

**Fife Health
& Social Care
Partnership**



Fife Young Carers Experience Survey

Participation & Engagement Feedback Report

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1. Introduction

In Fife, approximately 6,785 young people identify as young carer, which is around one in eight Young People (www.fifeyoungcarers.co.uk).

A Young Carer refers to a child or young person who provides care for a family member who needs extra support due to an illness, disability, mental ill-health, or substance misuse. (www.fifeyoungcarers.co.uk)

The Carers (Scotland) Act 2016 requires Integration Authorities to recognise and support unpaid carers as partners in care. They must plan and deliver services that identify carers, assess and meet their needs and embed carer support within local strategies to sustain caring relationships and carers' wellbeing.

The refreshed '*Carers Strategy for Fife*' 2023 – 2026, outlines the aims and outcomes to be focused on over those three years, as we continue to deliver robust and high-quality support for unpaid carers. By engaging with unpaid carers in Fife, their feedback will help shape and inform how the priorities within the strategy are delivered and what further improvements can be made.

2. Engagement Purpose

The 2025 Fife Young Carers Experience Survey was developed to capture feedback on outcome **five** of the 2023 to 2026 Carers Strategy for Fife.

The purpose in doing so aims to:

- Engage with the targeted stakeholders we have identified to continue to grow our reach and hear from as many Young Carers within Fife as possible.
- Understand what is working well, what is working not so well and what supports have made an impactful difference.
- To continue to grow the partnership's reach to as many unpaid carers within Fife as possible, including groups who are under-represented.
- Increase awareness of services and supports available to unpaid carers.
- For Fife HSCP to capture feedback that will influence any future improvement plans and decisions about what support can be offered.



3. The Engagement Timeline



4. Designing the Consultation

The survey developed with help from colleagues at Fife HSCP, Third Sector partners, voluntary organisations, the Fife Integration Joint Board Carers Representative and Young Carers (see appendix 1), to gather feedback from Young Carers on outcome **five** from the 2023 – 2026 Carers Strategy:

Outcome 5: Supporting Young Carers in Fife – Ensuring Young Carers in Fife feel they have the right support at the right time in the right place to balance their life as a child/teenager alongside their caring role.

4.1 Engagement Methods

The Survey was widely distributed throughout Fife, with support from Third Sector and Voluntary Organisations who support Young Carers, Education provisions and through an online footprint.

- The survey ran from 9th June (Carers Week) to 21st July 2025.
- Fife HSCP, Third Sector and Voluntary Organisations shared the survey and promotional flyer throughout their networks and on social media platforms.
- Printed surveys with prepaid return envelopes were made available.
- Staff from Fife Young Carers facilitated small in person workshops throughout each locality with Young Carers.
- Staff from Fife Young Carers shared information and supported responses from Young Carers attending the annual Young Carers conference event in June.

4.2 Engagement Reach

This survey received responses from **90 Young Carers**.

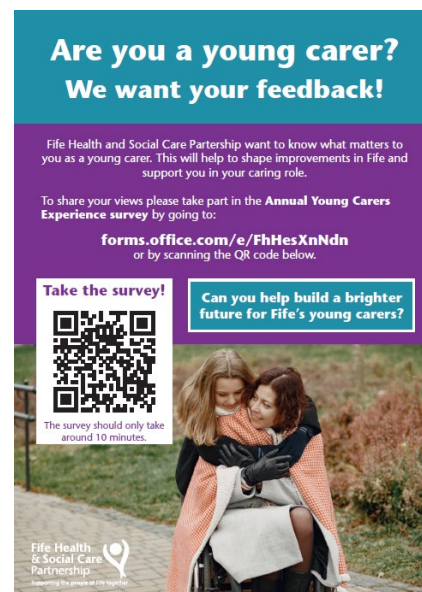
- **75 Responses** were completed via the online link / QR code.

- **15 Paper copies** completed.

An A4 poster with a QR code and survey link was emailed to **118 organisations**, including Social Work Teams, Fife Young Carers, Fife Carers Centre and Fife Voluntary Action, to share with unpaid carers.

The A4 poster was also email to **25 Primary Schools** who were identified as having pupils who are Young Carers and distributed to all secondary school within Fife.

The poster was also shared on social media by Fife HSCP, NHS, Fife Carers Centre, Fife Carers Centre and Fife Voluntary Action and displayed in public accessible areas, such as Gyms, supermarkets and community notice boards.



4.3 Equality, Diversity and Inclusion

50% (45 people) opted to complete the **Equalities, Diversity, and Inclusion** question, we were able to understand more about their **age, gender, and ethnicity**:

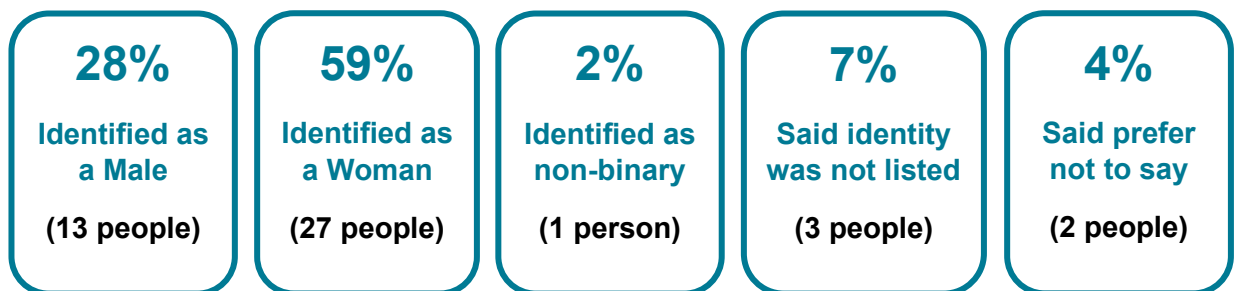
Age: 51% (45 people) responded.



The survey was deemed clear in terms of the target audience being specific for Young Carers – aged under 18, or being over 18 but still in education, therefore it is unclear why 2 people aged 45-54 completed the survey.



Gender: 51% (46 people) responded.



In terms of the 7% who told us their identity was not listed, there was an opportunity for them to share with us how they describe their identity, but they chose not to share that information.

Ethnicity: 51% (45 people) of respondents answered this question.

93% (42 people) said they were **white**, 4% (2 people) said they were **Asian, Scottish Asian or British**, 2% (1 person) said they were **other ethnic group**.

Locality: All 90 respondents told us where they lived, with the **three** most lived in localities being:

24% (22 people) staying in **Glenrothes** (includes Thorton, Kinglassie and Leslie)

22% (20 people) staying in **Cowdenbeath** (includes Lochgelly, Kelty and Cardenden)

19% (17 people) staying in **Dunfermline**

5. Themes from Feedback

Some of our questions asked for participants to select more than one answer, meaning the total number of answers selected on these instances, exceeds the number of respondents. You will be made aware throughout this report what questions these apply to.

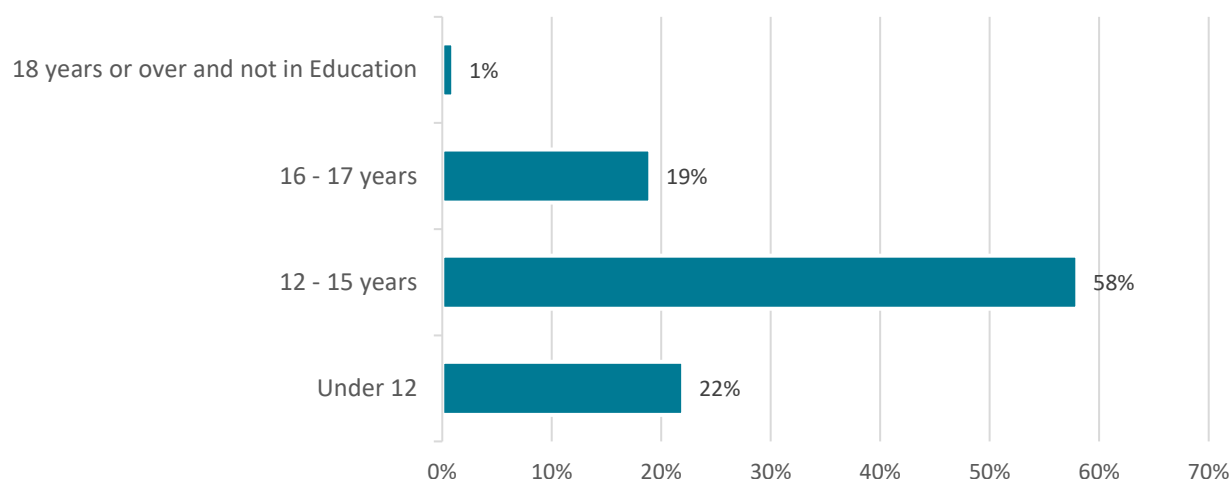
4.1 A bit about you

In this first section, we asked Young Carers a range of questions on **their age**, **hours of caring** and some information on the **person** or **people** they help **care for**.



We first asked Young Carers their age.

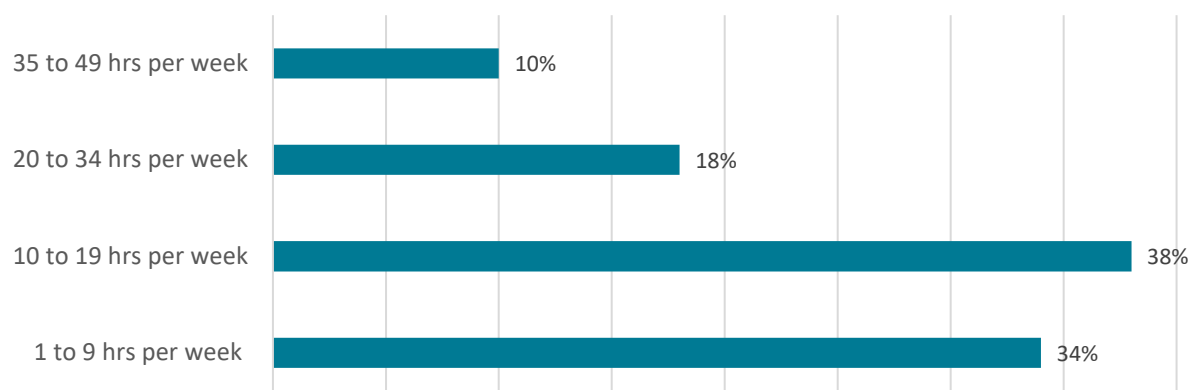
90 people responded to this question.



Feedback highlights that the majority of Young Carers responding to this survey, **58%** (52 people) were within the **12-15yrs** age bracket.

We then asked Young Carers how many hours per week they help being a Young Carer.

89 people responded to this question.

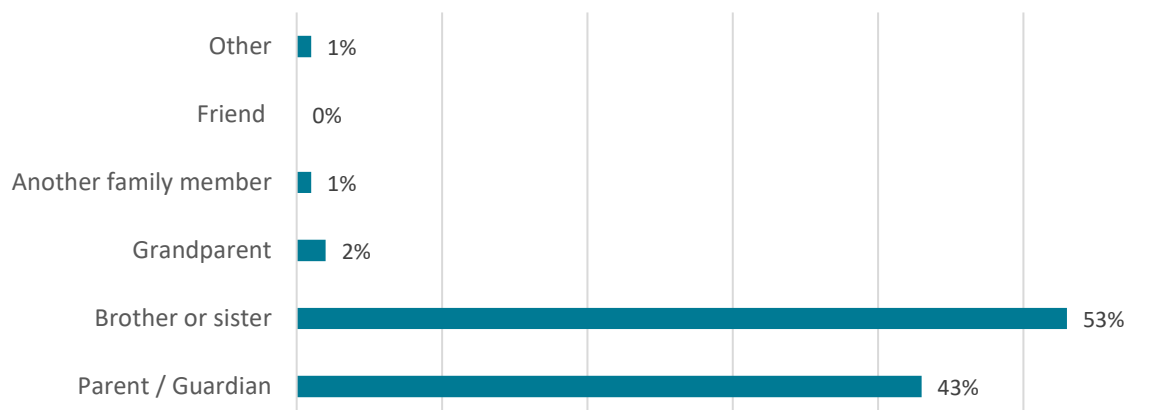


Feedback highlights the highest response of **38%** (34 people), supporting family members or loved ones by carrying out **10-19hrs** per week of unpaid care. The second highest response was **34%** (30 people) who are supporting with **1-9hrs** per week.

This feedback also identified that **80%** (72 people) were within the age of attending Primary or Secondary School.



We asked Young Carers who they help care for within their caring role.
90 people responded to this question. Participants were encouraged to select **more than one answer** if applicable.

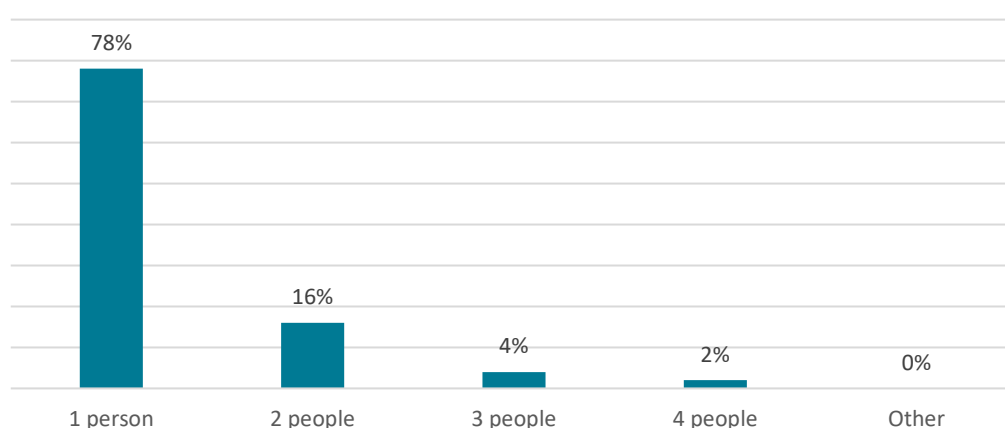


Feedback highlights respondents are carrying out their caring role within the **family unit**, with no responses saying they cared for a friend or other associates.

We heard that that just over half of responses help care for their **brother or sister**, with the next highest response coming from those who help care for a **parent / guardian**.

From the **1%** (1 person) who answered '**other**' the response given was 'I don't know'.

We asked Young Carers how many people they help care for.
90 people responded to this question.

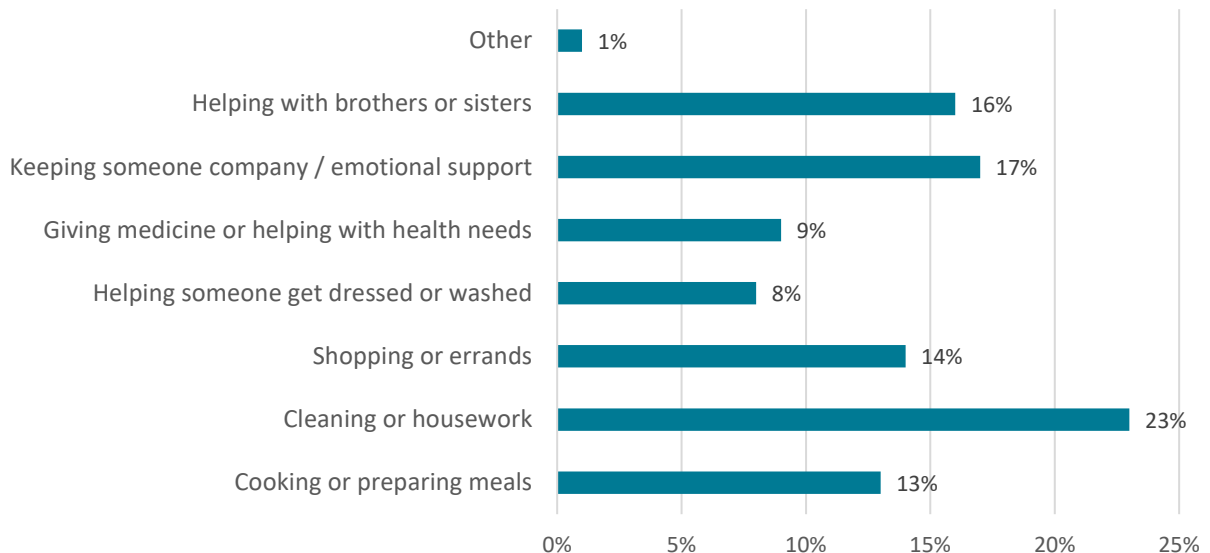


Feedback highlights that the majority of respondents, **78%** (70 people), help **care for 1 person** within their family unit. The next highest response came from **16%** (14 people) who care for **2 people** within their family unit. Low numbers (4 and 2 people) feedback they cared for 3 – 4 people.



We asked Young Carers what type of things they support within their caring role.

89 people responded to this question. Participants were encouraged to select **more than one answer** if applicable.



Feedback highlights the highest response of, **23%** (70 people), said they support with **cleaning or housework**, with the next most supported task being from **17%** (53 people), who help with **keeping someone company or emotional support**.

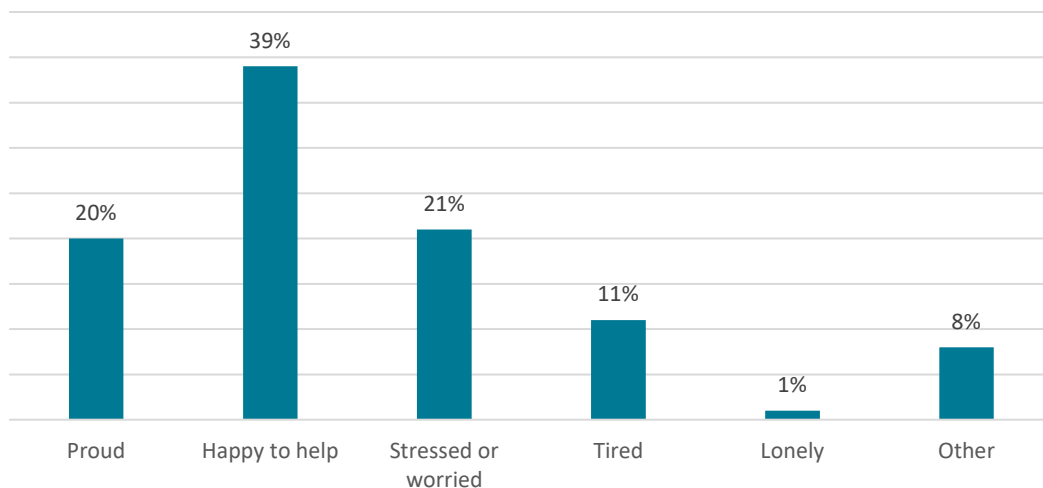
From the **1%** (1 person) who answered ‘**other**’ they told us they supported with “House jobs”.

4.2 Your life as A Young Carer

In this next section first section, we asked Young Carers about **how they felt** about being a **Young Carer**, which included questions on some of the **challenges** and some of the **highlights**.

We asked Young Carers how they felt about being a Young Carer

90 people responded to this question. Participants were encouraged to select **more than one answer** if applicable.



Feedback highlights the highest response of, **39%** (35 people) expressed a sense of **pride** in their ability to support, saying they feel **happy to help**. The next highest responses come from **21%** (19 people) who feel **stressed or worried**, indicating their caring role may contribute to some **challenges** with their own **health** and **wellbeing**.

From the **8%** (7 people) who answered ‘**other**’ we heard similar answers to the choices above:

“Tired, worried and kind of proud”

“I get a little worried”

“Happy to help and tired”

One respondent shared some insights to what a Young Carer means to them:

“Being a young carer is sometimes hard but is also very beneficial for me as a person, having the responsibility to be trusted to be a young carer is amazing and I like helping out with stuff, also I like being different from other people and being able to talk to other people about being a young carer, I feel like I get more opportunities than other people for the extra support”

We asked Young Carers what the hardest thing was about being a Young Carer

76 people responded to this question. The most common responses were:

“Not being able to do the things I want – like sports”

“Not getting enough sleep”



“Because my brother can’t speak, it’s hard to understand what he wants, it makes me feel sad”

“Feeling constantly overwhelmed”

“That we can’t go on holiday”

“The stress”

Feedback tells us that while respondents are ‘**Happy to help**’ or feel ‘**proud**’, there are many **underlying** feelings that cause **stress** or **worry** within the role.

We asked Young Carers what the best thing was about being a Young Carer

79 people responded to this question. The most common responses were:

“Free travel”

“The school understand if I am late”

“The support I get from my Young Carers Club”

“Getting to go on trips”

“Seeing your parents happy”

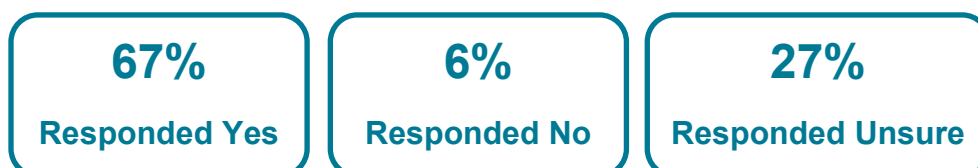
Feedback tells us that many forms of support are in place for Young Carers, particularly within Education provisions, which is deemed as ‘understanding’ and ‘helpful’.

4.3 Support for Young Carers

In this section, we asked Young Carers if they were aware of the **different types** of **support** available to them, if they have accessed any support and for feedback on the effectiveness of this.

We asked Young Carers if they knew what support is available to them.

89 people responded to this question.





Feedback highlights the majority of respondents, **67%** (60 people) **are aware** of what support can enhance their caring role, with second highest response coming from those who are uncertain.

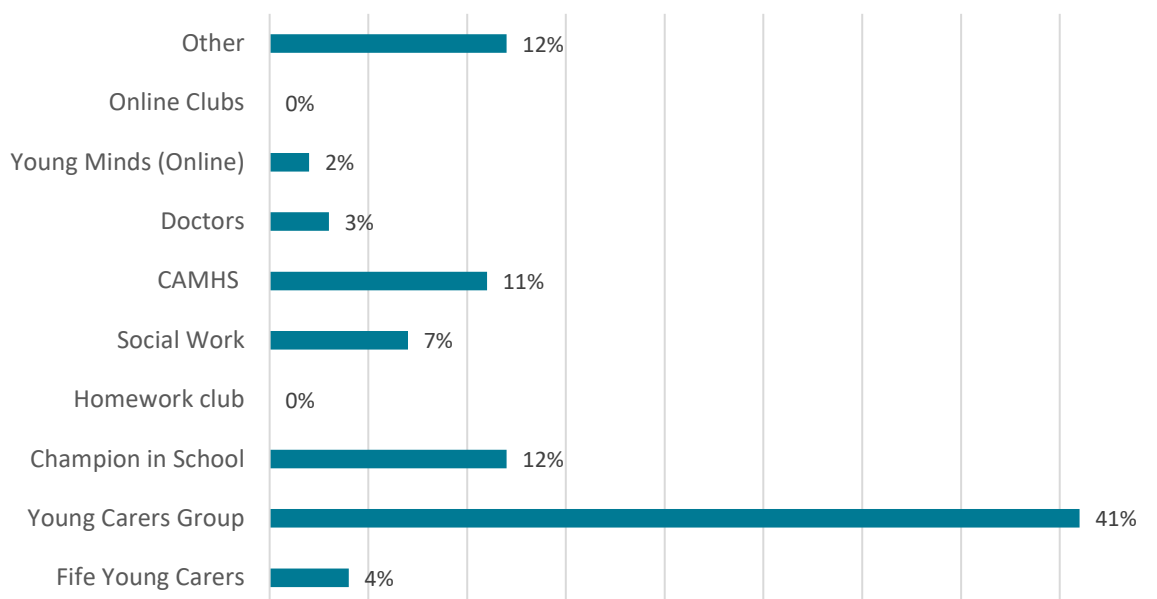
While data highlights a large amount of confidence within this area, opportunities present for supporting organisations to continue to enhance their offerings of support, to offer improvements within this area.

We asked Young Carers if they have used any support services.

89 people responded to this question.



For the **65%** (58 people) of respondents answering they had accessed support services, we asked for further details on what these were. Participants were encouraged to select **more than one answer** if applicable.



Feedback tells us that a diverse range of support is being access by respondents, with **young carers groups** being the most accesses by **41%** (40 people), **12%** (12 people) area accessing support through their **carers champion in school**.

From the **12%** (12 people) who answered '**other**' we heard what other types of support Young Carers access:



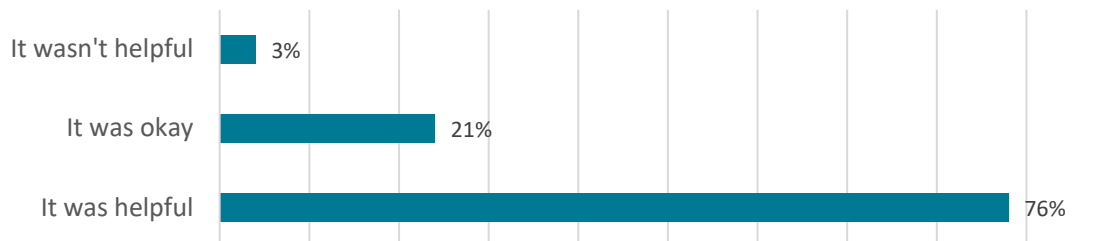
“School lunch time club”

“A befriender”

“Art Therapy”

For those who had accessed support services, we asked them what they thought of the support.

58 people responded to this question.



Feedback highlights that **76%** (44 people) found the support they received **helpful** and **21%** (12 people) finding it **adequate**.

Low numbers shared that the support was **not helpful**.

We invited respondents to share in more detail what they felt about the support they had received. **31 people** responded to this question, with common feedback telling us:

“I really enjoyed it; it gives me time to be around other carers who have the same issues”

“It helped me understand and share my feelings”

“I get a break”

“It’s great for my mental health”

“It helps with my anger issues”

Additional feedback shared some areas on how to improve support services from those who had accessed:

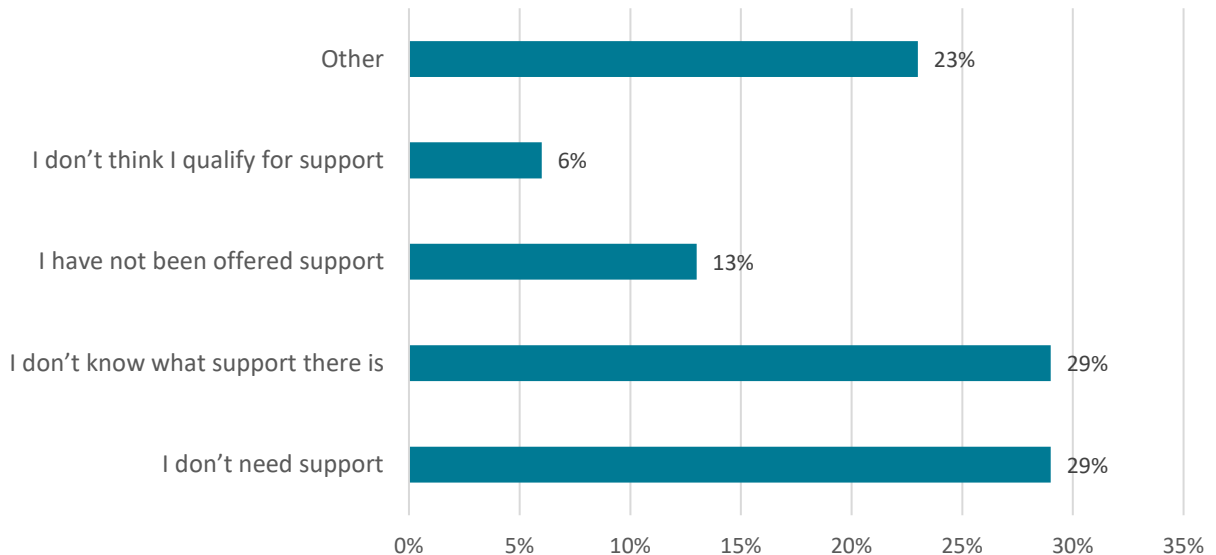
“I found it hard to socialise”

“I am still on a waiting list”

“No one knew how to help”



For those who had not accessed support services, we asked why this was. 31 people responded to this question.



Feedback highlighted a divide across two answers, from **29%** (9 people), who told us they **don't know what support is available** and **29%** (9 people) who **don't need support**.

While some respondents feel they do not require support, an **opportunity** presents to **increase awareness** around what available support is out there for young carers, to help **improve access**.

From the **23%** (7 people) who answered 'other' we heard why they had not accessed any support service, with the most common responses being:

"They haven't been in touch yet"

"No opportunities suit me"

We asked Young Carers what support would help them in their role as a Young Carer.

51 people responded to this question, with the most common answers being:

More help in school

Getting breaks more often

Tips and hints

Peer support

Help with mental health

Talking groups



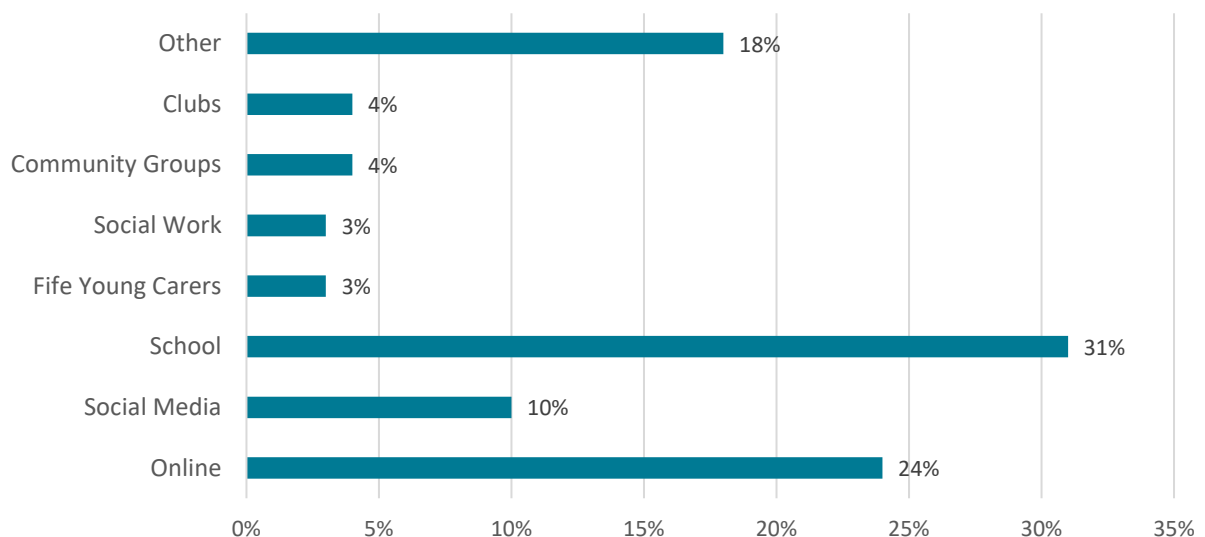
We asked Young Carers if they knew where to access information, to support them within their caring role.

88 people responded to this question.

82% (72 people) answered **yes**

18% (16 people) answered **no**

We asked Young Carers their preferred means of accessing information.
70 people responded to this question. Participants were encouraged to select **more than one answer** if applicable.



Feedback highlights that **31%** (42 people) said that accessing information through attendance at **school** was the **most preferred**. Education provisions are offering a confident level of support, which can be seen from results within our questions.

Those who chose to use **digital platforms** was the **second highest** response, with **24%** (32 people) expressing this way of access to information enhanced their experience.

From the **18%** (29 people) who answered '**other**' we heard additional ways Young Carers access information, with the most common answer being ***"Through family members"***



We asked Young Carers what would help them access information easier.
33 people responded to this question. The most common responses were:

Through School

Online support groups

Through my family

Through my phone

More online information

A trusted person

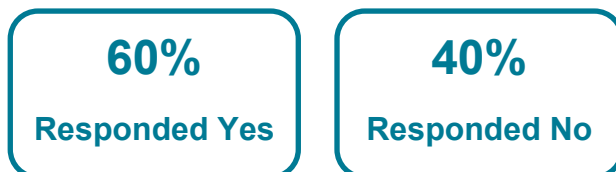
Feedback tells us that many respondents **seek comfort** in accessing information through the **support** of a **trusted person**, which puts emphasis on the **importance** of **relationships**.

Feedback also highlighted the need for **continuing** to grow the **online presence** of information, with it being available over **digital platforms**, which often brings around **quick** and **easy access**, at a **time that is right** for the user.

4.4 Support for Young Carers

In this final section of the survey, we asked Young Carers to share their experiences of being a Young Carer and still attending **Education**.

We asked Young Carers if they received any support within Education.
88 people responded to this question.



60% (53 people) answered **yes** and **40%** (35 people) answered **no**.

For Young Carers who told us they had received support in school, we asked them to share what this was.

45 people responded to this question with the most common responses being:

Weekly drop-in sessions

Guidance staff

Friday groups

Young Carers Champion

PSA support

Free periods

Feedback highlights **consistent weekly support** within the **Education** setting for Young Carers.



We asked Young Carers what support would help them more within Education.

56 people responded to this question, with the most common responses being:

More time for tests

Longer deadline

Tutoring

Help during lessons

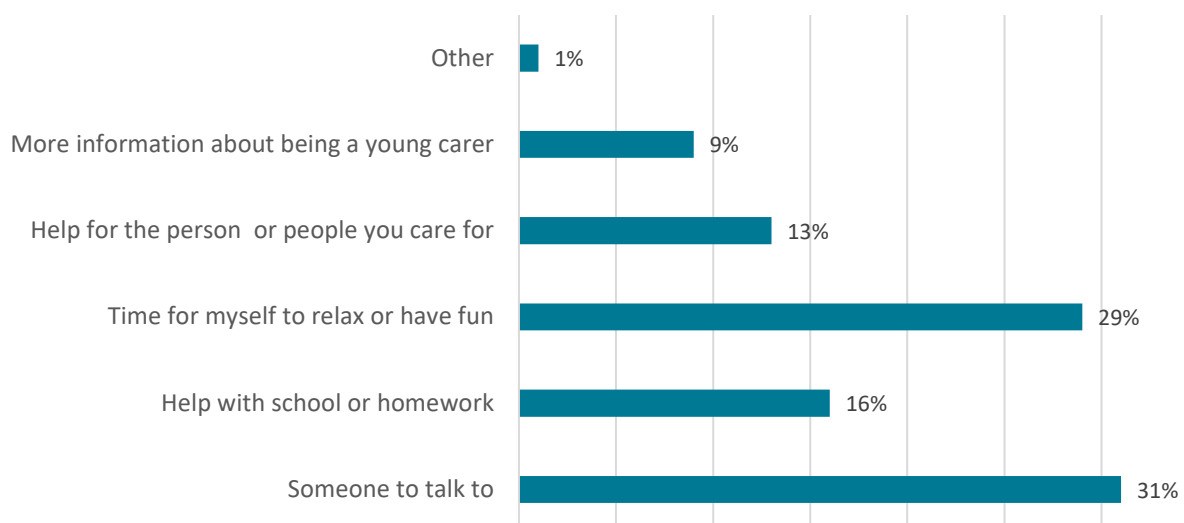
Emotional support

Flexibility

Feedback highlights some additional opportunities for Education provision to support Young Carers **manage** their **time** more effectively, with suggestions that feel achievable, given the dedicated support and space which is currently in place.

We asked Young Carers to tell us of any other support that would make their life easier as a Young Carer.

78 people responded to this question. Participants were encouraged to select **more than one answer** if applicable.



Feedback highlights the highest response of **31%** (45 people) who wished for **someone to talk to**, which links in with our earlier answers from respondents who seek confidence with the personal connection around access to information. The second highest response came from **29%** (41 people) who expressed the want to take a break from their caring role and **relax** and **have fun**.

Help with homework was highlighted as important for **16%** (23 people), which has previously been acknowledged from those who may feel overwhelmed with undertaking a caring role alongside achieving at school.



From the 1% (4 people) who answered ‘other’ only 1 response was deemed applicable:

“Thinking ahead for High school, help with homework”

This comment highlights this respondent would benefit from an enhanced transition from Primary to Secondary School.

We asked Young Carers to share with us any other experiences about what it’s like being a Young Carer

28 people responded to this question. The most common responses being:

More emotional support Help managing stress Help figuring it out

Help when I’m over 18 Being able to talk openly Help being tired

One respondent concluded the feedback by sharing some additional advice, perhaps overlooked, on how easy it can be to support:

“If I look sad, please ask what’s wrong”

4.4 Additional Feedback

In our final section of survey questions, we asked young carers if they would like us to share their contact details with Fife Young Carers, to support with providing relevant, straightforward information as well as practical help, to young carers.

86 people responded to this question.

21% (18 people) responded **yes**, which will allow Fife Young Carers to reach out to these respondents.

29% (25 people) responded **no**

9% (8 people) told us they were **already supported** by **Fife Young Carers**.

41% (35 people) responded ‘other’, to which the answers were noted as respondents writing in the answers ‘no’ or that they were ‘already supported’



5. Conclusion

In conclusion, feedback from this survey can identify several priorities areas for Fife HSCP to consider, that could improve the experiences of Young Carers within this important role.

From the Young Carers responding to this survey, we heard how **rewarding** an unpaid caring role is for many, particularly as all respondents told us they care for **someone within their family**. While many shared this was a positive experience, we heard from Young Carers who report feeling **stressed** or **worried**, particularly when trying to balance this of providing care to a family member.

A desire for more opportunities to speak with someone **openly** out with the family unit and to enjoy meaningful childhood activities, may offer time to relax and participate in social situations.

Awareness of how to **access information** and **support** was high among respondents, particularly those using **digital means**. A preference was understood from participants who seek comfort in **face-to-face communication**, with a **key theme** emerging of it being from a **trusted person**. Cross analysis can be given to the earlier conclusion, that this may fit in with Young Carers wanting to link with a third party to also talk through their current **emotional wellbeing** in a safe environment, away from the person they care for.

Increase the availability of **online information** may create an opportunity to expand **online tools**, enhancing the availability of support, particularly as we heard this is a preferred tool for Young Carers. Additionally exploring what **apps** and **online chat rooms** may expand this reach even further.

Increased information around **breaks from caring**, which may support reducing **stress** and **worry** among Young Carers.

Feedback acknowledges Fife's **schools** for their **consistent** approach in supporting Young Carers to navigate the complexities of education and being a carer, with some **additional feedback** requesting more **emotional support**, **extended times** for **tests** and **tutoring**, which can only enhance the quality of support further.

5.1 Next Steps

The findings from the engagement exercise offer the Carers Strategy Group an opportunity to identify key improvement areas to support the Priority Outcomes.



Appendices

Appendix 1

Fife HSCP Change and Improvement Manager

Fife HSCP Participation and Engagement Team

Fife Carers Centre

Fife Voluntary Action

Fife Carers Strategy Group

Fife Carers Integration Joint Board Representative