

Fife Young Carers Impact Report

2024-2025

Fife Young Carers



helping Young Carers
build confidence, friendships,
and a brighter future

SCIO Registered Charity No. SC047519



What we do

Fife Young Carers work with young people up to 25-years old, throughout Fife. We help Young Carers build confidence, friendships, and brighter futures.

How we support Young Carers

One-to-one Support: When Young Carers experience difficulties, we listen and explore personalised solutions.

Group Support: Groups give Young Carers a chance to rest from caring roles and meet other young people facing similar circumstances.

Respite: Day trips, overnight stays and longer residential provide a break, enjoyment and fun, friendship and increased self-esteem.

Young Carers Card: Our cards enable free bus travel and help identify Young Carers within education, health, pharmacy and other settings.

Raising Awareness: We raise awareness of Young Carers' issues in schools, colleges and to professionals.

Education Support: Our collaborative work with Fife's schools builds professional awareness, identifies hidden carers, develops support networks and delivers regular one-to-one school-based sessions for Young Carers.

Young Adult Carers Project: We support Young Carers aged 16-25 with study skills, self-confidence and developing positive lifestyle behaviours.

Family Wellbeing Support: The team provides intensive, holistic support to Young Carers and their families facing complex challenges.

Befriending Support: We match befrienders to Young Carers to support access to respite opportunities and activities in their local community.

Advocacy Support: We advocate for Young Carers and their families on issues including rights, finance, housing, healthcare and child protection.

Hardship Fund: Our Hardship Fund allows us to disburse money, vouchers or to purchase needed items on behalf of Young Carers experiencing hardship.

Positive Destinations: We provide training and opportunities for Young Carers to achieve their preferred goals.

Our Vision

We envision a world where unpaid Young Carers are recognised and celebrated, and where they have access to the support and services they need to flourish and follow their own path.

Our Mission

We put Young Carers at the heart of everything we do. Our mission is to empower them to reach their full potential, break down barriers and stigma, and enjoy a quality of life equal to their peers.

Our Values

We live by: Respect, Innovation, Integrity, Inclusiveness, and Diversity

“Fife Young Carers helps me make friends which is hard especially when school is stressful enough.”

“I really enjoy my one-to-ones with my worker; it gives me the chance to talk about anything I am worried about and work on finding solutions.”

“It's good to know I'm not alone. FYC has helped me to get the support I need for Dad.”

A word from our Chair

It has been a privilege to join Fife Young Carers this year and to witness first-hand the commitment and care that drive this remarkable organisation. As you'll see from the report that follows, the past year has seen significant growth, with a 34% increase in referrals and more than 1,500 Young Carers now receiving support across Fife. This reflects both the scale of need and the trust placed in our wonderful team of staff.

In responding to this increased demand, Fife Young Carers continues to evolve - introducing new roles such as our Positive Destinations Worker and expanding our under 18s service to ensure that every young person receives the right support at the right time. We have also strengthened our fundraising capacity and partnerships to secure the charity's future sustainability.

However, we never forget that behind every statistic is a young person balancing care, school, and growing up. Their resilience inspires everything we do. As we look ahead, our focus remains clear: to amplify their voices, expand access to respite and opportunity, and champion the recognition that every Young Carer deserves.

On behalf of my fellow trustees, I would like to take this opportunity to pay special tribute to Dave Harrold, who retired as Chair in February after many years of outstanding service. Dave's steady leadership and deep compassion helped guide Fife Young Carers through a period of expansion and change, leaving a lasting legacy. Thanks also to Zoe Munro, who so ably stepped in as Interim Chair during the transition, providing calm continuity and support to both staff and trustees.

Finally, I must acknowledge Harvey Carruthers, our CEO, for his outstanding leadership, and our dedicated staff team for their tireless commitment. Together, they have ensured that Fife Young Carers continues to grow in strength and impact, reaching more young carers than ever with the recognition, respite, and opportunities they deserve.

Thank you to all who make this work possible.



Don Williamson
Chair
October, 2025

“Knowing I’m not alone is good. It helps when I talk to Fife Young Carers; it makes me feel happy.”

Our year in numbers

Between April 2024 and March 2025

1542

Young Carers
in service

5154

Sessions provided
by Fife Young Carers

9100

Young Carer
attendances

38

Parents/Carers
attending Family
Wellbeing Service
over 480 interactions

519

Number of referrals
Compared to **387**
referrals 2023/2024 -
a **34%** increase

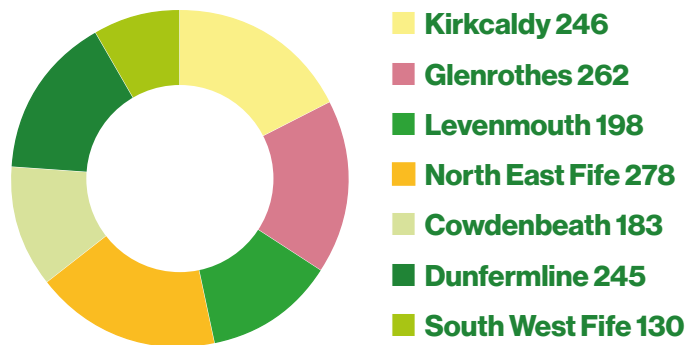
“Such an amazing charity to put our Young Carers in a special place where they feel like they are the main focus given their varying home circumstances. Thank you for your kindness.”

“we love the workers!”

“a place where I feel safe and can relax with friends, which is really beneficial with the fact that we are busy at home usually with our caring roles”

“my favourite bit is how friendly everyone is and the good food we get”

Young Carers in Service by Locality



Young Carers aged 0-7 years old

38

New referrals in
this age range in
2023-2024

66

New referrals in
this age range in
2024-2025
74% increase

CEO update

Dear Friends and Supporters,

In the year that we became SCVO Charity of the Year, Fife Young Carers has continued to thrive, delivering transformative support to Young Carers across the region.

We are deeply indebted to Fife Health and Social Care Partnership, Fife Children & Families Service, and all our donors for their continued support of Fife's Young Carers. There would be no Fife Young Carers service without you.

Our strategic priorities remain to deliver support to Fife's Young Carers by (1) ensuring the financial resilience of the charity, (2) meeting the increased demand for our services, (3) working in partnership with statutory, corporate and third sector partners, and (4) supporting all carers, but particularly hidden Young Carers.

We saw a 34% growth in referrals in the last financial year, and FYC now support 1542 Young Carers in Fife.

Having reviewed the needs of Young Carers, we created some new roles. See also page 16 for first impressions from our new recruits.

We created a further under 18's worker post to support our expanding cohort of Young Carers, the majority of whom are less than 16 years old.

In a first for FYC, and in recognition of the challenges facing Young Carers leaving school, we created a Positive Destinations worker role. This role is to support Young Carers into their chosen path following school, be that employment, further education or voluntary work.

Realising that we face huge demand, and costs,



we were eager to further develop our fundraising work. Creation of this new in-house role has enabled Fife Young Carers to further develop relationships with funders and other partners. Our fundraising priorities for 2025 are to seek funding from Trusts and Foundations, corporate partnerships and through digital fundraising.

Our capacity to meet demand for Young Carer support has been an ongoing concern. This year we tackled the issue head on, and I must thank the entire FYC team for their input into this process, and their collective support regarding this perennial problem. We are seeing the results of some significant changes to our processes and will continue to review how we work, to meet the growing demand for Young Carer support.

Finally, we welcome Don Williamson to Fife Young Carers as our new Board of Trustees Chair. Don understands the Scottish carer environment in huge depth and comes to us following a highly successful 19 years at Shared Care Scotland.

Sincerely,

Harvey Carruthers
Chief Executive Officer



Young Carers' roles are varied and demanding:

- domestic chores and shopping
- personal care
- caring for siblings
- housekeeping and financial management
- emotional support for others
- prescription collection
- medical care administration
- healthcare professional liaison

Young Carers' lives

Every Young Carer requires tailored support based on their own needs and wishes, but some common experiences include

- Poorer mental and physical health than peers without caring responsibilities
- Challenges in participating in social activities and may feel isolated as a result
- Difficulty balancing their responsibilities with education and employment
- A desire for greater provision of support for their cared-for person
- Young Carers can be positive about their role and feel that it brings benefits.

As a result of Fife Young Carers support, Young Carers report:

92%
feel better able to cope

88%
feel more confident

76%
feel more positive about their future life opportunities

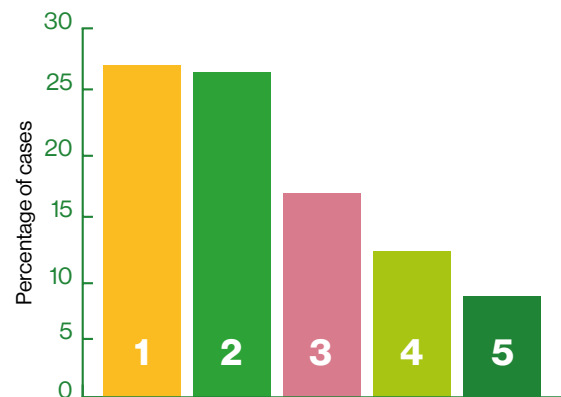
Fife Young Carers and multiple deprivation

The challenges faced by Young Carers are often deeply compounded by wider societal and economic pressures. At Fife Young Carers, we recognise that the weight of a caring role does not exist in isolation but is intensified by experiences of poverty, financial hardship, and the ongoing cost of living crisis. Many Young Carers are at greater risk of falling into, and cycling back into, poverty compared to their peers, due to the additional costs associated with caring and the barriers they face in accessing secure, well-paid employment.

During 2025, 54% of Fife's Young Carers lived in the most deprived areas in Fife.

We are committed to walking alongside Young Carers through these difficulties, offering tailored support in education, employability, mental wellbeing, and advocacy. We also provide hardship grants and actively seek external funding to help alleviate financial strain, ensuring that no young carer feels alone in navigating these complex challenges.

The chart below shows in which SIMD (Scottish Index of Multiple Deprivation) zone Young Carers live.



SIMD Quintile Zones - 1 = Most Deprived / 5 = Least Deprived

“Working with Young Carers is challenging, full of humour, and insightful”

FYC support worker

Respite & Residentials

We supported 79 Young Carers to attend residential events, a total of 20 nights of residential support, ranging from camping to staying in a country mansion.



In addition to residential support, 291 Young Carers attended respite breaks and trips, below is a word cloud of the 52 respite trips and residentials that Fife's Young Carers attended this year:



The Scottish Young Carers Festival is a special annual highlight, and this year we supported 20 Young Carers to attend the festival. The three-day event brought together Young Carers from different areas of Scotland to take part in team building activities and boost their self-esteem and confidence trying new things. Each of them found something to suit them and very quickly developed good friendships. It was a pleasure to see how supportive and inclusive they were of people who were more reserved or didn't know anyone.

To further support Young Carers wellbeing, we are keen that Young Carers achieve their Positive Destinations, whether in further education, employment, or volunteering. This year we repeated Fife Young Carers trips to further education institutions and led visits to seven Universities with Young Adult Carers during August 2025.



YC Case study for Hopscotch

Keeley is seven years old and was referred to FYC in May 2023 when she was just five years old. Keeley cares for her mum who has COPD, Mental Ill Health, Mobility Issues and Memory Loss, she is the main carer for her mum.

Keeley was nominated to attend the Hopscotch residential week as she has never had a holiday or a prolonged break from her caring role. Keeley has an intense caring role due to the nature of her mum's health conditions, and this can negatively impact Keeley's wellbeing. She often misses out on social activities and spends most of her time at home with her mum. Depending on how her mum's health is each day, Keeley often takes on the role of an adult within her home.

Keeley was excited to attend Hopscotch although she was anxious about being away from mum. During the break she fully engaged in all activities that were on offer; she had lots of fun playing with all the games in the house and in the large garden. When the group attended the instructor-led activities Keeley had no reservations; despite not being confident in water, she was the first child to enter the river when they went on a river walk. She loved the freedom of being in the water. When in the activity centre Keeley set herself challenges on the climbing wall and was elated when, after multiple attempts, she eventually managed to make it to the top.

When the group attended the Nevis Mountain Range Keeley was fascinated by the cable car, and she couldn't believe how high up she was going, and even into the clouds themselves!

The trip to The Croft was Keeley's favourite activity, she really enjoyed sitting with the baby goats and being able to cuddle and groom them. The group also enjoyed a morning at a local pebble beach where she was in her element lifting all the pebbles hunting for crabs, looking for the prettiest pebble and trying to skim stones in the sea. As well as enjoying all the activities that were on offer Keeley was able to enjoy a week with like-minded peers which allowed her to build lasting friendships.

Keeley's confidence grew hugely throughout the course of the week. Initially she was quite reserved, but as the week went on, she confidently started conversations, play and mischief, often keeping the girls' room up late into the night.

This break provided Keeley with much-needed respite from her caring role but also the opportunity to experience activities she would not otherwise have been able to. It also increased her independence; prior to the break Keeley needed assistance with showering and dressing she is now able to do this alone.



Under 18 Service and Group

The under 18s service focus on Junior and Intermediate aged groups that meet fortnightly, and on trips and residentials. Peer groups meet in each locality, and this year, **417** Young Carers attended such evening peer Group sessions.

In group settings, we help with core skills such as building confidence, self-esteem, team building, and social skills. We also hold cooking workshops where the aim is to provide basic cooking skills while also looking at budgeting, and affordability. Examples of activities we did this year include:

- Recyclable fashion show where Young Carers were provided with a variety of recyclable materials and had to work in teams to design and create costumes before parading these in the form of a fashion show.
- Self-esteem workshop
- Anti-bullying workshop
- Team building activities – competing as teams to complete spaghetti and marshmallow towers.

A small group of West Fife Intermediate aged Young Carers worked together with Fife Gingerbread to create a document aiming to provide information around the child maintenance payment. See back page.

This valuable payment is money to help pay for a child's everyday living costs. It's paid when one of the parents does not live with the child.

In Scotland, a child aged 12 to 19 and in full-time non-advanced education or training can apply for child maintenance.

Hopscotch

We were delighted to be offered two five-day residential trips by Hopscotch Children's Charity, to stay at their amazing respite centre in Ardvullin, in the Scottish Highlands.

Young Carers enjoyed planned activities, play time outdoors and on the climbing wall in the evening reading, dressing up, and playing games. Some Young Carers were a little apprehensive about being away from home at a young age, but all settling in very quickly - the respite from caring could be seen in activities they enjoyed. See Keeley's story on p.8.

“Best time ever I enjoyed everything especially the swimming in the Loch”

We were donated tickets by Celtic Football Club to attend a match vs Livingston. We hired a bus and took nine Young Carers to the game. After attending the Celtic match earlier in the year, one YC said:

“It has been my dream to go to a Celtic match and now I can finally say that I have. Thank you so much for this opportunity. 'Mon the Hoops!'”

After, another trip, to a roller disco, one YC said:

“As you know, I was really anxious about coming and not knowing anyone, but everyone did their best to make sure that I felt welcome and I made a couple of friends and had the best time.”

Positive Destinations

The Positive Destinations service is new to Fife Young Carers this year. Creation of this service, and new staff post, resulted from research FYC carried out in 2024 regarding the types of support Young Carers transitioning from school into employment require.

Our Young Adult Carer service already provides skilled, age-appropriate wellbeing support through 1:1s, respite and group services.

Through Positive Destinations we can build on this support by enabling.

- Employment opportunities and connections with employers
- Networking to explore job options
- Tailored 1:1 support based on personal interests
- Personal development: job/apprenticeship/college applications

Our Positive Destinations Worker is supporting Young Adult Carers and has attended several events, including Fife Young Carer's University Visits, the Fife Employability Forum and the Carers Trust and Scottish Power employability event in Glasgow with one of our YAC Staff and some of our YACs.



EMPLOYMENT FOR YOUNG ADULT CARERS IN FIFE

A Fife Young Carers research paper, in partnership with Carers Trust.



SCIO: SC047519



Family Wellbeing

A few years ago, Fife Young Carers identified a gap in service provision around support for the parents, guardians and families of Young Carers. Our Family Wellbeing Team now delivers intensive, long-term support for 40 families each year.

Caring responsibilities and their wider impacts can place families under severe strain, affecting relationships and placing further burdens on the shoulders of Young Carers. As early intervention becomes more of a focus nationally, our Family Wellbeing service has also grown; and without our support more families of Young Carers would have accessed or require social work engagement.

The Family Wellbeing team provide a relationship-based continuity of support, including mediation, buddying, wellbeing, financial advice, practical support and signposting, working with other services where required.

Our support leads to a direct reduction in Young Carers' anxiety and reduces the risk of them reaching crisis. It has enabled positive family environments where all thrive. As demand grows, Fife Young Carers wishes to secure resources to grow this vital service, enabling us to respond to growing need and provide life-changing support, enabling families to flourish.

“The best part of support has been with my worker, I don’t feel alone and know she will do whatever she can to help me. Thank you everyone at FYC.”



Buffalo Farm Wellbeing Day



Ceramic Cafe Family Wellbeing



Christmas 2024

“We couldn’t do this without you.”



Education Team

Young and Young Adult Carers are more likely to struggle with their education and attainment than their peers, due to the added pressure and effects of having a caring role. They are less likely to go to school, get fewer qualifications and have limited opportunities in life.

Fife Young Carers provide dedicated support to help reduce the impact of their caring role on their education.

We support Young Carers to access education and reach their full potential within both primary and secondary schools. We deliver regular one-to-one person-centred support sessions and provide skills-development. Young Carers with low attendance records are supported to re-engage with education. We raise pupil awareness of the needs of Young Carers and how they can access support. We develop workforces, offering advice, training and support to assist staff in identifying Young Carers, and facilitating the development of staff Young Carer Champions. Our team supports Carers as they transition through the stages of education and provides pathways into further education.

Outputs 2024-2025

- 150** lunch clubs and drop ins
- 143** 1:1 sessions
- 119** class sessions for **3150** pupils
- 31** assemblies for **4383** school pupils
- 24** staff training sessions for **654** school staff

Education Conference



Have a look at our video!

Held in February each year, our Education Conferences have sparked national conversations around Young Carer needs, and our Transitions project is now included in Education Scotland's teacher training. More than 60 delegates attended our Education Conference this year.

“Excellent conference, the young hosts were fantastic, all speakers/inputs were very informative. Plenty of thought and actions to take away, 10/10!”

School Transition Mixer Trip

Our Education Team were able to take a group of P7 pupils, who were all moving to various High Schools across Fife, to an adventure centre in Stirling for a day of team building, fun activities. Young Carers moving up to the same high school that they may not have met otherwise, were given a chance to get to know each other. This was a very successful trip and lessened anxieties around moving to a new school.



Fundraising

In early 2025, we welcomed our first in-house Fundraising Manager.

We've been exploring new fundraising opportunities, from two successful community events that raised vital funds for respite, to developing corporate partnerships, digital fundraising plans and compelling Cases for Support.

Growing our profile has been a key focus - through social media, storytelling and stakeholder engagement - helping raise awareness of Young Carers and attract new supporters.

Looking ahead, we're excited to deepen partnerships with other organisations, funders, local businesses and corporate partners. These efforts will help us secure the resources we need to support and empower the growing numbers of Young Carers across Fife.

Fife Young Carers and the Big Give Christmas Challenge

The Christmas Challenge is the UK's biggest collaborative fundraising campaign. During the week 2nd - 9th December 2025 (#GivingTuesday) every donation has the power to be doubled. Enabling Fife Young Carers to make an even bigger difference.

Watch our socials for updates:



Young Carers Card

Fife Young Carers can provide Young Carers ID ('Authorisation') cards to young people in service. These can help when a Young Carer needs to demonstrate that they are a young carer, in school, at hospital, or pharmacy, and elsewhere.

- (1) ID Card: Identifies Young Carers to professionals, reduces questions, improves confidence
- (2) Full Card: Includes health info, medication details, helps collect prescriptions, improves confidence



“It's good to know I have the card for proving I'm a young carer. It backs me up when I need it to.”

“I like having it in case I need it or get questioned. It makes me feel valued and like I have a bit of recognition”

“It's nice to know I have it in case I need to explain my caring role and I'm struggling to find the words.”



Advocacy

Our Advocacy team believe that everyone deserves to be listened to, respected, and championed.

Over the last year, Advocacy have worked closely with families on a wide variety of areas such as housing, finances, health, care and education plans, and emergency planning. We have facilitated trainings with staff and Young Carers to upskill on all things "rights" and have worked with our Young Carers and families to ensure that they understand their rights - to ensure that they feel heard, championed and respected. Advocacy Team have carried out the following trainings this year; "What are my Rights", "Employability Rights" and "Employability Life Skills" as well as facilitating training with FYC Staff around Emergency Plan training and housing/finance and advice support.

Employability Session

Supported by funding from Carers Trust, our Advocacy Team ran an employability session at Cluny Clays. The day started with training on how to read and manage your pay slips, your rights as an employee and dealing with conflict in the workplace. The afternoon was spent mini golfing, playing disk-golf and time at the driving range. The day allowed for upskilling, a chance to ask questions and then a fun afternoon spent with friends.



"I'm fighting back tears of gratitude"

"It means the world to me to have you there"

"Thank you for checking in on us"

"I really do appreciate it and everything you've done"

"The support from Fife Young Carers has made life easier, we are listened to and things are finally moving in the right direction."

Young Adult Carer Case Study

Craig cares for his mum who had a heart attack. She has defibrillator and is on medication. Craig had been out of work and sofa surfing for several months after having to leave the family home. His relationship with his mum had become strained, however this has now improved since he has moved out. This has all had a negative effect on Craig's mental health and they have become depressed and suicidal. They are now on anti-depressants after seeing the mental health nurse and feeling better.

Fife Young Carers supports Craig with 1:1s, Group and respite Trips. Regular 1-1s with Craig focus on employment, CV building, job searching and applying for jobs. Craig has attended job fairs with Fife Young Carers to help him find employment and boost his confidence in the work place. Craig also regularly attends groups and trips.

We worked with Craig to apply for several jobs and helped Craig to become confident in applying for jobs and completing applications on his own. Craig's confidence in the workplace has grown over the year and he has been able to get several short-term temporary jobs throughout the year. Attending social events through Fife Young Carers has helped Craig to

expand his social circle and he now regularly meets up with other Young Carers in his own time.

Fife Young Carers completed a housing application and functional needs assessment form with Craig and submitted them to the council so Craig could get on the housing list and potentially have their own place.

Craig has been able to get several jobs this year and is enthusiastic about finding work. Craig is now more capable of job searching for himself and continued encouragement will hopefully help him in this regard.

We continue to work with Craig focusing on finding longer term permanent employment.

“I've grown in confidence this year. Finding work has been a big boost to me. Doing activities with Fife Young Carers has helped to increase my social life and I've made new friends through the groups and trips.”

Quotes from some of our newest Support Workers



Lauren – Under 18s support worker

Although I only joined Fife Young Carers as an U18 Support Worker a month ago, I have already seen how vital the service is in supporting Young Carers across the region. I've had the privilege of organising a variety of carer-led activities within our after-school groups, which have offered Young Carers a voice in shaping what we do together. These sessions provide genuine respite from home life, an opportunity to relax, build friendships, and simply just be children. One young person told me *"I like knowing I have somewhere safe to go to and talk about my worries."*

Morgan – Under 18s support worker

During my time as an Education worker so far with FYC I have supported lead staff members in facilitating different day trips throughout the summer holidays. On these trips I have witnessed Young Carers grow in confidence, try new activities, and make new friendships with other Young Carers. The variety of trips has meant there is something suited to most Young Carers and their interests. These trips have allowed Young Carers to have a well-deserved break away from their caring roles and have been well received and appreciated.

Sara – Befriending Coordinator

Inheriting an existing project is never easy, I have not wished to reinvent the wheel and it is easy to get tied up in how things were done before, so I have to keep my eyes on the prize - a suitable befriending volunteer for every Young Carer who needs one!

Nicole – Positive Destinations worker

One of the first events I attended was the Scottish Power employability event. This full day event consisted of guest speakers from various areas of Scottish gas, telling their story of how they got into their current job, being able to relate to our Young Carers as they had been or still were carers - illustrating their commitment to support Young Carers within the workforce. They also enabled us to consider the different accessible pathways into employment from access apprenticeships to graduate programmes.

Zoe – Education Support Worker

My first FYC activities have been varied: including action-adventure activities, university visits, and art workshops. The variety of activities that FYC offer means that there is something for everyone, and with each of these experiences I have seen our young carers grow their confidence and build relationships with their peers. It also highlights how important these breaks are for Young Carers wellbeing.



“My fav part of this was the skiing and having a carry on with other people this is my best bit as the skiing was something new to try and come out of the comfort zone and carrying on with new people just made it even better.”

“Love YACs!
I feel I can now
see in colour.”

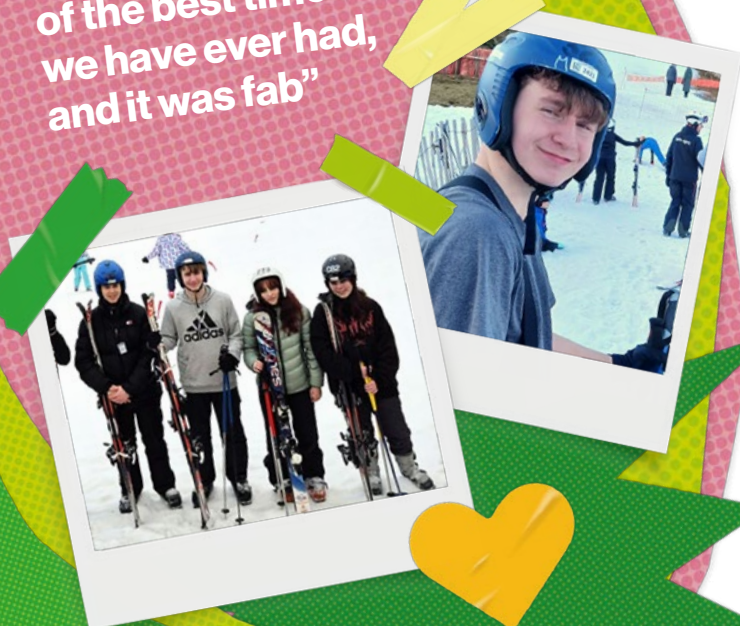
YOUNG ADULT CARERS SERVICE

We have had a fantastic year for the Young Adult Carers service, and as always been very busy. One of the most memorable events was when we supported YACs to take part in a once in a lifetime opportunity with a five-day residential up to Glenshee to take part in skiing lessons.

Staying in a beautiful and immaculate country house, the YAC team accompanied and encouraged YACs for two days of ski lessons at Glenshee Ski resort. All equipment was provided, including food and Ski gear to tackle financial barriers for the YACs that attended. They absolutely loved the residential and it was an experience none of them had been able to try before. We saw their confidence grow over the course of the lessons and all have requested to go back and do more!

“My time as a YAC was nothing short of amazing. Whilst I was a part of YAC, I done things I never thought I'd ever do and I made lifelong friends along the way. From the day trips to the residentials, the groups and the 1:1, I was constantly supported whether that be by staff or other YAC users, you were never left to feel uncomfortable or left out, you were always included even if you had just met the people who were there. No one was an outsider when they'd first come to a group or a day trip they were always made to feel as if they had always been there and if we had known them for years. It can always be quite daunting going somewhere new with people you don't know, but everyone always made you feel welcome and supported. Being a YAC made me see a different side of life, a free and confident one. If it wasn't for FYC I don't think I would be as confident as I am today. I went on to do a lot of customer facing jobs which I wouldn't have been able to do if it wasn't for the support and confidence I got from the YAC service. I will forever be grateful of the support I received and finally finding my confidence through new friends and the staff. Now being a bus driver I see a lot of people using their FYC cards which makes me very proud that they aren't embarrassed or scared to use their cards as its not something to be embarrassed about but something to be very proud of because I couldn't be prouder of myself for the person and carer I turned out to be all because of the YAC service.”

“We wanted to say thank you for letting us come on the trip. It was one of the best times we have ever had, and it was fab”



Fife
Young
Carers

New Digital Platform to Support Fife's Young Carers

We're delighted to announce the launch of Bridgit Care, a groundbreaking digital platform designed to support Fife's unpaid Young Carers. This intuitive, easy-to-use service is here to empower Young Carers by providing quick access to essential resources, guidance, and local support – whenever they need it.

What is Bridgit Care?

Bridgit Care is a comprehensive digital platform that keeps information up-to-date and brings together everything carers need in one simple, user-friendly space. Whether it's finding answers to questions, planning for emergencies, or discovering local events, Bridgit Care is designed to make life easier for carers.



Admin Support

The Admin Team are the quiet force behind the scenes, ensuring that every detail—from paperwork to office maintenance—is handled with care and precision. Their work may not always be visible, but it is absolutely vital. As one quote fittingly puts it, *"They don't seek applause, but without them, the show wouldn't go on."*

The team's responsibilities are wide-ranging. They manage all the essential paperwork, including consents, referrals, and incoming post, while also keeping computer systems up to date.

The Admin Team is also the first point of contact for many. They answer phone calls, greet visitors at reception, and respond to email and website enquiries—offering a warm and professional welcome to anyone reaching out to FYC.

The Admin Team work quietly in the background, their impact is felt throughout the organisation—and their contribution is deeply valued.



bridgit.care

Community Chest projects

Growing Together: Gardening Group

Young Carers across Fife came together to cultivate not just plants, but confidence and connection. From building planters to cooking with foraged ingredients, the Gardening Group offered hands-on respite and new friendships. One young carer, David, found his voice through the group—now welcoming others and thriving in wider activities. With 75 carers engaged and plans to expand, the garden continues to grow.



Warm Welcome: A Space to Belong

Gaming, shared meals, and festive events created a warm, inclusive space for carers and families. Over 700 attendees joined Gaming Groups and community events, with feedback highlighting increased confidence and reduced isolation. Noel, 11, discovered joy and friendship through games and now looks forward to every session. The project's legacy lives on through continued support and integrated funding.

Bring Carers Together: Cooking & Community

From cooking workshops to quiz nights, carers and families connected over food and fun. 239 carers and 400 family members took part, learning new skills and enjoying quality time. In West Fife, Young Carers prepared healthy meals and gained confidence in the kitchen. The success of these events has inspired ongoing integration into regular support.

These projects have sown seeds of resilience, joy, and community—proof that small moments can grow into lasting impact.





Dungeons and Dragons™ gaming group

The first Dungeons and Dragons™ (D&D) group was held in 2023, as part of Fife Young Carers 25th Birthday celebrations. It was such a success that it became a regular group event. With a core group of ten young people the adventure was ready to begin!

The role-playing group can run with ten people or just two, the adventure always continues. With the support of our resident Dungeon Master, Marc Dixon, young people create their own characters, Dwarves, Elves, Dragonborn, Barbarians, Gnomes as well as other magical creatures.

Leading the group, Marc has noticed a change in the way that some of the younger members have reacted after spending some time with the older members. The younger members tend to think through their actions a bit more instead of rushing into the Ogre's den and being squashed. The older members have been able to lightly guide the younger members and the change in the maturity level can be clearly seen.

The younger members love fighting, swinging their swords and blasting with magic, whereas the older members prefer talking things out with other characters and using diplomacy and problem-solving skills, tackling riddles and puzzles.

Marc can teach workshop skills and life lessons in the forms of an enticing story. If the young person has bad money management and budgeting skills...then they come across a gang of goblins whose queen has all the gold coins. To squash a goblin uprising they must budget with the queen and work out her expenses and what she can afford to spend whilst keeping all the power.

Marc leads the D&D group but it's up to each young person to make their own choices, who they speak to, how they interact with them and how to solve any problems that they encounter.

The Young Carers have said how nice it is to be someone else for a while. A different person, a different character. A break from thinking about what is going on at home. There is less time to worry about caring responsibilities at home when there is an Owlbear tearing through your camp.

The young people are always left wanting more and never want to leave at the end of a session.



“I get to be an introvert AND socialise”

“my favourite part is being able to play on the arcade machine and old consoles, brings back nostalgia”

Gaming group

Befriending - Trying not to get tied up in knots

Recruiting Volunteers is a major focus for us right now as we are looking for special people to do special task with some very special young people.

We are widening our recruitment base, trying to find new places to advertise, new people to talk to. We are asking a lot of our volunteers, so we need to make sure we are giving the best support. We are introducing online feedback and using Spond™ with volunteers to put all the ‘paperwork’ at their fingertips. Befriending week in November will bring volunteer social events.

We have been redesigning training and creating a strong foundation for future befriending matches by looking at the referral pathway, training for two new recruits is coming up so it feels like we are moving in the right direction.

Gaming group numbers are on the up and the young people who attend love it 5/5 across the board in feedback.

Sessional Workers

Fife Young Carers is hugely appreciative of the work our sessional Workers do in supporting all aspects of our work. Our sessional workers are key to making FYC services flexible and responsive to the needs of our Young Carers. Fife Young Carers employ 17 Sessional Support Workers. The role involves providing support to Young Carers at Group, respite, and residential opportunities throughout the year. Each worker is allocated a designated support group to attend on a fortnightly basis, where they provide support

to the lead staff member to ensure the smooth running of the group, leading on activities with the Young Carers and building trusting relationships with the Young Carers. By having a team of sessional support workers, we can offer more respite and residential trips during school holidays as this allows full time staff to focus on one-to-one support during this time. Without the support of the sessional team, we would not be able to offer as many group and respite opportunities as we do.

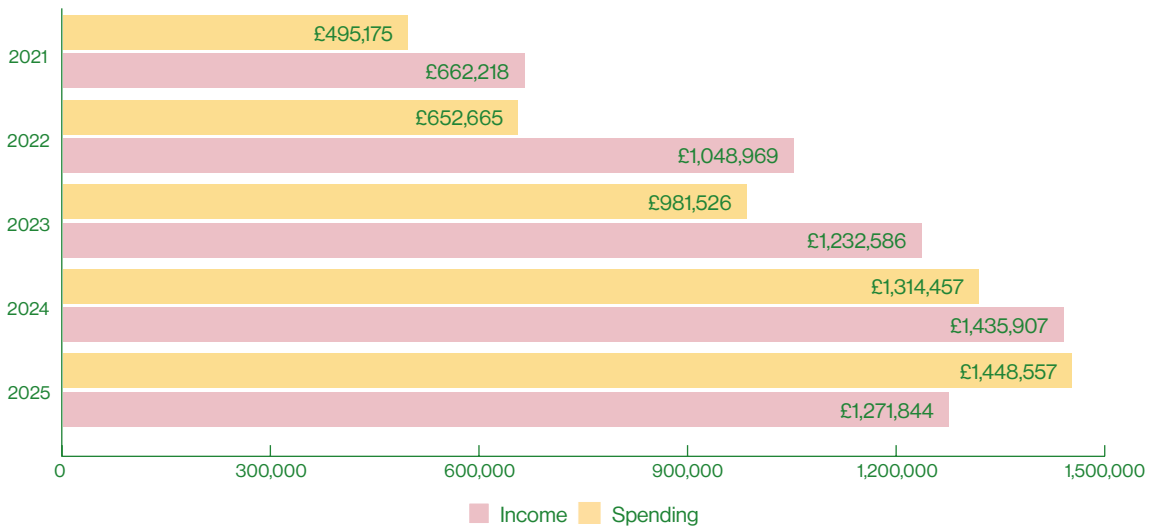
Financial summary

Financial Review

The net income of the charity for the year to 31 March 2024 amounted to £121,450 (2023: £251,060). Total funds at the year-end date were £1,366,844 (2023: £1,245,394) with unrestricted funds of £1,076,291 (2023: £500,720) and restricted funds of £290,553 (2023: £744,674). General unrestricted funds at the year-end were £1,076,291 (2023: £500,720). Of the unrestricted funds, £550,000 (2023: £nil) is held in order that should the organisation no longer be a going concern, or some other unforeseen events affect Fife Young Carers, it has the funds to continue to meet its contractual tenancy commitment in relation to its current premises, and to meet legal redundancy obligations.

Reserves Policy

It is the trustees' policy to maintain a level of reserves sufficient to meet various identified costs taking into consideration planned commitments, the risk of grant income not being renewed, unforeseen day today operational costs and ongoing cash flow requirements. In the event that the charity needs to wind down, and to allow time for service users to be found alternative support, a minimum of six months operating costs are held as free reserves.



Income and spending chart taken from OSCR web site, www.oscr.org.uk

Future Plans

Fife Young Carers continues to deliver the best possible support for Young Carers in Fife; from the youngest Young Carers who have yet to attend primary school, through to young adults seeking the best positive destination. To do this we need to remain financially resilient, and to seek

opportunities to work with partners throughout the public sector, in commerce and in the third sector. We aim to promote the need for statutory support for Young Carers and to meet the needs of Young Carers who are hidden from view.

Donors

Fife Young Carers are hugely indebted to every donor for every donation, which enables us to carry out the work we do to support Young Carers.

During financial year 2024-25 we received donations from many individuals, who we do not know by name but are enormously grateful to. We also received funding from the companies, statutory funders, Trusts and Foundations and other organisations below:

Ambergate Charitable Trust	L.A.D.A.M.A Theatre School	The Forth Bridges Rotary
Arnold Clark	Miss A Pilkington Charitable Trust	The George McLean Trust
Axon Cable Ltd	Miss I F Harvey's Charitable Trust	The Goodman Foundation
Bitwise Limited	Munchies Snack Van – Shearer Family	The Haramead Trust
Carers Trust	Nessie Monster Art	The Iron Bridge Trust
CG Benevity - (EXXON MOBILE)	Queen Anne High School YPI	The Jessica Rose Duncan Charitable Trust
CG Benevity (XON MOBILE)	Robertsons Trust	The JTH Charitable Trust
Christadelphian Samaritan Fund Charity.	Rosamunde Pilcher Charitable Trust	The Leigh Trust
East end Park Bucket Collection	Scott Davidson Charitable Trust	The N Smith Charitable Settlement
Elie and Earls ferry Ladies golf club	Shared Care Scotland (Creative Breaks)	The Nancy Roberts Charitable Trust
Exxon Mobil	Spurgin Charitable Trust	The Neil & Pauline Pettefar Trust
Fife Contemporary Arts	St Andrews Rotary Club	The Order of the Eastern Star KDY Chapter
Fife Council	ST Johns Church Hall - Coffee Morning	The Order of the Eastern Star Torryburn Chapter
Fife Council - ECS	St Marks Church - St Andrews	The Pump House Trust
Fife Council - Facilities Management Services	The Alchemy Foundation	The Wood Foundation (QAH YPI)
Fife Council - H&SCP	The Barnard Kenneth Hufton Trust	Vanessa Gibson
Fife Funeral Services	The Bayne's Charitable Trust	Victoria Blowman
Fife Voluntary Action	The Cordis Charitable Trust	Walter Scott Giving Group
Harapan Trust	The Cordis Charitable Trust	Ward Family Charitable trust
Himat Tanna Charitable Trust	The Cray House	Westwood Charitable Trust
ICF - Scottish Government	The Cruden Foundation	Woodmill High School
Kilrymont Rotary Club		


Thank you

What is Child Maintenance?

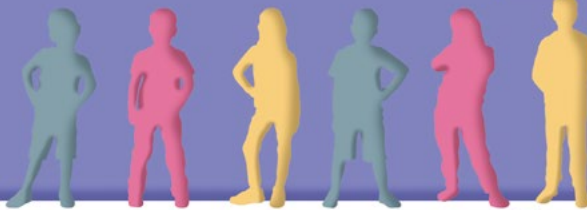
Child Maintenance is money that the parent you don't live with gives the parent you do live with. It helps pay for the everyday things you need to grow and be happy.

What is Child Maintenance for?

Child Maintenance is money towards the things you need every day, like gas, electric, food, rent and clothes.

Want to know more?

Click on the QR code to learn more about Child Maintenance and what it might mean for you....



Created with support and advice from young people at Fife Young Carers. Design by www.cagedbeastie.com

Follow the text to read about Child Maintenance and how it impacts Young Carers aged 12 years and older. This project was the result of collaboration between Fife Young Carers and Fife Gingerbread, with huge thanks to the amazing team of Young Carers who wrote and designed this leaflet.

Fife Young Carers

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