1	4	0	94	13	12	0
Mindful kids/Wellbeing	342	89	495	5	243	43	451	17	284	89	481	5	869	221	1427	27
Making new friends and socialising	269	105	536	0	269	194	501	9	251	105	510	0	789	404	1547	9
Trips	20	39	81	0	22	36	73	8	21	36	81	0	63	111	235	8
Team building	1	6	28	0	1	14	43	0	0	6	20	0	2	26	91	0
Workshops	23	5	84	0	23	5	63	0	23	5	73	0	69	15	220	0
Young Carers Input	18	8	38	0	7	0	37	0	7	8	36	0	32	16	111	0
Total	874	348	1525	6	822	726	1418	43	777	342	1436	6	2473	1416	4379	55

Young Carers Input responses	Post box	Weekly activity choices	Chat	Self-assessment	Survey	Total feedback
Total	29	165	61	11	0	266

Boys	698
Girls	1151
Other	60

Total Trips	17
Total Holiday sessions	10

Our Stars



Kayson continues working towards his young Leadership hoody with Highlife Highland, teaching younger children how to play the sport of curling. Kayson was also involved in a project with Wick youth development for Mikeysline to paint a mural for the local skate park.

Well done, Kayson!



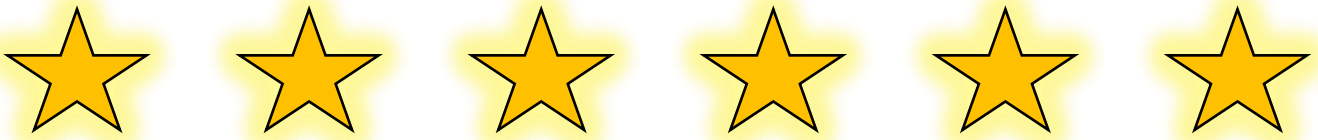
Jack played a role in a commercial the Highland Hospice created to encourage more people to use their shop in amazing job, and the video went viral. Well done, Jack!



shop in Wick the town. He did an

Flora has had several roles with the Wick Players in other productions. She is a natural on stage and has a lead role in a school production in 2025 that we can't wait to see!

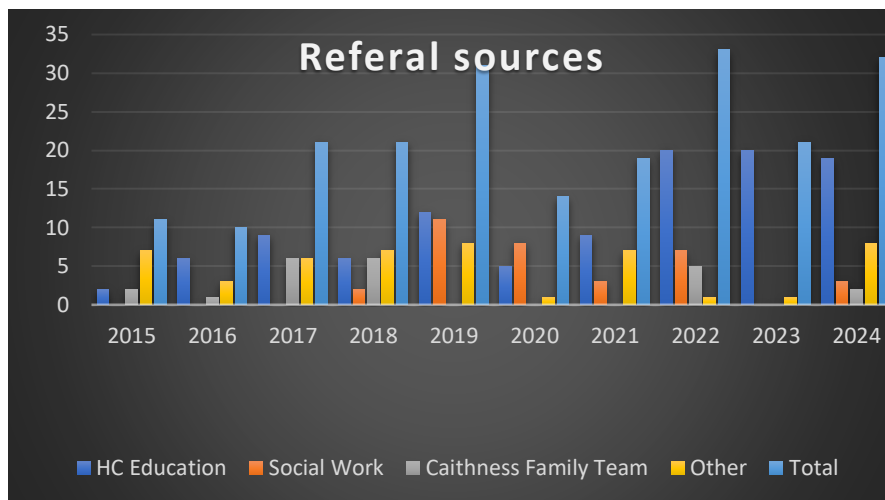


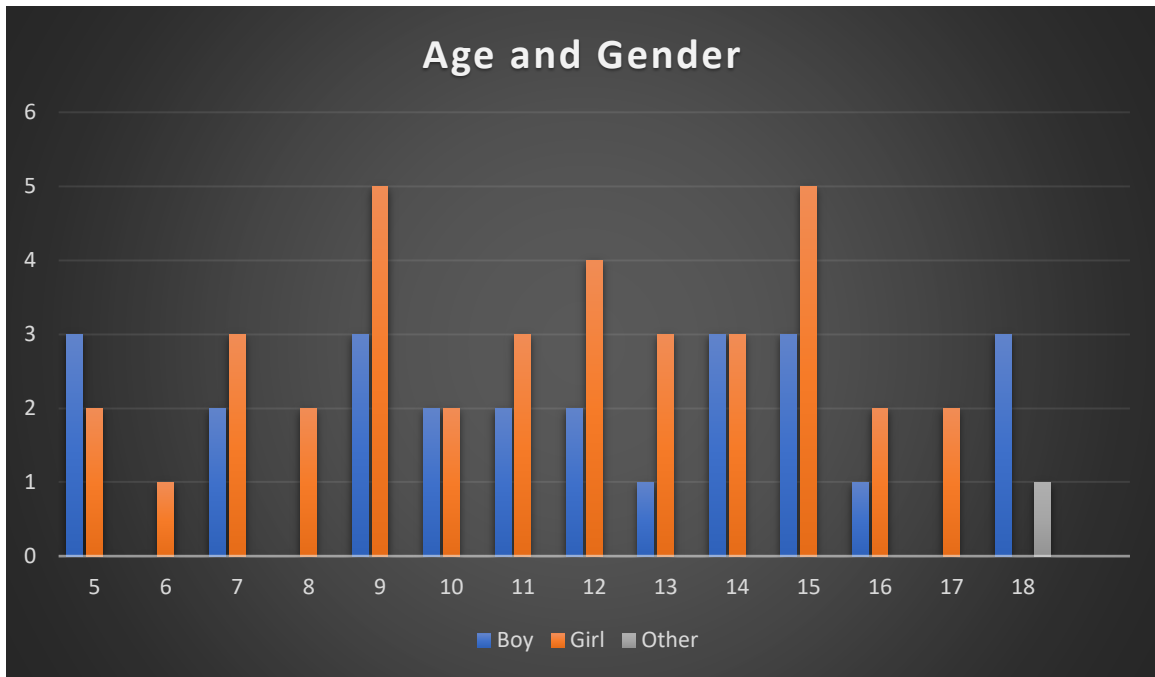


We're so PROUD of all Our Young Carers Past and Present
For all their achievements & care

Thanks to Everyone for their continued support given to Caithness KLICS

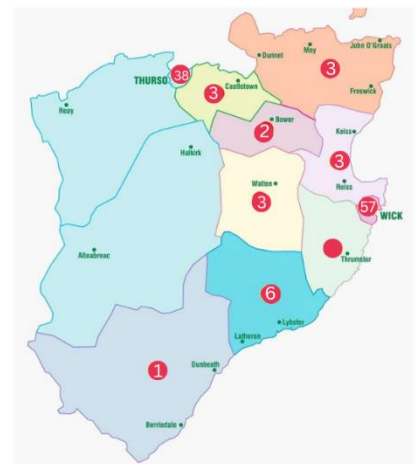
Statistics



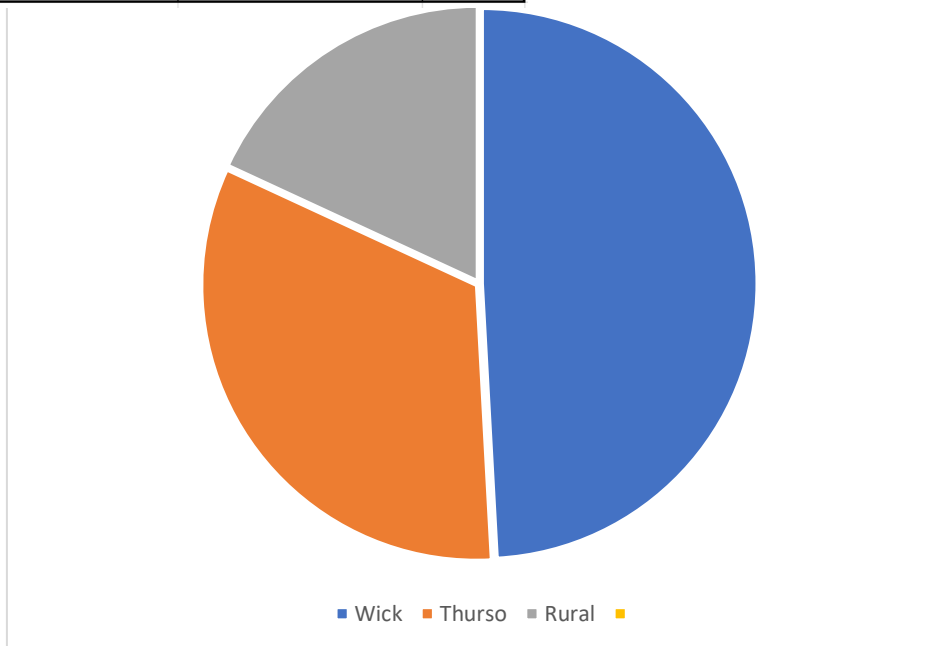


Area	Total Young Carers	%
1. Bower	2	2
2. Castletown	3	3
3. Dunbeath & Berridale	1	1
4. John O'Groat, Dunnet & Canisbay	3	3
5. Lybster & Clyth	6	5
6. Sinclair's Bay	3	3
7. Tannach	0	0
8. Thurso, West Caithness & Halkirk	38	33
9. Watten	3	3
10. Wick	57	49
Totals	116	100

locality



Service



Strengths

- Continued child lead project where the Young Carers take the lead on decisions. They can choose to participate in group or 1:1 sessions, and the activities offered during sessions.
- Premises can be offered for community usage, receiving a donation for the use, generating extra money/funding.
- The outstanding local community support, that continues to recognize the value of the project, by donating (in-kind) or fundraising.
- The provision of our minibus saves hire costs, gives more freedom when trips can take place, reduces transport running costs and we can make delivery of activity packs, food packages etc. The minibus has helped us continue rural sessions. We also provide pick-up and drop-off services that encourage attendance at group sessions.
- We continue to have strong partnerships working with other agencies, organisations and professionals. This sharing of expertise and experience enhances the support and opportunities we can provide for Young Carers.
- We have committed staff and volunteers who support our Young Carers in various ways.
- We have a strong committee, experienced Trustees with a proactive approach, who support and oversee staffing and the service.
- Portacabin, the extra room enables space for 1:1 sessions, professional meetings, and quiet space, whilst main building is in use.
- Safe outdoor space for YC's to access.

Service Pressures

- Securing funding for the project to run.
- Staffing has had some difficulties with staff retiring and the low number of applicants for vacant positions.
- There continues to be a significant number of Young Carers with complex needs due to chronic illness/conditions, behavioral difficulties or disability. This requires us to continue developing worker and volunteer skills & knowledge, also would require having a higher ratio of adults supporting group sessions and activities.
- There are a significant number of Child's Plan Meetings etc. for staff to attend and although this is a priority, it does increase pressure for the rest of the staff team to deliver services when a senior is unavailable.
- The service is under increasing pressure from other professionals to help meet additional support needs of young people in the community who are not clearly identified as Young Carers.

School, Services and Links In:

All Caithness Schools	Alcoholics Anonymous	Huntington's Association
Caithness Family Team	Step Forward Wick Youth	Lyth Art Centre
Planet Youth	Caithness Community connections	Citizens Advice Bureau
Northern Constabulary	Caithness Counselling Services	Connecting Carers
Caithness Food Bank	Child Protection/Social Work	CVG
Caithness Project Board	Young Carers' Strategy Group	TYKES
CASWA	PPP	Wick Active Schools Coordinator
Ormile Community Association	Thurso Community Development	LEGOWIT
Wick Youth Club	Listening Ear	Lybster Centre

Us, Our Aims & Outcomes

- **Young Carers:** Children and young adults under the age of 18, who provide care, assistance or support to a parent, sibling, grandparent or other person who has a physical disability, learning disability, sensory impairment, physical or mental illness, drug or alcohol problem or other condition connected with a need for care, support or supervision.
 - **Caithness KLICS Young Carers' Service:** We promote the welfare and potential of Young Carers from 5 to 18 years of age, whose life is adversely affected because of the need to take responsibility for the care of someone else.
 - **Core Work - Outcomes:** Increased peer and specialist support networks, through access to weekly support group. Giving increased confidence and knowledge levels to the YC's and giving access to information and skill development activities.
 - **Increased resilience of Young Carers:** Through access to regular respite and drop-in support. Providing improved social integration through in-house training programs and group support.
 - Young Carers will influence decisions which affect their lives - through access to one to one, advocacy and bereavement support. In addition, the service will network both locally and nationally to ensure good practice is promoted and poor practice/inequalities challenged.
 - Young Carers will be recognized and report feeling better supported by service providers - through professionals accessing Young Carer awareness training, information and evaluated resources. Young Carers will be safer at home and in the community - through provision of First Aid, Fire Safety, Personal Safety workshops.
 - **Schools** continue to recognize our service and have made us partners of the child plan meetings over the past few years. This has opened up recognition of our project. It helps the project to gain more valuable information on the Young Carers we support so that we know how best to support them.
- Young Carers' Strategy Group** conferring with similar services from all over the Highlands. Very helpful, talking through rules, restrictions and what help/funding is available for our service. Sharing best practice.
- **Caithness Food Bank** has always helped us, help our families that are struggling (especially during COVID). They are also very generous at Christmas time, donating towards our family hampers.

Forward Planning:

- Source new funding and fundraisers.
- Organising respite retreats and day trips, hopefully taking place during the summer and October holidays.

- Improve outdoor area to encourage outdoor play.
- Acquire an allotment to grow produce with YC's, social growing area.
- Develop Thurso side, due to increase in referrals.
- Continue to look for new ways to improve awareness of the project.

Definition of a Young Carer

A **young carer** is a young person who cares, unpaid, for a person who has any type of physical or mental illness, physical and/or mental disability or misuses substances such as alcohol or drugs. The age of a young carer varies between countries. In the United Kingdom they are under 18.

The role of Young Carers

The roles taken on by a young carer are exhausting and are carried out often behind closed doors on top of the normal pressures of a young person's life. The care they give may be practical, physical, and emotional. Responsibilities may range from providing practical support such as helping to cook, clean or wash, giving personal care, help dressing, emotional support, providing medication or helping with financial chores.

Who Young Carers care for

The person they care for may be a parent, grandparent, a sibling, another family member, a friend or someone who may or may not live in the same house as them.

Support for Young Carers

There are support groups to assist young carers both emotionally and financially with day-to-day tasks and making decisions. These groups offer group sessions, rest bite retreats, face-to-face counselling, online programs and support.

Young Carers Statistics

- There are over 800,000 Young Carers in the UK
- about 39% are undetected
- 1 in 12 are Young Carers
- 1 in 3 Young Carers suffer with mental health issues of their own
- Young Carers are unpaid
- 10-20% of Young Carers can care for 50+ hours per week

Highland Young Carers Organisations



