

Appendix II

Young Carers Needs Analysis - Survey results

A survey for young carers was launched alongside the adult carers' survey on 5th June 2023. This survey ran until 31st July 2023. An additional survey was done to gather the views of more young carers in Reading. The second survey ran between 11th January 2024 till 29th February 2024.

28 young carers responded to the 33 main survey questions. The young carers who responded attended the Young Carers Club with support from Brighter Futures for Children.

The survey responses have informed the development of the Joint All Ages Carers' Survey for Reading, which will launch in July 2024.

The first part of this report provides analysis and interpretation of the responses. For the full report of survey responses, please see Appendix A on page 19 of this document.

Demographics synopsis

The majority of the young carers who responded reported their gender as female (67.86%), their age as under 18 (96.43%) and that they are from a White British ethnic background (50%). A substantive number reported that they have no religion or belief (42.86%) closely followed by those who identify as Christian (35.71%). A substantive number reported their sexual orientation as being heterosexual/straight (53.57%).

For further details on the demographics of the respondents, please see the full survey report at Appendix A page 19

The majority of respondents were aged between 13 and 15 years (64%), with the specific age split as shown below:

5-8 years old	3.57%
8-11 years old	7.14%
11-13 years old	7.14%
13-15 years old	64.29%
16-18 years old	17.86%

Not Answered	0.00%
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Table 1: Age band breakdown of respondents

Identifying as a young carer

The majority of respondents identified as a young carer (60.71%), however a substantial number responded that they didn't or were not sure if they identified as a young carer (combined 39.28%).

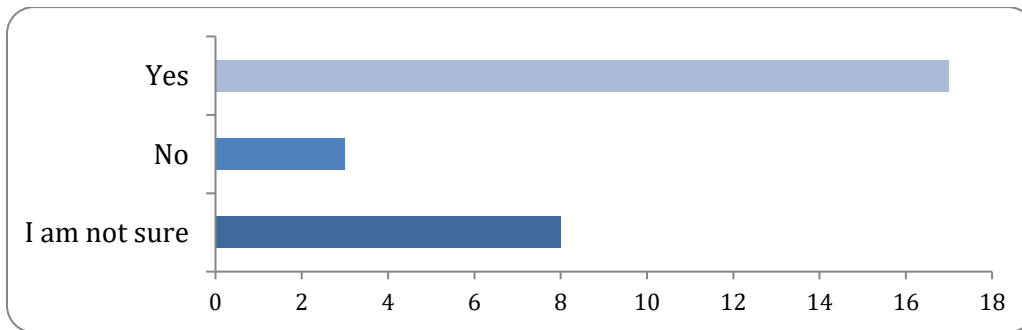


Chart 1: Question 3 - Do you see yourself as a young carer?

Of those who said they didn't identify as a young carer or were unsure, the main reasons they gave were:

- **A lack of understanding of what it means to be a young carer** (words that the young carers used to describe what they did: looking after, helping, doing things...) (78%)

“I don't see myself as a young carer because I don't feed or wash my younger sister”

- The need to be supported by school to identify as a young carer (11%)
- Having a negative self-perception of being identified as a young carer (11%)

Most respondents were being supported through the Young Carers Club to take part in this survey.

Interestingly, only 17 respondents affirmatively recognised their role as a young carer, however in response to the following question, 26 respondents gave the reasons why they are a young carer.

The main reason respondents said they are a young carer is self-awareness about the tasks related to caring (73%), the respondents used words such as 'I

care...' 'I help...' 'I support....' to highlight their understanding of what caring means to them.

"I often help mum with the responsibilities of looking after younger sister"

"I support a family member"

Other responses however highlighted areas not in direct response to the question:

- Being a sibling
- Having a lack of understanding of what it means to be a young carer

What it means to be a young carer was described by the majority as being useful and filling a need (61.5%).

"I feel happy that I am always there for my younger sister when she needs me"

"Being helpful I think"

In lesser proportion, the respondents described their understanding of being a young carer as experiencing anxiety or stress and being prevented from taking part in fun activities with friends.

Other arising themes include:

- Having a sense of self-fulfillment being a young carer

"it makes me feel good at the end of the day"

- Being a listener
- Giving priority to others
- Having a sense of responsibility
- Having opportunities to attend clubs and activities for young carers

A small number of responses revealed a lack of understanding of what being a young carer means to them (7.6%).

On being notified of being a young carer

An equal split of respondents reported caring for an adult and for a sibling respectively (42.86%) with a smaller number caring for both an adult and a sibling (17.86%).

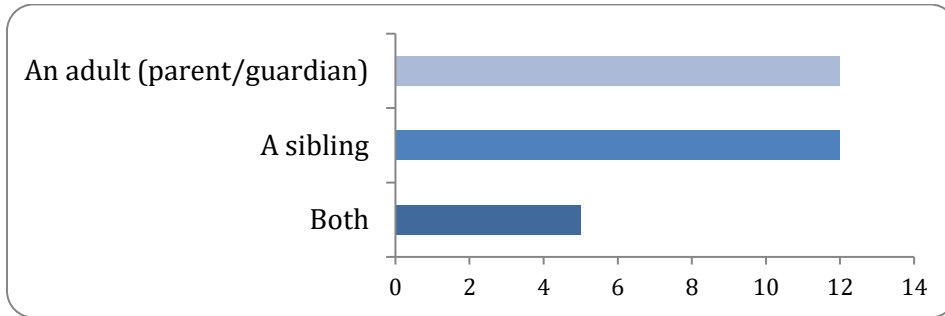


Chart 2: Question 6 - Who do you care for?

The majority of respondents said that they first knew they were a young carer because a friend or family had told them so (46%), followed by the young carer being notified of their role by Social Services (32%).

Educational settings ranked lower on the scale with only 17% reporting that their school had identified them as a young carer.

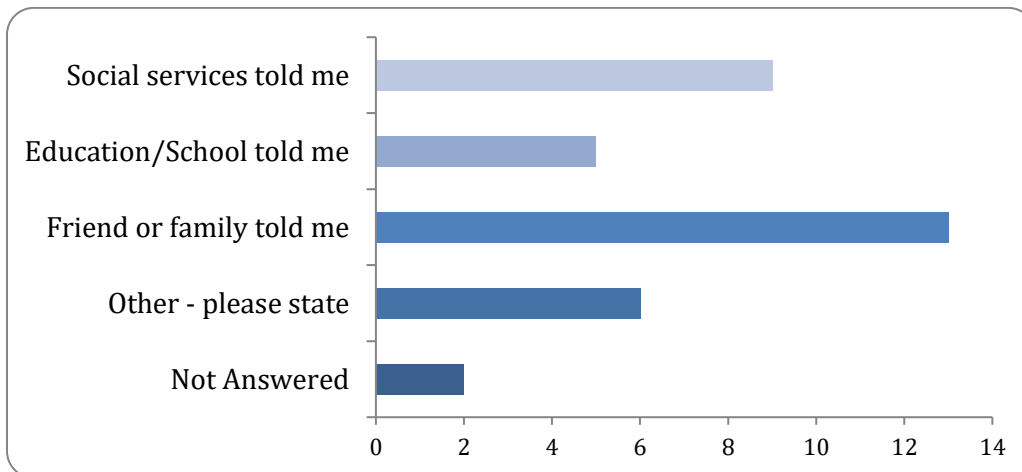


Chart 3: Question 7 - How did you first know you were a carer?

None of the respondents reported that they were notified of their role by their GP or by a charity or community support group. However, of those who gave a qualitative response 22% said they received support from the Young Carers Club and from Pastoral Support.

The majority of those who gave qualitative responses said that they were notified of their role as a young carer by a statutory service (11%) such as Brighter Future for Children, a family or social worker.

In smaller proportions, other respondents said that they became self-aware of their caring role *“I felt I needed to help out around the house”*, or that they were notified by their primary school.

Caring responsibilities

When asked about the health condition of the person they are caring for, most respondents said they are caring for someone with a

- physical disability (57%)
- a learning disability (32%)
- autism/neurodiversity (25%).
- mental health problems (21%)
- sight and/or hearing loss (14%)

In relatively smaller proportions, some young carers reported caring for someone with dementia, with a long-term health illness, and who is elderly or frail, respectively. Please see Chart 4 below.

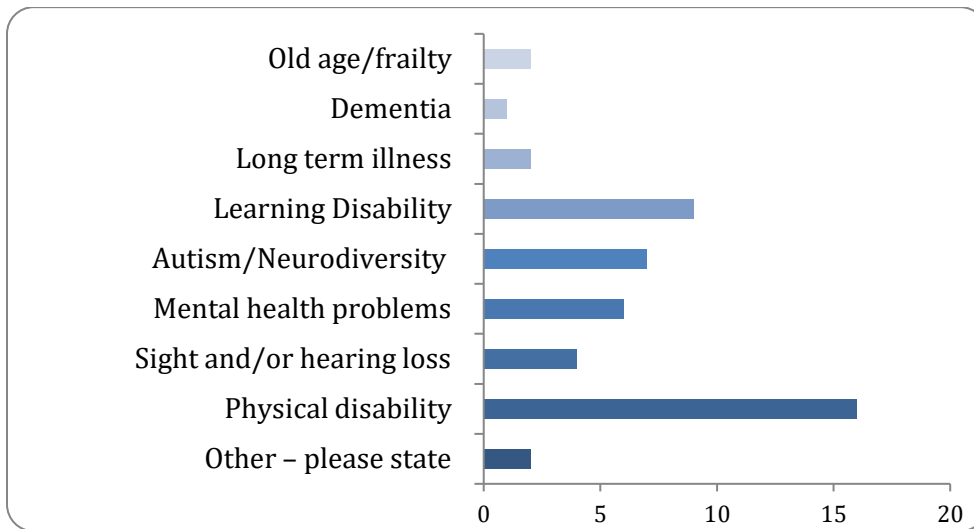


Chart 4: Question 8 - Tell us about the person/people you care for

None of those who took part in the survey reported caring for someone who has a terminal illness or who is alcohol or drug dependent.

Those who opted to give a qualitative response added that they care for someone who has epilepsy and someone who suffers from headaches.

When asked what tasks they do at home to support the person/people you care for, the vast majority of young unpaid carers said that they supported the person they care for by helping around the house: cleaning, cooking, washing, tidying up (72%) and by helping with shopping (12%).

A smaller number of respondents said they assist by looking after a sibling, being a listening ear, providing personal care or supporting the person they look after to get out and about.

Impact of caring role on education

50% of respondents said that being a young carer had no impact on their education, with a substantial percentage reporting a small impact (39.29%) and a smaller proportion saying caring had a big impact on their education (3.57%).

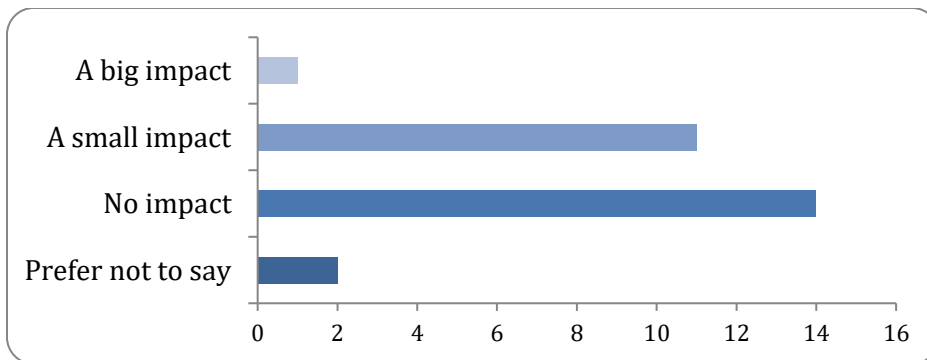


Chart 5: Question 10 - In your view, what impact does being a young carer have on your education?

The main impact, in terms of education, that young carers reported experiencing because of their caring role is their impaired ability to focus on their schoolwork and do homework (54%).

In smaller proportions, other impacts mentioned included having a lack of free time to socialise and meet up with friends, having a lack of energy and feeling anxious and demotivated.

When asked if there was anything that school could do or consider with regards to their caring responsibilities, most young carers responded that they had no specific comments to make (65%).

In smaller proportions, young carers identified the following areas they felt school could consider offering more support:

- Extending the deadline for submitting homework
- Support to get into employment
- Raise awareness amongst school staff about the role of young carers and their preferences
- Adjust school start time

When asked if their parents or guardians were able to support with meetings at school or travel, the majority of the young carers said that they get the support they need (42.86%). However, a substantive proportion reported that they only get this support sometimes (39.29%).

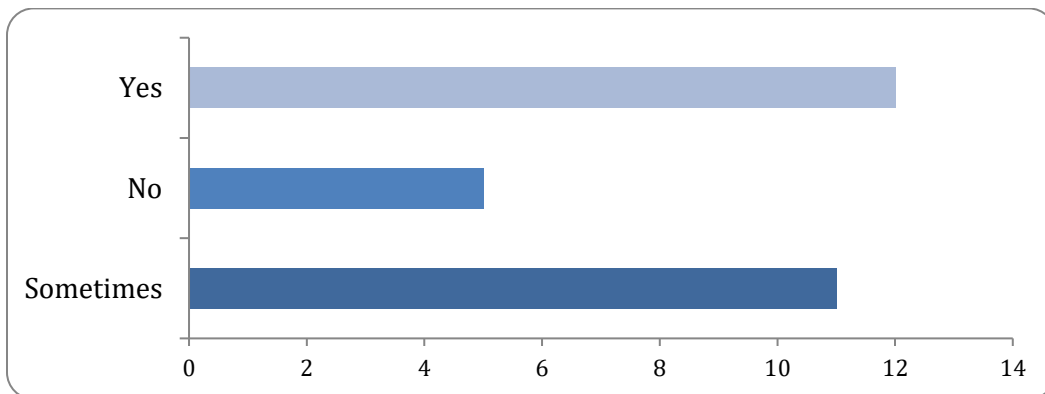


Chart 6: Question 13 - Are your parents/guardians able to support with meetings at school or travel?

Overall, young carers do not have difficulty getting to school (75%), however a combined number of respondents (25%) said that they experience or sometimes experience difficulty getting to school.

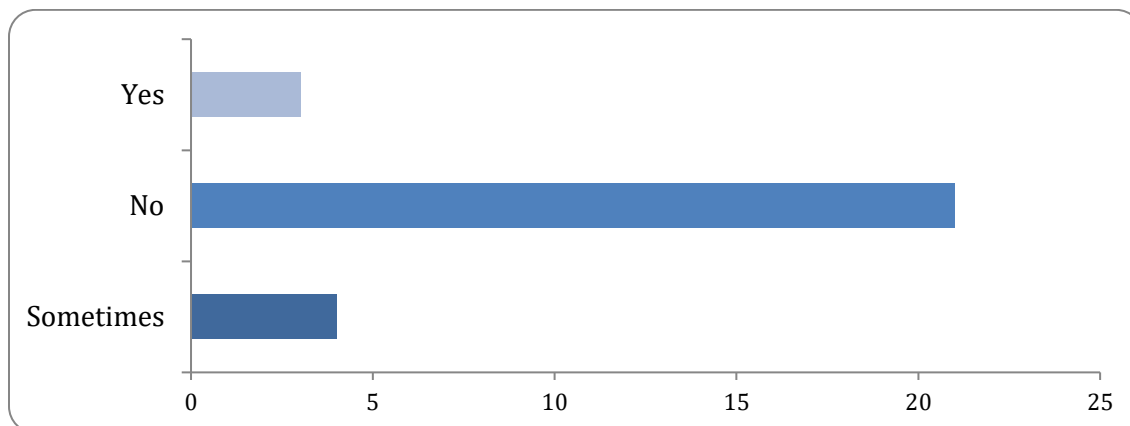


Chart 7: Question 14 - Do you have any difficulty getting to school?

The main contributing challenge to getting to school was

- a lack of sleep and feeling tired (60%) followed by health issues. One carer said that they can get to school because they get a lift from a friend.

“I don't sleep much which means I get up late and be late for school”

Further education and aspirations

Respondents gave a wide variety of options they would consider as part of their aspirations, thoughts, worries and support they might need.

The main aspiration is the desire to go to College or University (31.8%)

“Would like to go to College or University”

closely followed by wanting to get into work including doing an apprenticeship (22.7%)

“I am already doing A-Levels and want to enter into a Degree apprenticeship after my A-Levels”

“Want to work as a nursery worker”

“I want to start my own hairdressing business”

“I’ve got goals and I think I can reach them just need a job”

A small number of respondents said they would consider taking a gap year (9%)

“No longer attending college, would like a job / gap year”

A small number of respondents said they felt supported by their school or family members to making a decision or the Young Carers Club (13.6%)

“I am getting support from school and home. Mum and dad are very supportive. School is giving extra lessons on Saturdays”

“I’m getting support from school and the senior young carers youth club”

“I get help with this kind of stuff at school during PHSE days and at club”

Some raised their concerns around financial sustainability and being away from family (9%), and others said they were unsure about what they wanted to do (18%).

“Further Education, university, would be difficult as I would be away from my sisters and the cost of university is expensive”

“Unsure about my aspirations at the moment and I worry about not being able to afford to travel to young cares support with that would help me a lot”

“Not sure. The youth workers at club talk to us about our dream jobs and stuff like that”

Impact of caring role on health and wellbeing

Young carers were given multiple choice options to answer how does being a young carer impact on your own health and wellbeing. Please see Chart 8 below.

In response to the question, young carers gave positive feedback overall (64.28%), with a majority saying that their caring role makes them feel happy (25%), fulfilled (14.29%), honored/privileged (10.71%), rewarded (7.14%), and proud (7.14%).

A substantive number responded that they were indifferent to the impact of their caring role on their health and wellbeing (25%).

A lower yet substantive proportion reported that their caring role had a negative impact on their health and wellbeing (46.42%) with a majority saying that it made them feel tired (21.43%), feel stressed or overwhelmed (10.71%), having no time to self (7.14%) and struggling (7.14%).

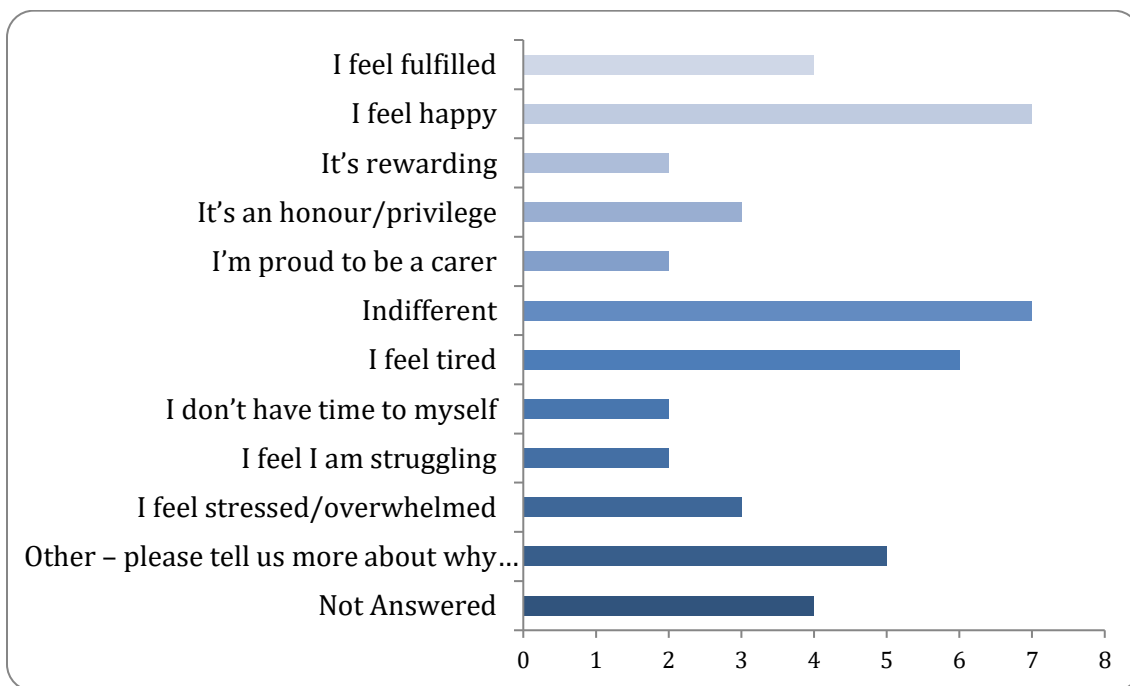


Chart 8: Question 16 - How does being a young carer impact your own health and wellbeing?

The qualitative responses to this question were varied with a number of young carers saying they felt worried about the person they care for (20%) and a similar number saying that their feelings alternate between feeling happy and sad (20%).

The majority of respondents said they were not sure what impact their caring role had on their health and wellbeing (50%).

A small number reported a positive impact in their feeling fulfilled and in being engaged in external activities and being recognised and valued by others.

“Mum is proud of me”

The question of what is most important to help with looking after yourself, elicited a good response rate of 92.8 %. Of those, the vast majority said that what is most important to help look after them is time to invest in self-care activities (34.6%) such as resting, sleeping, being healthy and well mentally and having some free time.

Having friends and getting involved in activities or hobbies ranked in second place (30.7%) with specifics such as playing games, playing music, sporting activities.

“Hobbies, Friends. I get relief from stress from these sources”

In smaller proportions, other points raised by respondents included:

- the wellbeing of other family members
- the ability of being financially independent
- *“having someone to talk to and be heard”*
- getting support from other family members
- being organised
- getting time away from caring role

Most young carers responded that they feel recognised as an individual outside of their caring role (92.86%), with a very small cohort saying that they sometimes do feel recognised as an individual (7.14%) and one respondent said that they were not sure. Significantly, none of the young carers reported that they do not feel recognised as an individual outside of their caring role.

Health profile

Some of the young carers reported personal health problems or a disability that have a significant or small impact on their caring role (21.43%). However, the vast majority reported that they do not have a health problem or disability impacting on their caring role (75%).

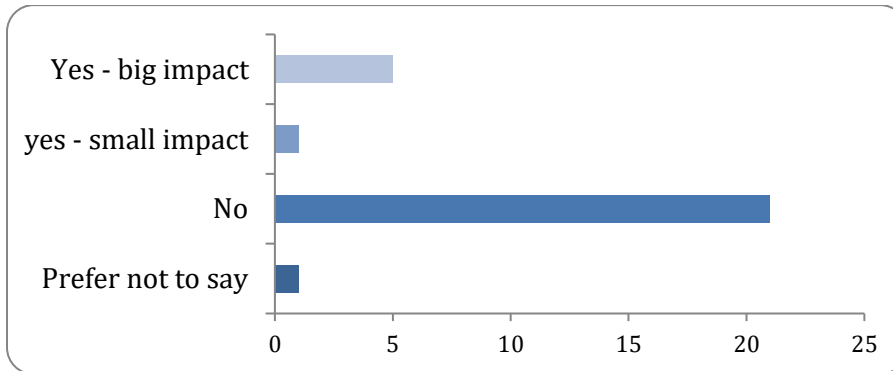


Chart 9: Question 19: Do you have a disability or health problem of your own which impacts on your ability to care?

Of those who reported having a health problem or a disability impacting on their caring role, only 5 respondents gave additional information about the nature of their health problem or disability. Of those who responded, the highest reported condition (qualitatively and quantitatively) is Autism / ADHD, followed by mental health problems, physical disability and an “undiagnosed tick disorder”.

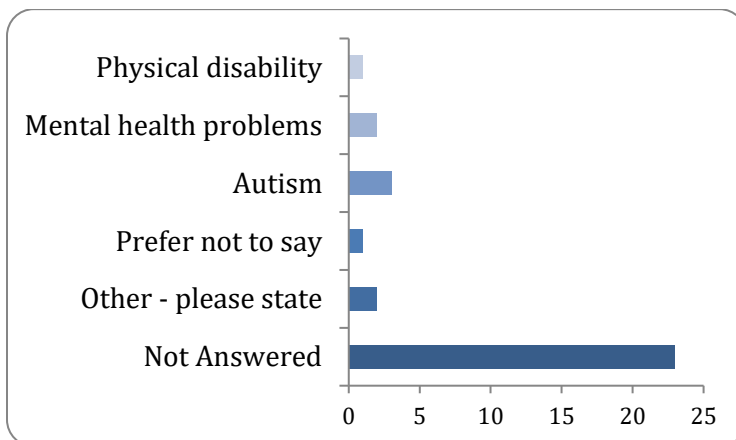


Chart 10: Question 20 - If you have answered Yes - which of the following options best describe your disability of health problem?

Young carers were then asked about one thing that could improve life for them. In response to this question, the majority of respondents said they were not sure of what could improve life for them as a young carer (34.7%) followed closely by those wanting more support from services, voluntary sector organisations or other family members (17.3%).

In smaller proportions, respondents mentioned the following items:

- better health for the cared for person
- bespoke support for the main carer
- having space for privacy at home
- empathy from others

“people understanding why I would be late or why I would be tired”

- financial sustainability
- better school performance

Most valuable support received

The vast majority of respondents identified Carers Groups/Activities as the most valuable support they have received as a young carer (35.71%), followed by someone to talk to (35.71%). Short breaks were reported as the third highest valuable support (14.29%).

However, support with schoolwork and receiving no support were on a par at 10.71%. Two young carers mentioned assisted technology and respite service as valuable support (3.57% respectively).

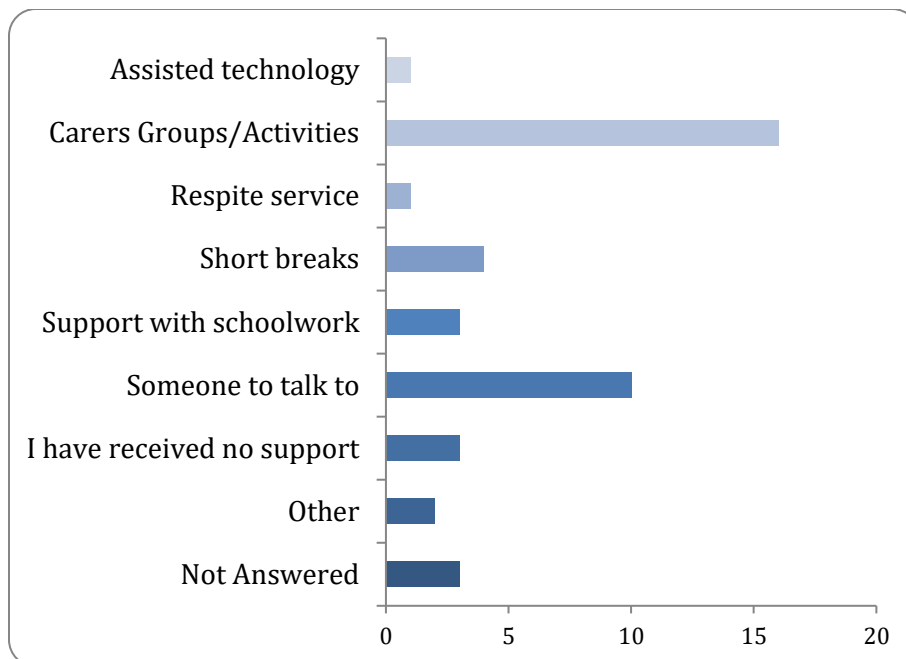


Chart 11: Question 22 - What has been the most valuable support you have received as a young carer and why?

The other comments given predominantly included “counselling” as the most valuable support they had received (22%). The other responses were in small proportions and covered the following areas:

- getting respite care for the cared for person, leading to spending more time with other members of the family
- attending young carers support group as a safe place to talk and be heard
- being part of a football team
- support from other family members
- support from personal assistants
- being with friends

There was a mix of additional reasons given for what they considered the most valuable support they had received.

The majority of respondents to the survey said that they attend the Young Carers Club (75%). The young carers reported that they received support mostly from the Young Carers Club (43.7%) finding the club supportive to help “build friendships”, get involved in activities and with “cool” youth workers. Additional support mentioned came from family members and school.

One respondent however said that they **“don’t enjoy attending”** the Young Carers Club, with another young carer saying that they felt the support they had received from the club didn’t meet their needs **“they didn’t really do anything”**.

If they had to deal with an emergency or need help for support, the vast majority said that they would speak to a family member or friend (53.57%). In smaller proportions, other sources of support mentioned include speaking to a ‘staff member (pastoral) at school’, a teacher or a youth worker.

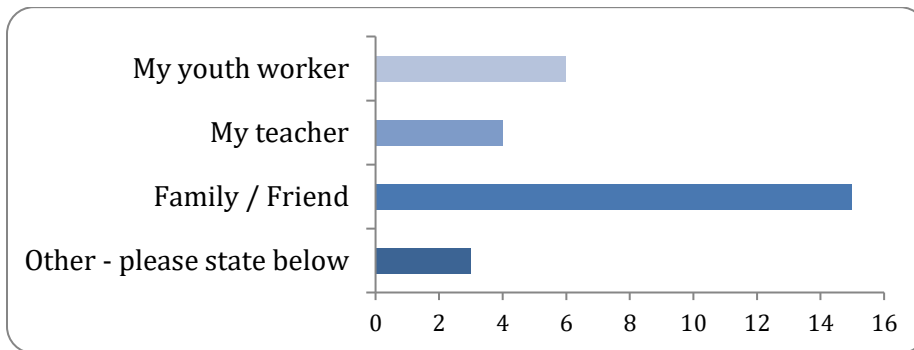


Chart 12: Question 24 - Who would you speak to if you had to deal with an emergency/need help or support?

When asked how they find out about the organisations and/or groups that can support them, the majority of respondents (87.5%) were able to find out about organisations that support them through a social worker or a youth worker. Alongside this, other sources of information include a family member or someone at school.

When asked about how they prefer to find out about support, the vast majority of young carers mentioned family members or friends (42.86%). In smaller proportions, a mix of other sources of information were also mentioned, such as social media, email, school, Children’s services, and the Young Carers Club.

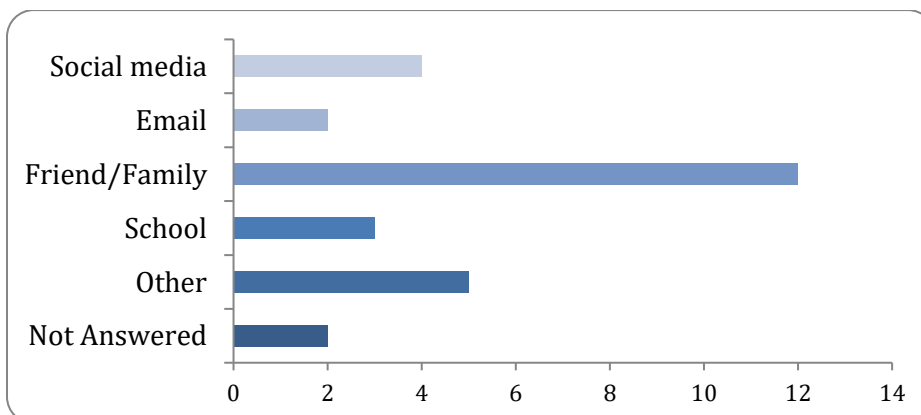


Chart 13: Question 27 - How do you prefer to find out about support?

This trend was reflected in the comments made by those who selected 'Other' to respond to the question.

Main challenges

The young carers revealed a mix of challenges they face, these include:

- feelings of anxiety or worrying about the person they care for

“I worry about my sister”

- limited opportunities or freedom to get out and about doing things
- lack of privacy at home
- lack of confidence
- juggling various demands at the same time

“Trying to make sure that I cared for all my pets and not forgetting anything”

- feeling drained
- feeling isolated and unappreciated

The majority of respondents however said they were not sure or had nothing to report (80%).

Connecting with other young carers

Young carers have regular or some communication with other young carers (32.14% and 25% of responses respectively). There is an even split between those who communicate with other young carers for a specific reason and those who rarely communicate with other young carers (3% respectively).

A substantive number responded that they do not communicate with other carers (21.43%).

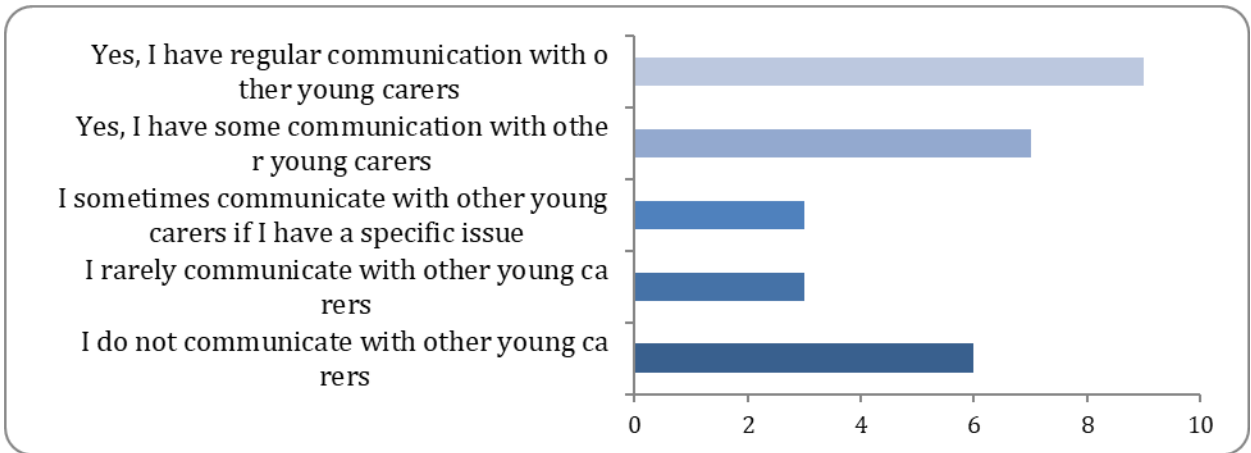


Chart 14: Question 28 - Do you currently connect with other young carers?

Young carers use a mix of methods to communicate with other young carers, mostly face to face groups (57.14%) with a substantive number preferably using WhatsApp (53.57%).

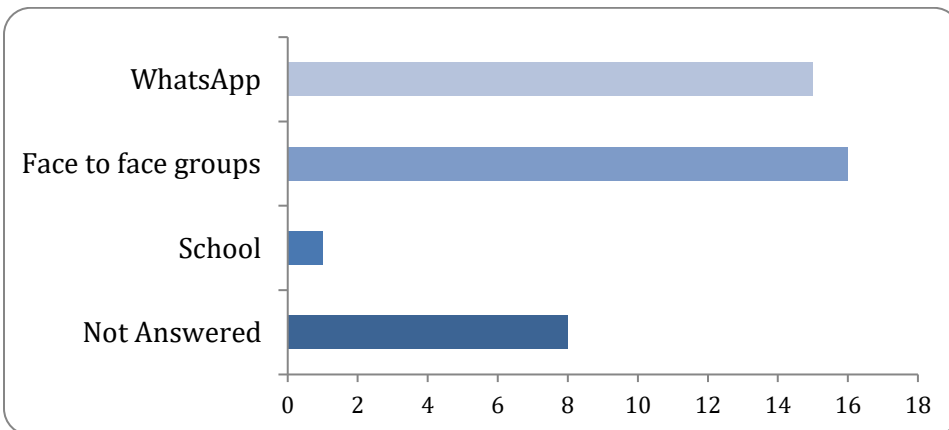


Chart 15: Question 29: If you said you do communicate with other young carers, how do you do this?

The vast majority did not give the reasons why they do not communicate with other young carers (82.14%). Of the very few who elaborated on the reasons, bullying and not having previous contacts with other young carers were mentioned.

“My friends don't have disabled brothers or sisters. Other children at school laugh at me if they see me out with my sister”

Of those who don't already communicate with other young carers, only two responded that they would prefer to communicate via Facebook or school (3.57% respectively) with the majority not responding (82.14%).

Young carers think it is important to communicate with other young carers in Reading. However, there is an even split between those who responded that it is important to them to connect with other young carers in Reading (50% overall) - very important (14.29%) and quite important (35.71%) - and those who responded that it was less important to them (50%) - with a higher proportion of those in a neutral position - neither important nor not important (28.57%).

Thoughts on the Joint All Age Carers' Strategy for Reading

In answer to the question of what else young carers feel is relevant to a Joint All Age Carers' Strategy for Reading, the majority responded that ***“whatever happens we need to keep the [Young Carers] club going”***. The reasons they gave included ***“attending the club helps me not feel isolated and alone”***

Other themes raised in response to this question include:

“Communicate better”

Provide some financial support to young carers to get and about and for “being a young carer”

Raising awareness about what support exists for carers in general as the perception is that ***“there isn't enough support for any carers”***

Appendix A - Full survey responses to the Young Carers Needs Assessment

Young Carers - Have your say!

<https://consult.reading.gov.uk/dachs/22c42954>

This report was created on Monday 19 February 2024 at 14:17

Responses to this survey: **28**

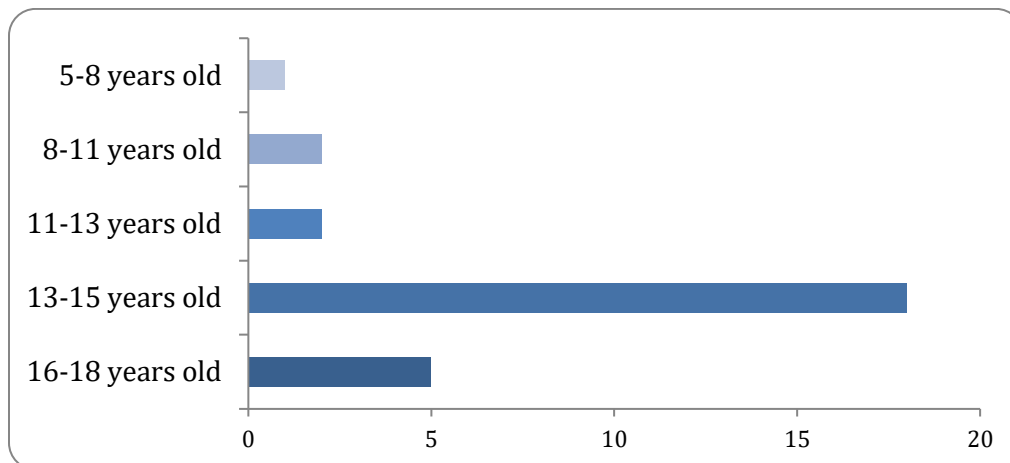
1: What is your postcode?

Postcode

There were 28 responses to this part of the question.

2: How old are you?

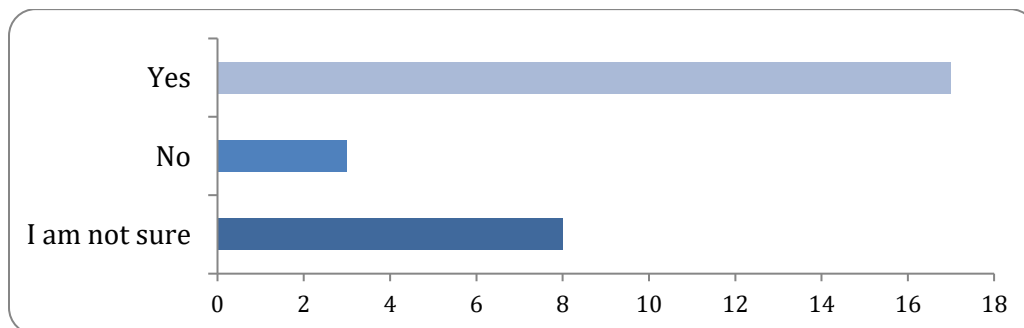
There were 28 responses to this part of the question.



Option	Total	Percent
5-8 years old	1	3.57%
8-11 years old	2	7.14%
11-13 years old	2	7.14%
13-15 years old	18	64.29%
16-18 years old	5	17.86%
Not Answered	0	0.00%

3: Do you see yourself as a young carer?

There were 28 responses to this part of the question.



Option	Total	Percent
Yes	17	60.71%
No	3	10.71%
I am not sure	8	28.57%
Not Answered	0	0.00%

There were 9 responses to this part of the question.

Q: Do you see yourself as a young carer? If you have answered No or I am not sure, please tell us why

Qualitative Feedback
<i>having to look after</i> my mum due to health issues especially more now due to recent events.
I do things to <i>help</i> mum and sister but not massively.
There are time when <i>I have to look</i> members of the family bit not often.
I <i>often care for younger sister at school</i> but will often share the responsibilities with my older sister. <i>I don't see myself as a young carer because I don't feed or wash my younger sister.</i>
I don't really talk about it. I know <i>school said I am.</i>
<i>Not sure if that's me</i>
<i>I am not actually sure</i> because, I do help my mum sometimes whenever she needs me like just doing some chores.
The name kind of <i>makes me feel weird</i>
<i>I look after</i> my brother and he is able to tell me what he needs.

Q3: Only 17 affirmatively recognised their role as a young carer, however Q4: 26 gave reasons why they are a young carer = Lack of understanding of what It means to be a young carer

4: Why are you a young carer?

There were 26 responses to this part of the question.

Qualitative Feedback
I care for my disabled sister.
Help my brother with his learning and keeping safe
I have to take care of my dad.
I do jobs at home when is ill which includes cooking food and shopping
i think I'm a young carer because i take care of my siblings and help my mother with them while she is supporting my older brother who has mental issues
Older brother
Help my mum
I care for my mum and both mum brothers. I try my hardest to be a good role model for my brothers and to care for my mum as I feel they are my top priority.
Care for both mum and brother.
My mum and I love her
I care for my younger sister
I look after my brother
Complete jobs around the house for my day, cup of tea and hoovering for example to support my dad.
Father has early onset dementia and younger sister, has brachial plexus palsy and this is shown in her right shoulder. I often help mum with the responsibilities of looking after younger sister when mum is looking after dad.
I look after someone in my family
I help my younger sibling
I support a family member
I support caring for my sibling.
Because I help out at home
I support with things at home
My family situation
I'm not sure.
I'm told it's because I help my little sister
My mum has mental health stuff she gets help with
I care for my brother: - Learning Disability, Autism, Physical Disability and Visual Impairment

5: What does being a young carer mean to you?

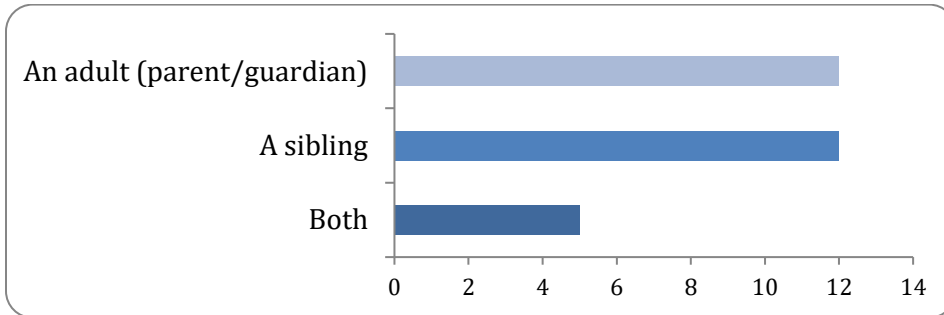
There were 26 responses to this part of the question.

Qualitative Feedback
It means that I worry about her and miss out on things
Helping
Being a young person who has a parent with special needs that the young person needs to help fulfill.

<p>When helping out it makes feel good as it gives me some responsibility</p>
<p>i feel like I'm helping and I'm doing something i should be proud of and helping my mother not stress and i learned how to keep my house and my room clean knowing how to take care of myself and others without help all the time</p>
<p>It good, mum is fully transparent with me and will tell me her feelings.</p>
<p>Helping my family to care for my brother but also their needs coming before mine</p>
<p>Helping my family to care for my brother but also their needs coming before mine</p>
<p>Helping out my mum.</p>
<p>There always challenges that come but it makes me feel good at the end of the day.</p>
<p>There always challenges that come but it makes me feel good at the end of the day.</p>
<p>It can be stressful, I rather not but wish they can care for themselves.</p>
<p>It can be stressful, I rather not but wish they can care for themselves.</p>
<p>Makes me feel happy.</p>
<p>I don't know.</p>
<p>A bit important, if my parents are busy I will need to look after him.</p>
<p>I'm glad that I can help around the house for my dad.</p>
<p>I feel happy that I am always there for my younger sister when she needs me.</p>
<p>Not much to be honest, it's family so...</p>
<p>I get to go to club and means I can be helpful to my family.</p>
<p>Nothing - didn't know</p>
<p>Helping out at home.</p>
<p>Means I support a family member</p>
<p>Not much really.</p>
<p>I get to attend club and do activities</p>
<p>i have access to club and activities</p>
<p>It means that I also have a responsibility on my shoulders</p>
<p>Being helpful I think</p>
<p>I help out with mum</p>
<p>I'm able to support my mum and care for my brother.</p>

6: Who do you care for?

There were 28 responses to this part of the question.



Option	Total	Percent
An adult (parent/guardian)	12	42.86%
A sibling	12	42.86%
Both	5	17.86%
Other	0	0.00%
Not Answered	0	0.00%

Other-who do you care for?

There were 6 responses to this part of the question.

Older brother

Mum

Mother

Mother

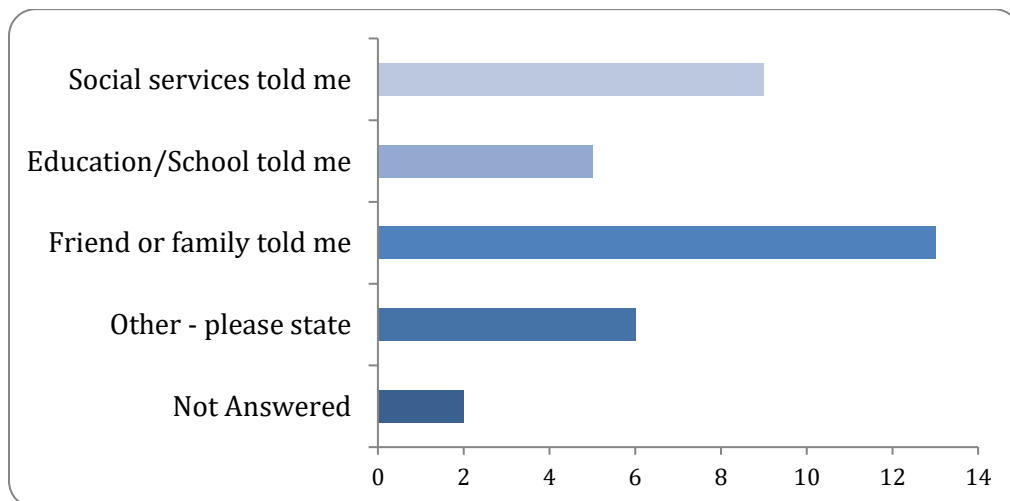
Brother

I don't really do anything that good but I am happy that I can help.

Brother

7: How did you first know you were a carer?

There were 26 responses to this part of the question.



Option	Total	Percent
GP/Doctor told me	0	0.00%
Social services told me	9	32.14%
Education/School told me	5	17.86%
Friend or family told me	13	46.43%
Charity/Community support told me	0	0.00%
Other - please state	6	21.43%
Not Answered	2	7.14%

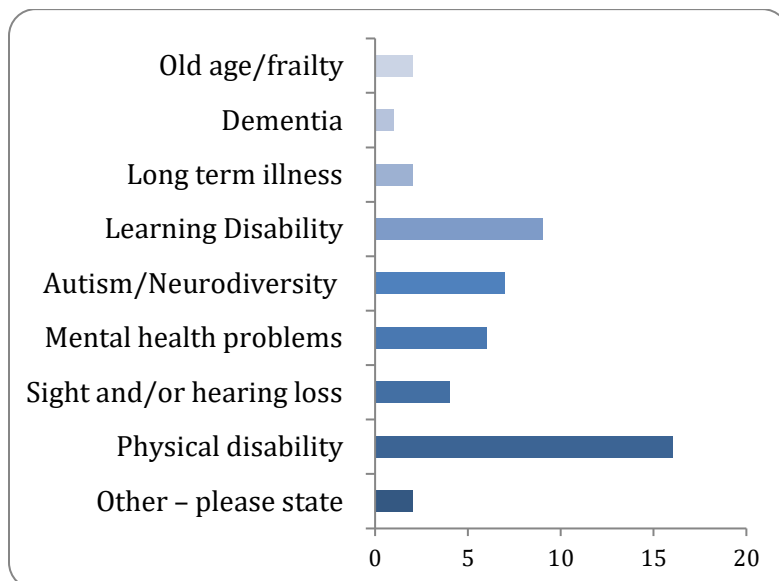
Other - Please State

There were 9 responses to this part of the question.

Qualitative Feedback
I realised that my mum health began to worse then I felt I needed to help out around the house.
Family Worker - BFfC
Support from Pastoral Support and Tutor they check in on me.
Primary School
Social Worker - when I was in primary school
My parents found the information about the Young Carers Club.
I don't view myself as a young carer but have discussed this with my Family Worker.
I found that out myself.
Brighter Futures for Children Ltd

8: Tell us about the person/people you care for

There were 28 responses to this part of the question.



Option	Total	Percent
Old age/frailty	2	7.14%
Dementia	1	3.57%
Terminal illness	0	0.00%
Long term illness	2	7.14%
Learning Disability	9	32.14%
Autism/Neurodiversity	7	25.00%
Mental health problems	6	21.43%
Sight and/or hearing loss	4	14.29%
Physical disability	16	57.14%
Alcohol and/or drug dependency	0	0.00%
Other – please state	2	7.14%
Not Answered	0	0.00%

Other-please state below

There were 4 responses to this part of the question.

epilepsy

Headaches

Brother - Physical / Autism

Mother - Physical

Young

9: What do you do at home to support the person/people you care for?

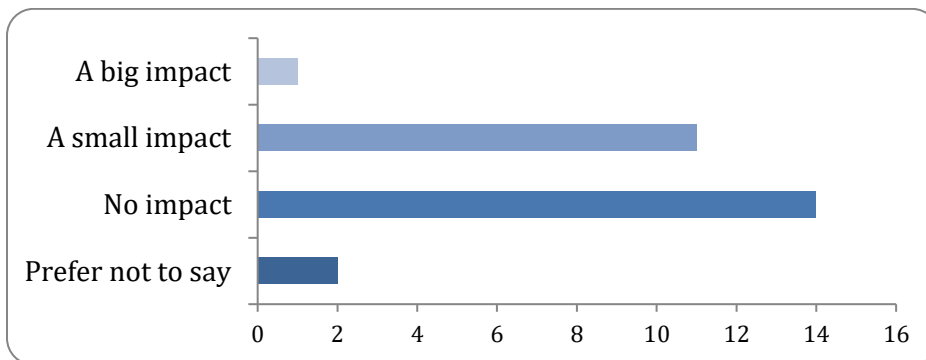
There were 25 responses to this part of the question.

Qualitative Feedback
I help my sister when my Mum is not well and I help my sister when she is not able to walk in town.
Play together
Whenever my mum is not able to take care of my dad or is away from the house, I have to take up the care work . I also any fixing work that I can, such as fixing the stairlift when it breaks and fixing the computers.
Mainly Shopping but cook - not very often.
i help my mother with caring for him making him food and checking up on him sometimes
Shopping / tasks around the house / cleaning
Help my family with simple tasks to meet the needs of my brother
Look after my sisters, be present if mum needs me.
Check in on her to see if she okay or need anything,
Washing and Ironing, Food Shopping.
I'm there for my mum as she has mental health problems.
Supervise / feed brother sometimes
Help around the house, like cleaning.
Sometimes I miss out of on things due to having to help my sister.
Help him draw things to stick on the wall.
Clean the house
Cooking,
Cleaning
Care for are pets
Help my younger sister get dressed
Cleaning the house i.e., sweep the floor, washing the dishes, clean the kitchen to support mum while she is looking after dad. Mum is a full-time carer for dad
Support with daily tasks a little bit such as cooking and washing up.

Anything really. Washing up, tidying up around the house, looking after younger sibling.
cleaning plates and dishes
tidying up around the house
help with putting the shopping away
Help with cleaning up, preparing food.
General stuff that needs to get done. Cleaning, helping with homework, dressing up etc.
Nothing out of usual, Cooking, cleaning, general stuff
Help her get dressed, take her to the park, play with her
Just talk to mum a lot
Spend time with my brother and he is able to communicate his needs, support mum with jobs / tasks around the house

10: In your view, what impact does being a young carer have on your education?

There were 28 responses to this part of the question.



Option	Total	Percent
A big impact	1	3.57%
A small impact	11	39.29%
No impact	14	50.00%
Prefer not to say	2	7.14%
Not Answered	0	0.00%

11: If you said your caring role impacts your education (either big or small), can you tell us what kind of impact it has? (time, ability to study, travelling etc.)

There were 13 responses to this part of the question.

Qualitative Feedback
It is difficult to do my homework.
The impact has been very minimal, I try to spend as little time away from home so that I can be at home to take up some responsibility to lighten the load for my mum
Sometimes I don't get my homework done
it has an effect on my personal time i have to give that up to help around in the house and prioritize other things over playing with my friends after school or watching a movie.
Not so much pass as health was better but now her health got worse it impacting on my education a small amount. For example, concentration on course work
Hard to have time with parents to do homework etc.
difficult to find time to do homework.
My younger sister has all her school stuff on the kitchen table which means I can't use the space to do my own work.
I always have to keep an eye on brother which sometimes distracts me from homework
Energy some of the time.
I feel tired more
home can be draining and makes me not want to go to school sometimes
I worry about mum

12: Is there anything you feel that your school can do or consider with regards to your caring responsibilities?

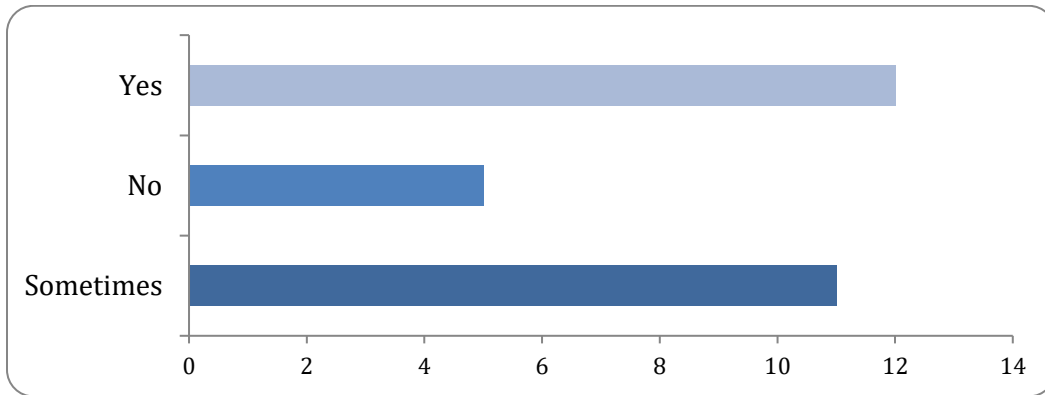
There were 23 responses to this part of the question.

Qualitative Feedback
They could give me more time to complete homework
My school has made all considerations I requested that were within ostensive reason.
None
understanding that i am a young carer and what I'm going through as a young person
No longer attending college, would like a job / gap year and then considering university.
Not sure

Nothing
No
None.
No.
No.
No.
I have support from Welfare Manager
Not really, I don't want special treatment.
I don't think so
no not really
No
Not really.
No
not really just space
Not sure
I could do with starting a bit later
None

13: Are your parents/guardians able to support with meetings at school or travel?

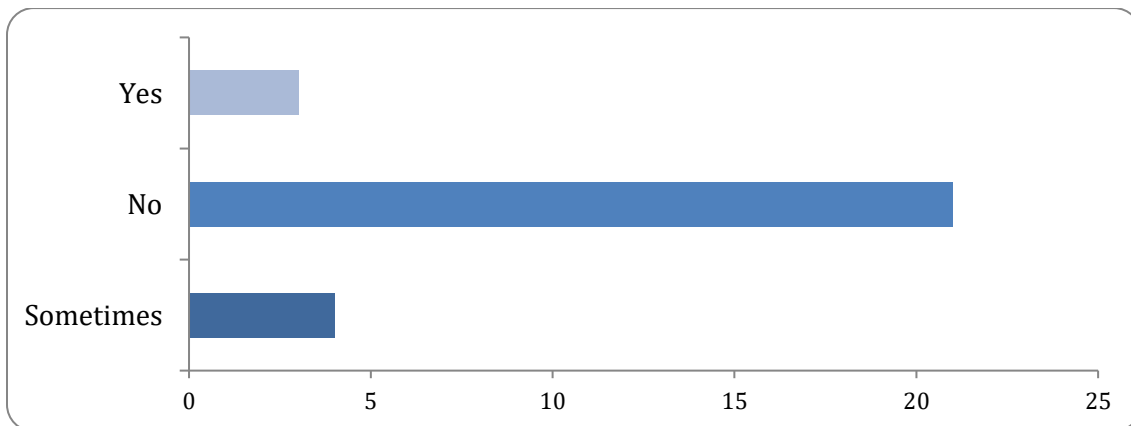
There were 28 responses to this part of the question.



Option	Total	Percent
Yes	12	42.86%
No	5	17.86%
Sometimes	11	39.29%
Not Answered	0	0.00%

14: Do you have any difficulty getting to school?

There were 28 responses to this part of the question.



Option	Total	Percent
Yes	3	10.71%
No	21	75.00%
Sometimes	4	14.29%
Not Answered	0	0.00%

If you have answered Yes, tell us about the challenges you have getting to school

There were 5 responses to this part of the question.

Qualitative Feedback
not caring but due to my Asthma
I don't sleep much which means I get up late and be late for school.
Tiredness
tiredness
Me and my Sister get a lift from my friend.

15: How do you feel about further education? Please share you aspirations/thoughts/worries/support you might need.

There were 22 responses to this part of the question.

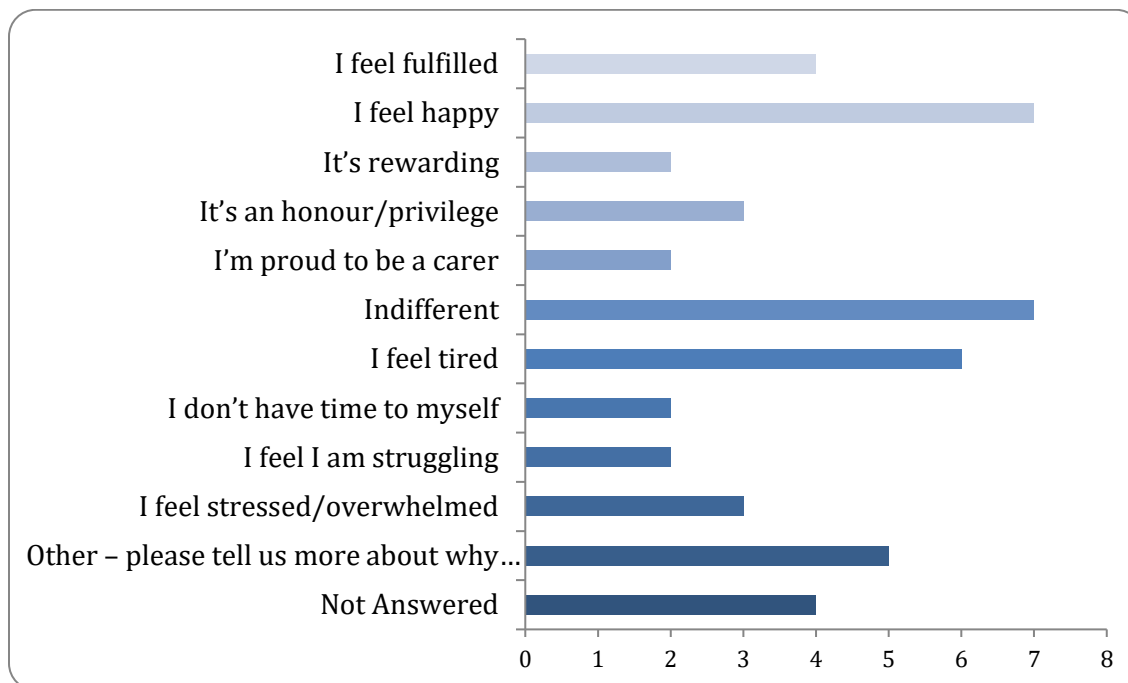
Qualitative Feedback
I want to get a good job
I don't want to go to University. I am already doing A-Levels and want to enter into a Degree apprenticeship after my A-Levels
or take a couple gap months / up to a gap year, then take a Degree apprenticeship.
Would like to go to College or University
unsure about my aspirations at the moment and i worry about not being able to afford to travel to young cares support with that would help me a lot
unsure about my aspirations at the moment and i worry about not being able to afford to travel to young cares support with that would help me a lot
No longer attending college, would like a job / gap year
and then considering university.
Not sure
Further Education, university, would be difficult as I would be away from my sisters and the cost of university is expensive.
Not Sure - keen to learn but will always check on mum via phone frequently. Pop home if needed.
Definitely would like to go to college.

Want to work as a nursery worker
6th Form
College / University
College and the go travelling.
I am hoping to pass the exam for Kendrick and I am getting support from school and home. Mum and dad are very supportive. School is giving extra lessons on Saturdays.
I'm getting support from school and the senior young carers youth club
I get help with this kind of stuff at school during PHSE days and at club
Don't know. Going to be doing careers stuff at club soon like PSHE too.
I want to start my own hairdressing business
I've got goals and I think I can reach them just need a job
I feel ok
Not sure. The youth workers at club talk to us about our dream jobs and stuff like that
Would like to go to College.

16: How does being a young carer impact on your own health and wellbeing?

Please select all that apply

There were 24 responses to this part of the question.



Option	Total	Percent
I feel fulfilled	4	14.29%
I feel happy	7	25.00%
It's rewarding	2	7.14%
It's an honour/privilege	3	10.71%
I'm proud to be a carer	2	7.14%
Indifferent	7	25.00%
I feel tired	6	21.43%
It makes me feel lonely	0	0.00%
I don't have time to myself	2	7.14%
I feel I am struggling	2	7.14%
I feel stressed/overwhelmed	3	10.71%
Other – please tell us more about why you feel this way.	5	17.86%
Not Answered	4	14.29%

Other - Please State

There were 10 responses to this part of the question.

Qualitative Feedback
I worry about my sister
Unsure
It makes me upset when my gets ill.
Mum is proud of me.
Don't Know.
I don't know
Not Sure
I'm glad to be a carer.
Up and down sometimes I feel happy sometimes I'm sad.
It's good when I can do activities in the summer and stuff
Some bad days some good
No.

17: What is most important to you to help with looking after yourself?

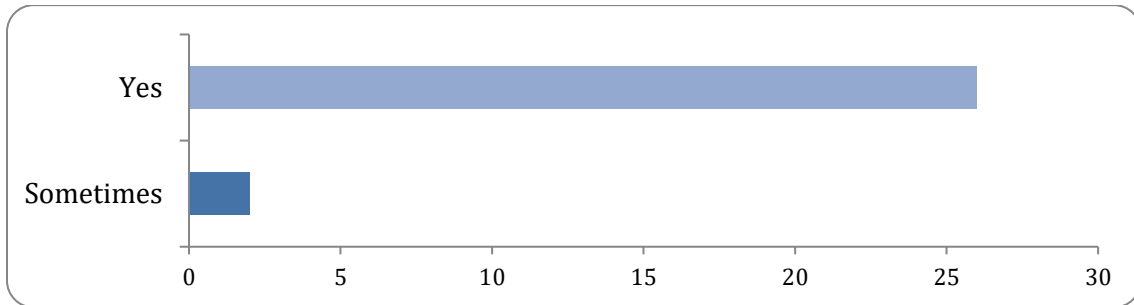
There were 26 responses to this part of the question.

Qualitative Feedback
Having my friends
and my sister being well
Playing and fun
Hobbies, Friends. I get relief from stress from these sources,
and earning my own money through work is fulfilling.
Being around family.
having somebody to talk and to be heard

and having my mother supporting me and having a sum what ok mental health
Playing games with friends
Time with my family when my brother has respite
Time for myself.
Sporting Activities and having the desire to learn.
Staying alive!
To Do Lists
School
Have my own free time
Getting up and being ready for school
I play music and write in my diary. Clean my room.
Making sure I am healthy and don't get sick.
I'm not really sure. I do need to go to sleep a little earlier and not spend so much time on my phone
That I don't feel sad or depressed because I won't be able to help.
Getting more sleep
Getting enough rest
an excuse to leave the house
spending time with my girls
making sure I'm not too tired for school got GCSEs coming up
I am not sure.
Playing games, TikTok etc.
Family / Friends

18: Do you feel recognised as an individual outside of your caring role?

There were 28 responses to this part of the question.



Option	Total	Percent
Yes	26	92.86%
No	0	0.00%
Sometimes	2	7.14%
Not Answered	0	0.00%

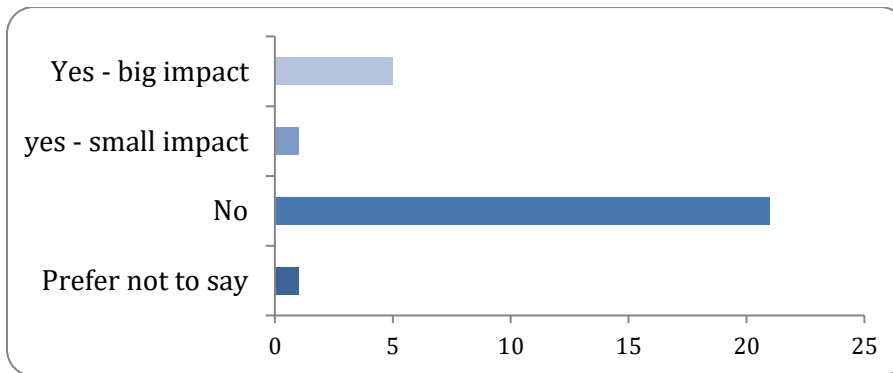
If you have answered No or Sometimes, what would make a difference to this?

There was 1 response to this part of the question.

Not sure

19: Do you have a disability or health problem of your own which impacts on your ability to care?

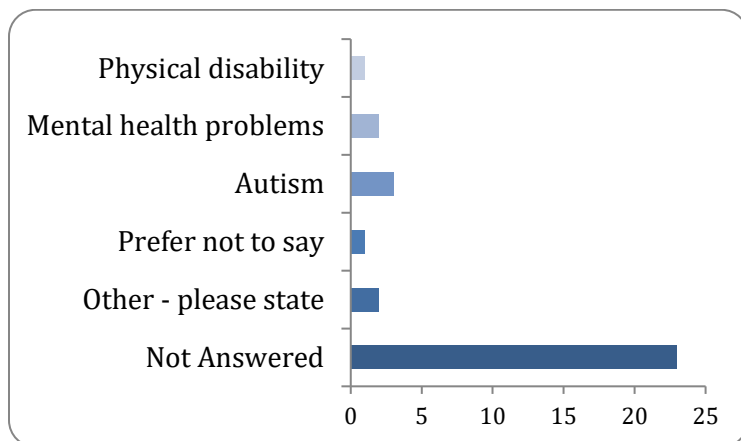
There were 28 responses to this part of the question.



Option	Total	Percent
Yes - big impact	5	17.86%
yes - small impact	1	3.57%
No	21	75.00%
Prefer not to say	1	3.57%
Not Answered	0	0.00%

20: If you have answered Yes – which of the following options best describe your disability of health problem? Please tick all that apply

There were 5 responses to this part of the question.



Option	Total	Percent
Physical disability	1	3.57%
Learning disability	0	0.00%
Learning difficulties (including dyslexia and/or dyscalculia)	0	0.00%
Mental health problems	2	7.14%
Autism	3	10.71%
Visual impairment	0	0.00%
Hearing impairment	0	0.00%
Deaf/BSL user	0	0.00%
Speech impairment	0	0.00%
Prefer not to say	1	3.57%
Other - please state	2	7.14%
Not Answered	23	82.14%

Other - Please State

There were 4 responses to this part of the question.

ADHD

Asthma p

ADHD

Undiagnosed Tick Disorder

ADHD

21: What is one thing that could improve life for you as a young carer?

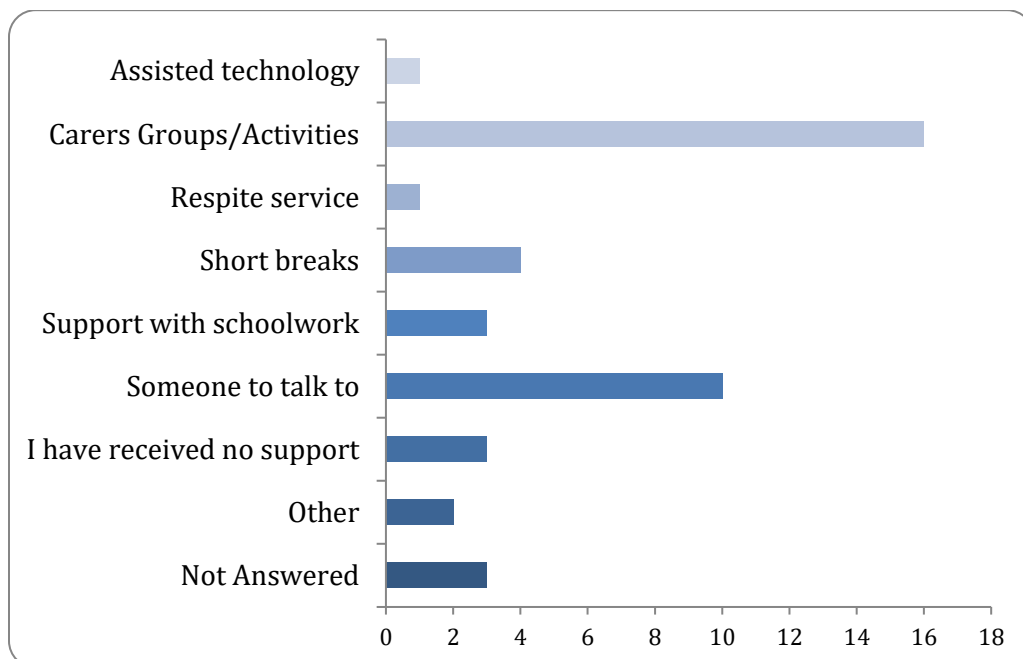
There were 23 responses to this part of the question.

Qualitative Feedback
My sister to not be disabled.
Don't know
The only way I could be further supported would be to better support my mum, as she has the most responsibilities, I'm only relied on to observe and do any tasks that my mum is physically incapable of doing / doing alone.
I'm sharing a room with my mum and would be nice to have a house so that I can have my own room.
people understanding why i would be late or why i would be tired
I don't know.
More support, more clubs,
More support for my mum.
Not Sure - feel happy.
More support from my family, social worker involved they ask questions but nothing happens from then.
Don't Know.
I don't know.
Having time for myself.
Wishes dad to walk around the house without him using his crutches.
My older sister can help me more as sometimes she will leave me to do some jobs
I don't know
Unsure
More money maybe to help my family
Getting more sleep
I am not sure
Not sure. Mum to have less stress

Mum to feel less stressed and have a bit more money
No - Do better at Maths in School

22: What has been the most valuable support you have received as a young carer and why?

There were 25 responses to this part of the question.



Option	Total	Percent
Assisted technology	1	3.57%
Carers Groups/Activities	16	57.14%
Respite service	1	3.57%
Sitting service	0	0.00%
Day centre services	0	0.00%
Short breaks	4	14.29%
Support with schoolwork	3	10.71%
Someone to talk to	10	35.71%
Personal Assistant (PA)	0	0.00%
I have received no support	3	10.71%
Other	2	7.14%
Not Answered	3	10.71%

Other-Q22

There were 9 responses to this part of the question.

Qualitative Feedback
I like it when my sister is at holiday club and I get time with my Mum.
carers group give me a place where i feel safe and compatible to be and socialize with different people more than i do and having someone to talk to feels like a weight left off my shoulders and i don't have to keep everything to myself
Nothing.
Football team I play for.
Counselling
My family also support me
"Counselling
PA for the ones I care for"
I am not sure
Spending time with friends at the weekend.

Please tell us the reasons for your answer

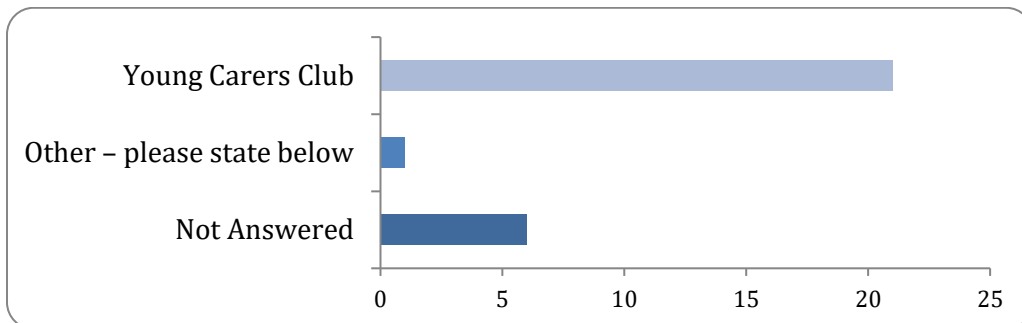
There were 16 responses to this part of the question.

Qualitative Feedback
I have been offered support in the form of a care group, but I did not attend it again after the first two sessions, because I don't enjoy attending it.
I attend Senior Young Carers Club each week which I find supportive.
Help with coursework from my teacher, teacher checked up on me once they found out what been going on home. Continue to check up with me frequently.
Been regularly attending young carers club to build friendships.
Nobody says what is available
Enables me to express my feelings on the field , same desire and all come together as we all like playing football.
Close connection with my brother, all family orientated.

Don't Know.
Been involved in Young Carers Club since the age of 6yrs.
Same as above
People can help me with my school work like my Dad.
I can talk to my teacher at school about anything
I can talk to my family about any of my worries or concerns
They have a lot of activities during holidays
i got friends at club and I enjoy it going there every week and they have great activities like Thorpe Park sometimes and a cooking class
Because I get really happy
Respite helps with night times
have people I can talk to at club who are helpful like the youth worker and the youth mentors thing we are doing with Solomon
The youth workers at club are really cool

23: Do you have support from or belong to any carer support organisation or/and attend any carers support groups? Please tick all that apply

There were 22 responses to this part of the question.



Option	Total	Percent
Reading Mencap Young Carer's Support Group	0	0.00%
Young Carers Club	21	75.00%
School's clubs / teachers	0	0.00%
Reading Play Young Carers Club	0	0.00%
Other – please state below	1	3.57%
Not Answered	6	21.43%

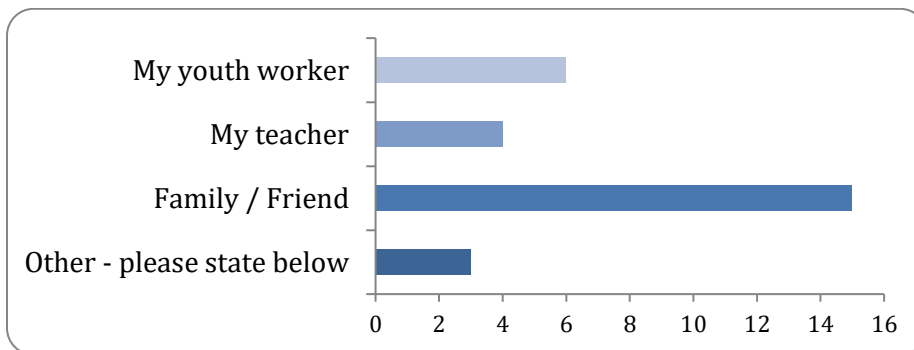
Other - Please State

There were 4 responses to this part of the question.

Qualitative Feedback
School referred me to young carers but they didn't really do anything. I just had a couple of sessions.
The sessions at my sister's school were good.
Just started but it isn't very good
not sure
My Grandma - lots of hugs

24: Who would you speak to if you had to deal with an emergency/need help or support?

There were 28 responses to this part of the question.



Option	Total	Percent
My youth worker	6	21.43%
My teacher	4	14.29%
Family / Friend	15	53.57%
Social worker	0	0.00%
Other - please state below	3	10.71%
Not Answered	0	0.00%

Other - Please State

There were 3 responses to this part of the question.

Qualitative Feedback
My Aunty
My Neighbour
Staff member (Pastoral) at school
Friend
I'm not sure

25: What are the main challenges you face?

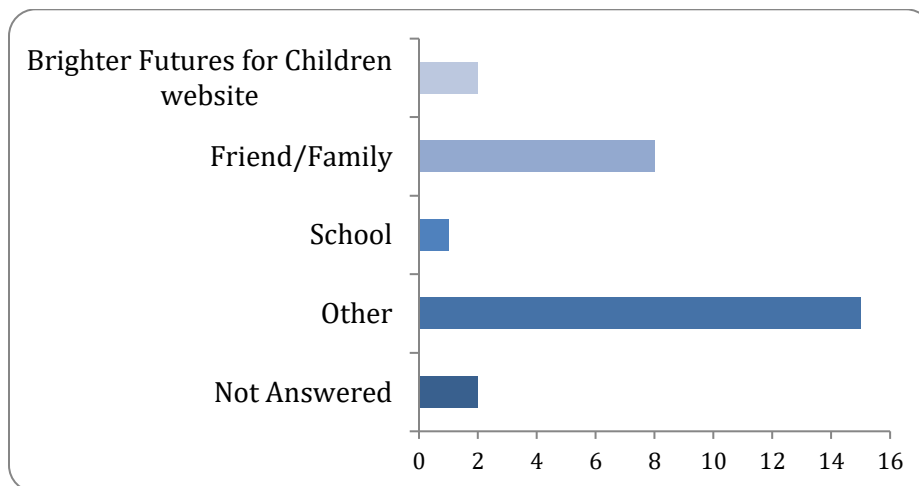
There were 18 responses to this part of the question.

Qualitative Feedback
I worry about my sister
Planning around the fact that <i>i have to be around the house as much as possible.</i> Which i have become accustomed to and easily work around it.
When going outside I get very self-conscious.
Not having my own space at home - own bedroom
my asthma impacts me extremely and the contact drama in schools gets way too overwhelming even if I'm not involved
None.
Not being able to always do things I want
I don't know
Regular thinking about whether my mum is alright.
N/A
Don't Know.
I don't know.
Lack of Confidence
Trying to make sure that I cared for all my pets and not forgetting anything
I don't feel that I face any challenges
Feeling isolated and unappreciated

feel drained
not really any challenges.
Not Sure.

26: How did you find out about the organisations/groups that support you?

There were 26 responses to this part of the question.



Option	Total	Percent
Social media	0	0.00%
Email	0	0.00%
Reading Borough Council website	0	0.00%
Reading Services Guide	0	0.00%
Brighter Futures for Children website	2	7.14%
Family Information Service and the Local Offer	0	0.00%
GP practice	0	0.00%
Leaflets/poster	0	0.00%
Newsletter	0	0.00%
Friend/Family	8	28.57%
School	1	3.57%
From other young carers	0	0.00%
Other groups	0	0.00%
Other	15	53.57%
Not Answered	2	7.14%

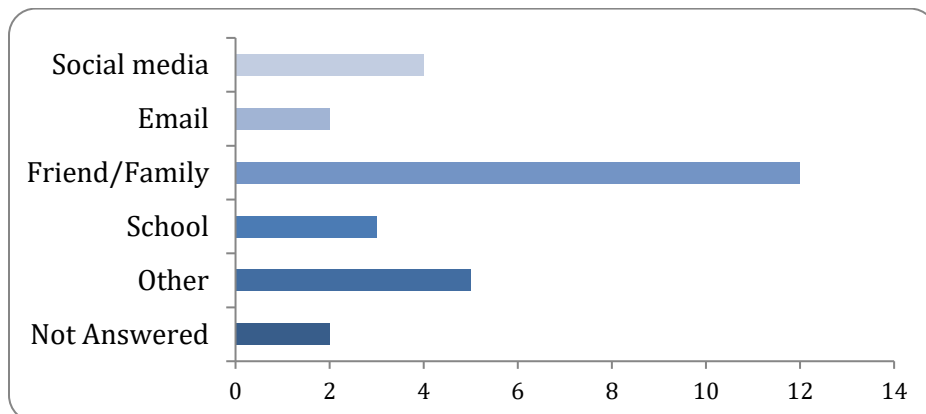
Other - Please State

There were 16 responses to this part of the question.

Qualitative Feedback
Family Worker - BFfC
Children Social services
There isn't really any information
Family Worker - BFfC
Social Worker - BFfC
Mum and Social Worker told me about the club.
My mum found out about it
Youth Worker.
My youth worker
Youth worker
My youth worker
Also, school and social services
Youth Worker
Youth worker
Youth worker
Social Worker in 2020-2021

27: How do you prefer to find out about support?

There were 26 responses to this part of the question.



Option	Total	Percent
Social media	4	14.29%
Email	2	7.14%
Reading Borough Council website	0	0.00%
Reading Services Guide	0	0.00%
Brighter Futures for Children website	0	0.00%
Family Information Service and the Local Offer	0	0.00%
GP practice	0	0.00%
Leaflets/poster	0	0.00%
Newsletter	0	0.00%
Friend/Family	12	42.86%
School	3	10.71%
From other young carers	0	0.00%
Other groups	0	0.00%
Other	5	17.86%
Not Answered	2	7.14%

Other - Please State

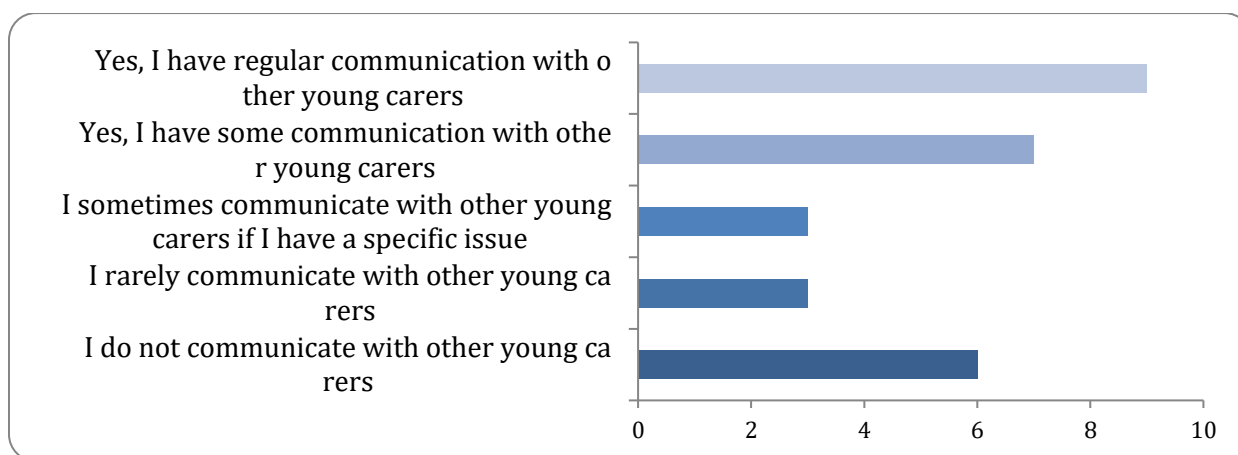
There were 6 responses to this part of the question.

Qualitative Feedback
I have no specific preference, just that they contact me directly, instead of trying to talk to me through people. I like to keep these kinds of things to myself so I can organise around them.
School
Youth Worker

My youth worker
youth club and worker
School / Friends
Young carers Club

28: Do you currently connect with other young carers?

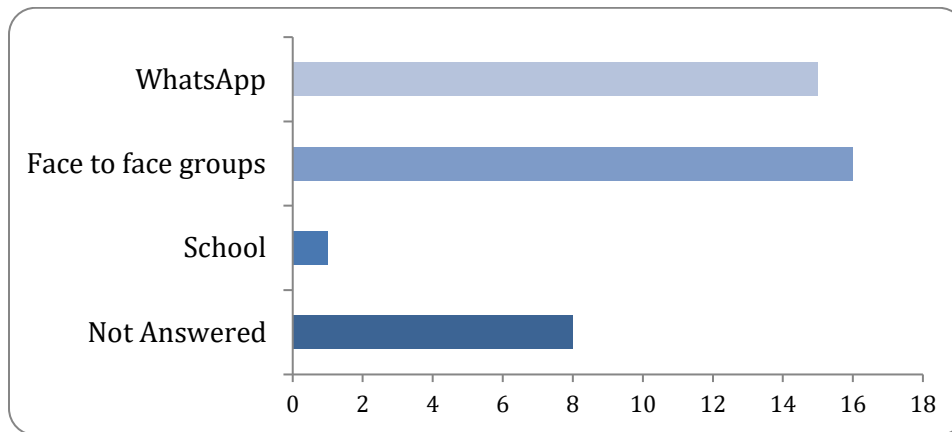
There were 28 responses to this part of the question.



Option	Total	Percent
Yes, I have regular communication with other young carers	9	32.14%
Yes, I have some communication with other young carers	7	25.00%
I sometimes communicate with other young carers if I have a specific issue	3	10.71%
I rarely communicate with other young carers	3	10.71%
I do not communicate with other young carers	6	21.43%
Not Answered	0	0.00%

29: If you said you do communicate with other young carers, how do you do this?

There were 20 responses to this part of the question.



Option	Total	Percent
Facebook	0	0.00%
Instagram	0	0.00%
Twitter	0	0.00%
WhatsApp	15	53.57%
Face to face groups	16	57.14%
Online groups	0	0.00%
School	1	3.57%
Other	0	0.00%
Not Answered	8	28.57%

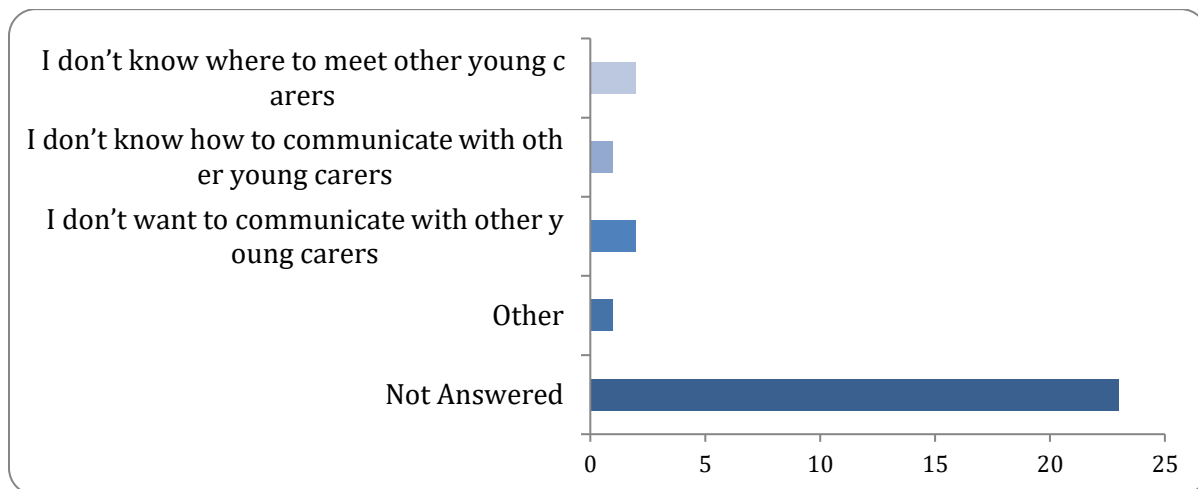
Other - Please State

There was 1 response to this part of the question.

Young carers club

30: If you said you do not communicate with other young carers, why is this?

There were 5 responses to this part of the question.



Option	Total	Percent
I don't know where to meet other young carers	2	7.14%
I don't know how to communicate with other young carers	1	3.57%
I don't have time to communicate with other young carers	0	0.00%
I don't want to communicate with other young carers	2	7.14%
Other	1	3.57%
Not Answered	23	82.14%

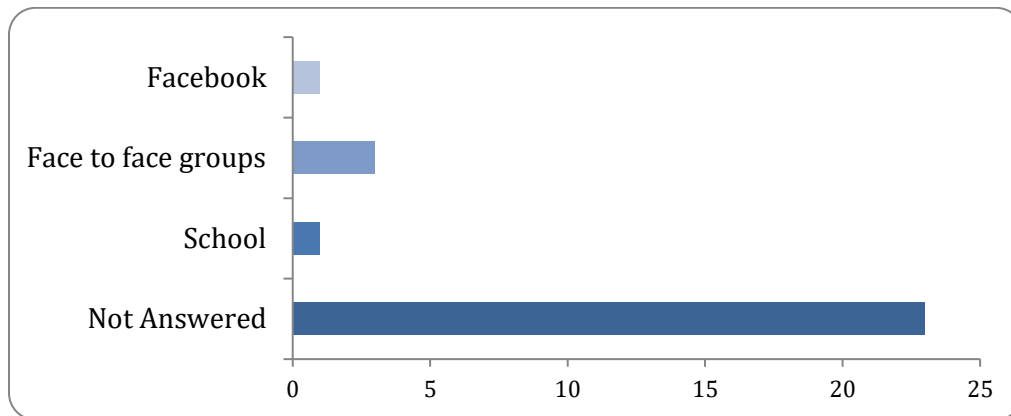
Other - Please State

There were 3 responses to this part of the question.

Qualitative Feedback
My friends don't have disabled brothers or sisters. Other children at school laugh at me if they see me out with my sister.
Only just started attending club
am not sure

31: If you don't already communicate with other young carers but would like to, how would you prefer to do this?

There were 5 responses to this part of the question.



Option	Total	Percent
Facebook	1	3.57%
Instagram	0	0.00%
Twitter	0	0.00%
WhatsApp	0	0.00%
Face to face groups	3	10.71%
Online groups	0	0.00%
School	1	3.57%
Other	0	0.00%
Not Answered	23	82.14%

Other - Please State

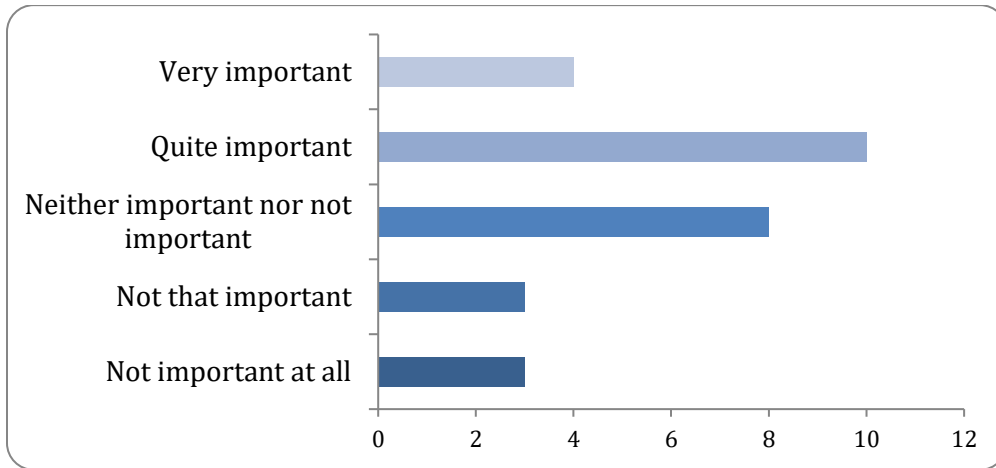
There were 2 responses to this part of the question.

Groups

Not really.

32: How important is it for you to connect with other young carers in Reading?

There were 28 responses to this part of the question.



Option	Total	Percent
Very important	4	14.29%
Quite important	10	35.71%
Neither important nor not important	8	28.57%
Not that important	3	10.71%
Not important at all	3	10.71%
Not Answered	0	0.00%

If you have answered that it is not important, please tell us more about it

There was 1 response to this part of the question.

it helps to have a break and not feel alone

33: Is there anything else you would like to tell us about that you feel is relevant to a Joint Reading Unpaid Carers Strategy?

There were 8 responses to this part of the question.

Qualitative Feedback
Communicate better. Your strategy is useless if you can't actually get information about it.
Bus Pass should be provided for Travel as mother dose struggle with finances
I don't know.
There isn't enough support for any carers
Whatever happens we need the club to keep going

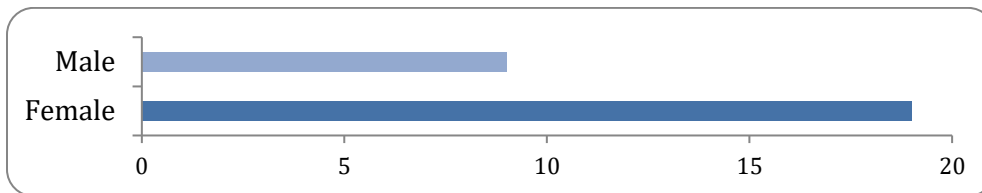
attending club helps me not feel isolated and alone so please keep it running
is there money available we could get for being young carers?
Our YC club is important to me and need it to stay

About you

Demographics synopsis:

34: Sex:

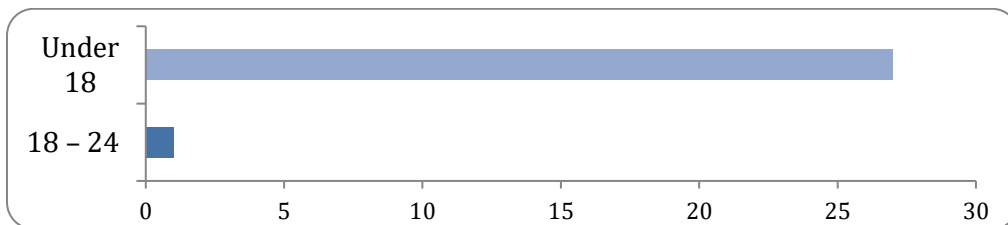
There were 28 responses to this part of the question.



Option	Total	Percent
Male	9	32.14%
Female	19	67.86%
Not Answered	0	0.00%

35: Which age group do you belong to?

There were 28 responses to this part of the question.

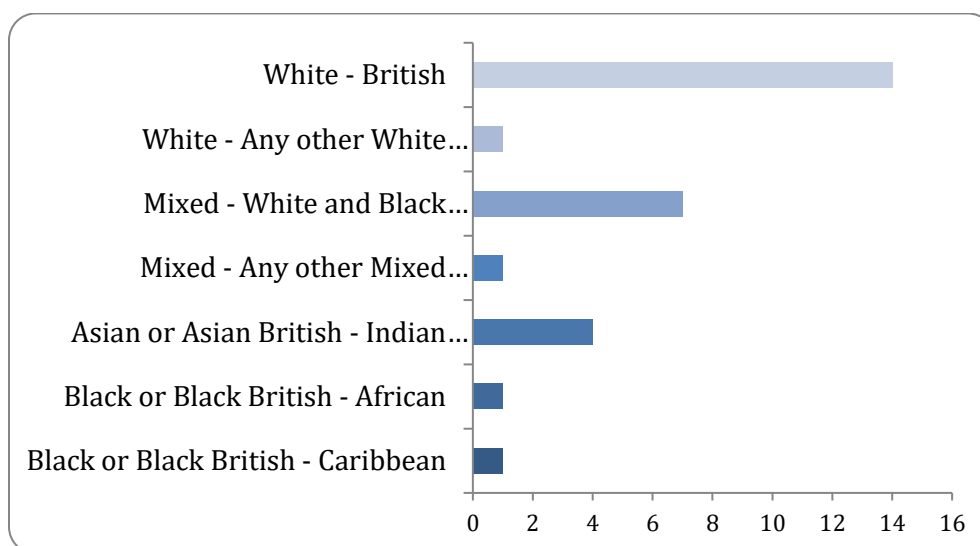


Option	Total	Percent
Under 18	27	96.43%
18 - 24	1	3.57%
25 - 34	0	0.00%
35 - 44	0	0.00%
45 - 54	0	0.00%
45 - 54	0	0.00%
55 - 64	0	0.00%

65 - 74	0	0.00%
75+	0	0.00%
Not Answered	0	0.00%

36: Which of these ethnic groups do you belong to?

There were 28 responses to this part of the question.



Option	Total	Percent
White - British	14	50.00%
White - Irish	0	0.00%
White - Gypsy or Irish Traveller	0	0.00%
White - Any other White background (Please specify below)	1	3.57%
Mixed - White and Black Caribbean Mixed - White & Black African Mixed - White & Asian	7	25.00%
Mixed - Any other Mixed background (Please specify below)	1	3.57%
Asian or Asian British - Indian Asian or Asian British - Pakistani Asian or Asian British - Bangladeshi Asian or Asian British - Chinese	4	14.29%
Asian or Asian British - Any other Asian background (Please specify below)	0	0.00%
Black or Black British - African	1	3.57%
Black or Black British - Caribbean	1	3.57%
Black or Black British - Any other black background (Please specify below)	0	0.00%
Other ethnic group - Arab	0	0.00%

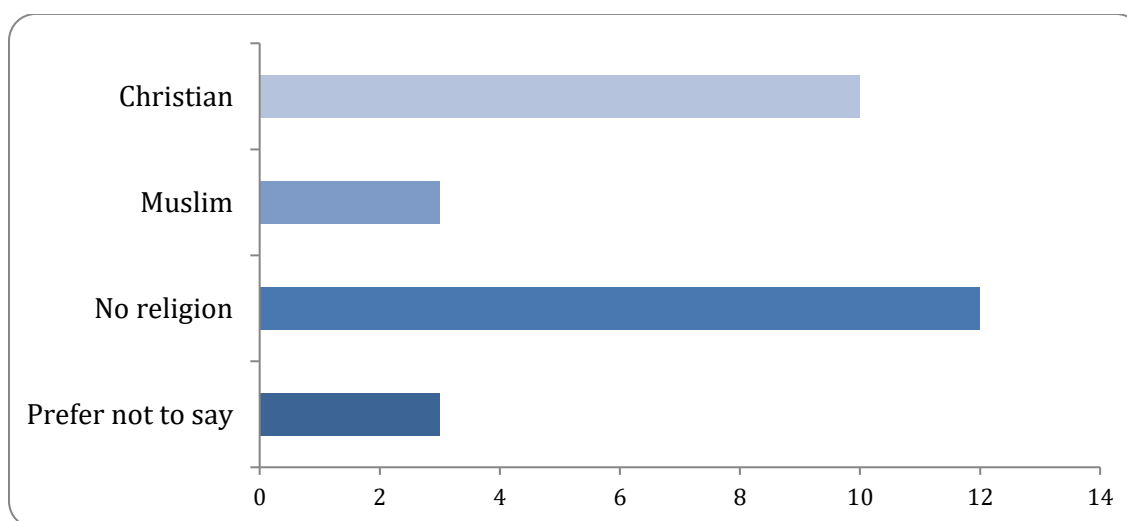
Other ethnic group - Any other ethnic group (Please specify below)	0	0.00%
Prefer not to say	0	0.00%
Don't know	0	0.00%
Not Answered	0	0.00%

Other - Please State

There were 0 responses to this part of the question.

37: What is your religion or belief?

There were 28 responses to this part of the question.



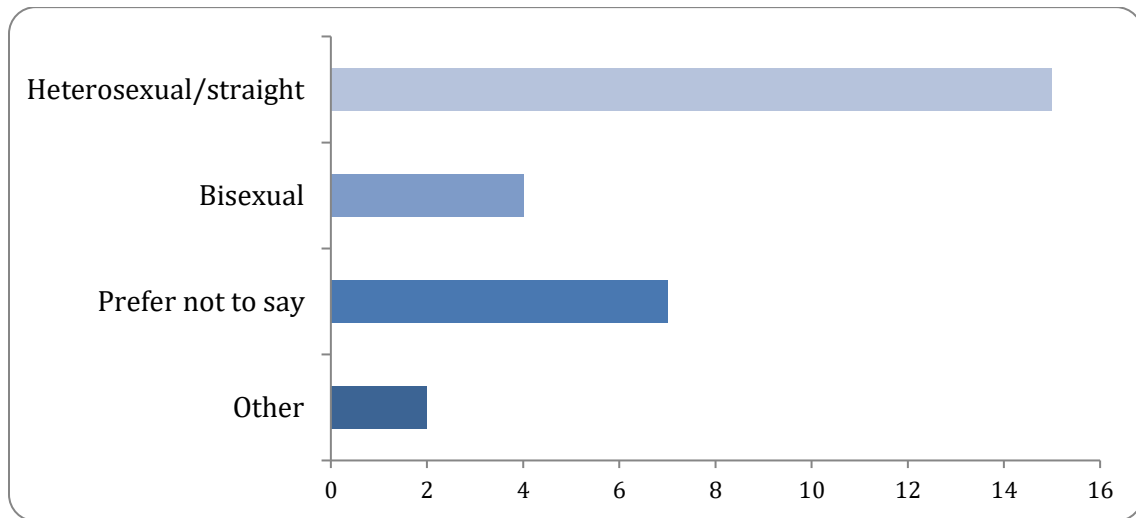
Option	Total	Percent
Buddhist	0	0.00%
Christian	10	35.71%
Hindu	0	0.00%
Jewish	0	0.00%
Muslim	3	10.71%
Sikh	0	0.00%
No religion	12	42.86%
Prefer not to say	3	10.71%
Other	0	0.00%
Not Answered	0	0.00%

Other - Please State

There were 0 responses to this part of the question.

38: Are you?

There were 28 responses to this part of the question.



Option	Total	Percent
Heterosexual/straight	15	53.57%
Gay or lesbian	0	0.00%
Bisexual	4	14.29%
Prefer not to say	7	25.00%
Other	2	7.14%
Not Answered	0	0.00%

Other - Please State

There were 2 responses to this part of the question.

39: Title

Title

There were 11 responses to this part of the question.

40: First Name

First Name

There were 16 responses to this part of the question.

41: Surname

Surname

There were 16 responses to this part of the question.

42: Address

Address

There were 13 responses to this part of the question.

Postcode

There were 13 responses to this part of the question.

43: Telephone

Telephone

There were 5 responses to this part of the question.

44: Email

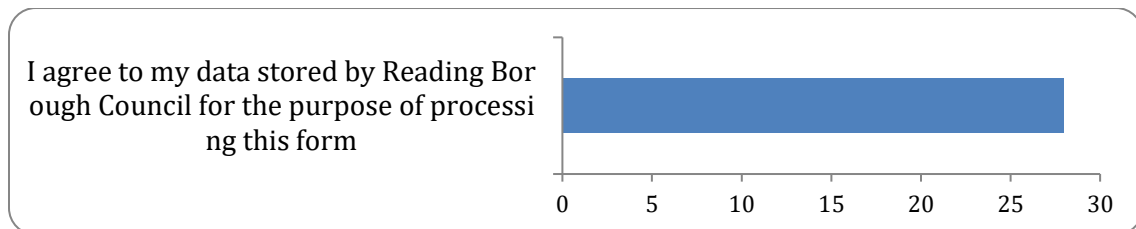
Email

There were 5 responses to this part of the question.

45: Data Protection

Data protection

There were 28 responses to this part of the question.



Option	Total	Percent
I agree to my data stored by Reading Borough Council for the purpose of processing this form	28	100.00%
Not Answered	0	0.00%