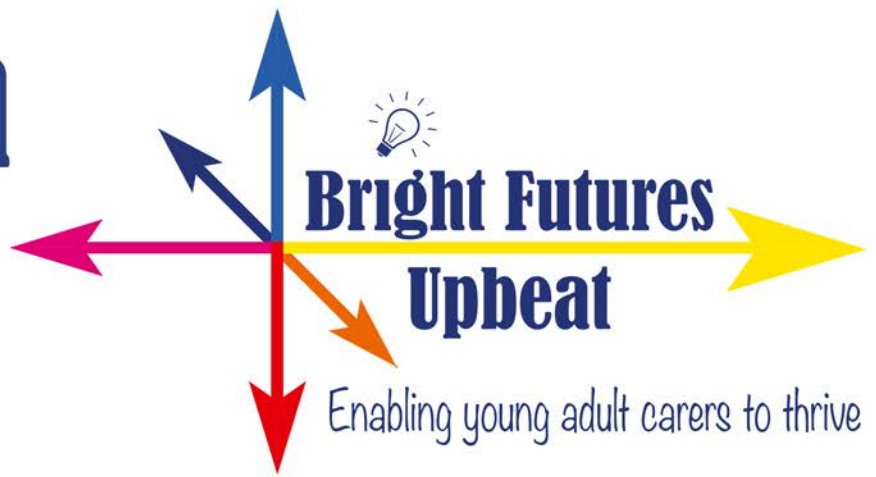


Evaluation Report

July 2019



Bright Futures Upbeat project offers support to Young Adult Carers (YAC) in Devon, aged 18 to 24, to help them gain the skills, confidence and help they need to manage periods of transition and change, in order to build their resilience and improve their future life chances.

"At the beginning I wasn't sure if I would survive, something had to break and I knew it was going to be me. Now I have moved out, have a qualification in childcare and those I'm caring for are happy. I'm happy now and back then I wasn't sure I ever would be again."

Young Adult Carers said the following about Bright Futures Upbeat:



"Always available to speak and offer support even on late notice and I have always felt lighter after having a talk."

"It's good at helping people to find funding for when they run into financial hardships. They do a good job at connecting people who are facing similar issues as well. My support worker is really good at listening to my individual issues and helping me to work out what I can do."

"It is very accessible and I have always been able to get in contact with my support worker if there is ever an issue. They always try their hardest to get us all regularly meeting and always give the best advice."

"Supports, helps build confidence, and just makes you feel accepted, normal and like you have meaning! A friend to talk to, new people to meet, I love it!!"

BACKGROUND

Bright Futures Upbeat is a consortium of four Devon based charities who support carers and young carers – TTVS (Torrige Voluntary Services); Westbank Community Health and Care; Unite – Carers in Mid Devon; and Young Devon. It was formed in 2008 to improve the consistency and equity of services for Young Adult Carers in Devon. There are 4 workers, two part-time and two full-time, working across Devon (excluding Torbay and Plymouth) and a part-time manager and part-time administrator.

Funding has been provided by the National Lottery Community Fund, from August 17 - July 20.

WE DELIVER...

1:1 support for individuals

Advocacy

Support for families to identify & access additional support

Local peer support groups

Peer activity sessions

WHAT WE'VE DONE...

Young Adult Carers:

supported between August 2017 and January 2019

121

attended at least one peer support session

44

attended Devon Young Carers Council sessions

7

We ran:

drop-in sessions, mainly at colleges

55

information stands at events

8



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