



EVALUATION OF ROUND 1 PROJECTS



The Short Breaks Fund:
Funded by Scottish Government and managed on behalf of the
National Carer Organisations by



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The Short Breaks Fund is overseen by the National Carer Organisations with secretariat through Shared Care Scotland.

The National Carer Organisations are:

- Carers Scotland
- Coalition of Carers in Scotland
- Crossroads Caring Scotland
- MECOPP
- Princess Royal Trust for Carers
- Scottish Young Carers Services Alliance
- Shared Care Scotland



Crossroads Caring Scotland
Practical support for Scotland's Carers

CARERS Scotland
the voice of carers



Foreword

This Government is fully committed to the provision of suitable, accessible, and personalised short breaks meeting the needs of both adult carers and young carers and those they care for. I have heard from carers and young carers directly about the tremendous value of short breaks and have visited some excellent short breaks services. There is no doubt that short breaks can provide carers and young carers with a much needed break from caring which helps sustain them in their caring role.

As part of our Carers and Young Carers Strategy published with COSLA in 2010, this Government was pleased to invest nearly £1 million in short breaks provided by the Third Sector during 2011. As the report says, over 2,500 carers and young carers and over 1,700 people being cared for benefitted from this investment. Also, as the photos in the report show, everyone – whether carers or the people being cared for - had fun, relaxation, enjoyment or rest.

Given that this was the first round of funding, applicants did not have much time to put together their applications. But they did very well indeed. The wide range of organisation supported and the type of short break provided, are fantastic.

The short breaks provided by the Third Sector have extended choice, have shown mutuality of benefit for both the carers and cared-for person and have complemented statutory provision. But investment of nearly £1 million will only achieve so much. I am very aware that the short breaks have been time-limited and that there are issues of sustainability, geographical spread, and reaching out to BME and other communities.

We have since provided a further £1 million for the Short Breaks Fund and £2 million for short breaks for disabled children and their carers. Furthermore, we will be providing £3 million for short breaks in 2012-13 and further funding beyond that to 2015. This level of investment will support more short breaks provision by the Third Sector. It should not take the place of funding for short breaks provided by local authorities, Health Boards and others, including through the Change Fund. Working together, we will succeed in meeting the needs of carers and young carers for short breaks.

Michael Matheson MSP

Minister for Public Health

Acknowledgements

The report that follows demonstrates clearly the positive impact of flexible, personalised breaks on both carers and the people they care for. The case studies and quotes contained in the report illustrate some creative approaches to providing breaks which perhaps challenge more traditional thinking on what constitutes respite care.

The organisations who received funding in Round 1 had six weeks to make an application for funding. In this time they had to gather evidence of need and produce a robust project plan. It is testament to the resourcefulness and resilience of the voluntary sector in Scotland that so many strong applications were received. In addition, those funded then worked tirelessly to deliver.

This evaluation was made easier through their commitment to both delivering effective short breaks and recording the difference this made.

Particular thanks go to the organisations and individuals who gave the time to participate in follow up telephone calls:

Heather Cleave, Respite Fife
Julie Ormond, Carers of East Lothian
Jane Hook, Buddies Playscheme
Wendy Forrest, Young Carers Network
Befriending Project Team, Quarriers Barlanark
Midge Lamb, Caring in Craigmillar
Alan Miller, Action for Children, Silverton Short Breaks
Julie Miller, Alzheimer Scotland
Suzanne Munday, MECOPP
Katy Webster, Angus Carers

Dr Eleanor Logan

Evaluation Consultant, Logan PM Ltd.

February 2012

“From our experience over many years it’s hard to put a monetary value on the short breaks we have provided for disabled children but we know that for many young people the memories they have from such breaks will last a lifetime, that they are overwhelmingly positive experiences for children and young people and for their families the first step on the road to independence.”

Barnardo’s Dundee Family Support Team

Executive Summary

The Context

The Short Breaks Fund was launched in November 2010 and has been made available through funding from the Scottish Government in recognition of the important contribution which carers make in caring for a loved one, and the vital role breaks play in sustaining carers and those they care for.

The Short Breaks Fund aims to increase the accessibility, availability and range of short break and respite opportunities for carers living across Scotland to help carers to sustain their caring role, live a life outside caring and have improved physical, mental and emotional well being. The Fund also aspires to enable the testing out of new approaches to short break provision – leading to an increased understanding of the role of short breaks and how to deliver personalised solutions to all carers no matter where they live, or their cultural or social background.

Round 1 of the Short Breaks Fund awarded grants in March 2011 for short term projects which would run from April until October 2011. This evaluation review has been commissioned in order to capture the initial impact of Round 1 - to consider what these projects have achieved, to capture their challenges and from this to consider what learning can be taken forward into future funding allocations. The evaluation review involved reading and analysing the End of Grant Reports, the original applications and grant assessments, and 10 interviews with funded projects. A meeting with the National Carer Organisation (NCO) Short Breaks Fund Oversight Group was also held to review the findings and consider the forward implications.

The Achievements

126 applications were received for Round 1 with a total value of **£3,227,797**. The Short Breaks Fund established a Grants Advisory Panel (GAP) whom reviewed all applications, their assessments and from this made final recommendations to fund **60** projects totalling **£979,179**. The smallest grant was for **£3,450** and the largest **£45,489**. The average grants size in the Round 1 portfolio was **£16,320**.

In Round 1, the GAP wished to fund projects which not only met the criteria of the Short Breaks Fund but would also be deliverable within the six month timescale of the funding round. The 60 projects in Round 1 did rise to the challenge of a short timescale for delivery and did increase the availability, accessibility and range of short breaks for carers living across Scotland. **80,840** hours of short breaks were provided. Of these **2,292** were overnight stays. These were previously unavailable short break opportunities for carers and those they care for.

In total 2,599 carers benefitted of which **695** were young carers. In addition to the carers benefitting **1,792** people they cared for benefitted. This gives an overall figure of **4,391** benefitting. The average amount allocated to each carer-cared for relationship

benefitting was **£376** which demonstrates excellent value for money given the significant impact on carers and those they care for, and the extent of support they received.

Of 60 funded projects **43** were for time-limited pieces of work, mostly based around enabling provision of specific short break activities, holidays and respite opportunities. It is inevitable that the funding portfolio for Round 1 was dominated by these kinds of project. Projects had to be easily achievable and organisations had to have the capacity to deliver in the short timescale. It also reflects that Round 1 projects were active over the summer period.

The remaining **17** projects were service based interventions such as delivery of respite in the home, or individual support to children and young people. Of these 17 projects, **nine** were existing services which were able to expand or develop their provision whilst **eight** were new services or responses.

A wide range of breaks were delivered and included:

- carers accessing funds to organise their own short break (self directed support through direct grant funding);
- carers going on residential weekends with other carers where mutual support could be built as well as a break being taken;
- carers attending weekly group activities;
- carers and the person they care for having breaks together;
- young carers going on activity breaks or trips;
- young carers accessing weekly support groups;
- group or individual activities for the cared for person organised around the interests and wishes of the cared for person which gave carers and families a natural break.

The Impact



The funded projects returned much evidence to support that the outcomes of the Short Breaks Fund were being delivered and most importantly that carers were benefitting from improved physical and mental health, more able to live a life outside caring and more able to sustain their caring role.

The funded projects also reported back on the benefits to and the impact on the person being cared for. This **mutuality of benefit** helped to extend the reach of the short break and future sustainability of the caring role.

Whilst many of the short break interventions were one off there was still a high degree of impact from these. The support in considering the need for a break and being confident enough to take one, the planning of the break and the expectation this provides, the

taking of the break, the building of support networks during this or increased independence of the cared for person, all helped to build **enduring impact** which gave ongoing benefits once people had returned to daily routines.

The funded projects worked to support the delivery of **personalisation, choice and relevance**. The breaks were designed around the needs of the carer and the person they care for. This mutuality was essential in delivery of successful breaks.

Whilst some breaks were “holidays” and had no therapeutic or peer support aligned to them, these were not trivial and delivered considerable benefit to carers and those they cared for. Three themes arose in relation to carers accessing a holiday-based break (with or without the person they care for):

- The carer needed the break, and in taking this felt not just rested but valued and supported;
- Going on holiday, seeing new places, getting away from it, having a good time are part of ordinary life and an expectation for most people. We all appreciate the need to recharge and have time out. Carers need this more than most of us but have significant barriers to face in accessing this. Funded projects were able to break down these barriers;
- Respite is on offer to some caring relationships but the cared for person often does not enjoy the experience or finds it stigmatising. Offering the cared for person a more personalised solution which they will enjoy enables carers to have a break which they can truly benefit from. These solutions ranged from holidays for the cared for, to weekly activity or group sessions.

A small tranche of funded projects were able to demonstrate **new approaches or innovation** in service delivery. Two were able to test out how to deliver emergency respite which could provide personalised and easily accessible support when carers needed it. One project looked at the role of short breaks in supporting young carers in their transition from being a young carer to being an adult carer, and one project looked at how to redesign the provision of residential respite and in doing so provide a more personalised and appropriate short break support to the families they were working with. All generated learning which will be useful in stimulating thinking and service design across Scotland.

Recommendations for the Future

Whilst the projects did achieve a lot of short break delivery and individual and collective outcomes for carers, there were areas which would merit further consideration going forward in order that the Short Breaks Fund delivers its ambitions. These can be summarised as follows:

- Organisations need to be encouraged to not just work with their existing client groups but to reach out to those in their communities who need support, and from this prioritise those most in need of a short break. This Fund has benefitted a lot of carers, but there are many more out there who are not accessing or benefitting from short breaks;
- In a similar vein, the Short Breaks Fund needs to consider how to stimulate projects which access hard to reach carers and be more prescriptive regarding what the Fund constitutes 'hard to reach' in their guidance and monitoring. In Round 1 BME carers and carers in remote and rural areas were deemed as hard to reach;
- The Short Breaks Fund should continue to encourage and stimulate delivery of personalised short breaks based on the needs of carers and those they care for and with the continuing strong ethos of mutuality of benefit;
- A limited amount of projects funded through Round 1 went on to get other funding to continue the work. With majority being for one off pieces of work this does not impact on organisational sustainability but it demonstrates that short break provision can be ad hoc and patchy. The Short Breaks Fund should consider funding projects which can demonstrate ongoing financial viability in order to ensure the Fund creates a legacy of short break provision for carers across Scotland;
- Continue to provide and develop the Learning Exchange for funded projects which helps to build capacity to monitor and evaluate, and to share learning between projects. The Learning Exchange could also develop opportunities to share learning across sectors and to showcase good practice;
- The monitoring and evaluation procedures within the Short Breaks Fund could be developed in order to capture more consistently hard information and also encourage organisations to feed back their achievements and learning;
- There was reasonable geographic spread achieved across funded projects in Round 1 but still some gaps across Scotland. Future funding rounds can help to address and monitor this.

Finally, the Short Breaks Fund is an opportunity to innovate, to test new approaches and to showcase learning. Round 1 took a pragmatic approach to funding projects which could deliver. Future funding rounds should encourage organisations to come forward with projects which push boundaries, shape thinking and develop new service approaches around short breaks.

1. Introduction to Evaluation Review

1.1 Purpose of Evaluation Review

Round 1 of the Short Breaks Fund awarded grants in March 2011 for short term projects which ran from April until October 2011. This evaluation review has been commissioned in order to capture the initial impact of Round 1 and the learning which is arising from this. The Short Breaks Fund is just one year into a five year programme. It is important to consider what these projects have achieved, to capture their challenges and from this to consider what learning we can take forward. As such this formative evaluation set out to:

- Review each individual project and the extent to which they met the targets they had set for benefitting carers and those they care for;
- Consider how well Round 1 has contributed towards delivery of the outcomes set for the Short Breaks Fund;
- Consider how well Round 1 funded projects delivered the principles of the Short Breaks Fund;
- Capture and highlight examples of innovation, good practice and learning;
- Reflect back potential areas of improvement around monitoring, evaluation and administration of the Fund.

1.2 Methodology

All funded projects were required to complete End of Grant Reports and submit this along with any other supporting literature to Shared Care Scotland. A copy of the End of Grant Report provided to projects can be downloaded from the Shared Care Scotland website. The reports submitted by each project were individually reviewed and assessed against the following key areas:

- **General delivery or compliance** - Did they meet objectives and targets they aimed for and what was achieved?
- **Principles of the Short Breaks Fund** - Were funds targeted to those most in need of support? Was there mutuality of benefit? To what extent did they deliver personalisation? Was the project additional and complementary to statutory provision?
- **Outcomes of the Short Breaks Fund** - Was there evidence of carers having improved physical, mental and emotional wellbeing? Was there evidence of carers being better able to live a life outside caring? Was there evidence of carers being better able to sustain the caring role? Were hard to reach carers better supported?
- **Learning and Sustainability** - Is the work continuing and if so how is it being funded? What challenges did they face or overcome?

In addition to the paper based review, ten structured telephone calls were undertaken with a range of projects. These phone calls helped to validate the information received on paper as well as draw out additional learning and insight.

2. Introduction to Short Breaks Fund Round 1

2.2 Background of Short Breaks Fund

The Short Breaks Fund is a new grants fund specifically focussed on improving the accessibility and availability of short breaks for carers and those they care for in Scotland. The Short Breaks Fund has been created and is managed by the National Carers Organisations, with secretariat being provided by Shared Care Scotland.

Up to £5M funding has been made available by the Scottish Government to help develop existing, new and innovative models of short breaks – with funds to be disbursed between 2010 and 2015. This investment will support current and future provision of short breaks and respite care for carers across Scotland. The Scottish Government has awarded this funding in recognition of the vital role breaks play in sustaining carers and those they care for.

The Short Breaks Fund was launched in November 2010. It set out two distinct funding streams of funding – the Service Development Fund and the Time to Live Fund.

The Service Development Fund will fund the development of existing services or new services which demonstrate a strategic approach to increasing availability and access to short breaks or respite services.

The Time to Live Fund will provide funding which carers and those they support can access directly to enable them to have a short break. Funding will be provided for each area of Scotland and distributed through local delivery agencies. Carers will be able to apply directly to this fund.

When the fund was launched there was an immediate imperative to distribute the first tranche of funding. Applications were invited for projects which could begin work immediately after award of funding (March 2011) and which could conclude by September 2011, i.e. projects running for 6-8 months. Organisations were guided in applying for between £ 5,000 and £ 50,000. As such, Round 1 of the Short Breaks Fund opened the Service Development Fund only, with an early deadline of 21 January 2011. An initial tranche of £970,000 was available for the Service Development Fund in Round 1. Organisations wishing to pilot Time To Live funding models were still able to apply to Round 1 as a service development project.



2.3 Outcomes, Principles and Criteria of the Short Breaks Fund

The National Carers Organisations brought together their collective expertise to scope and establish long term outcomes for the Short Breaks Fund. These outcomes help to underpin the criteria for funding and the allocation of grants and have provided a structure to this initial evaluation.

The outcomes of the Short Breaks Fund are:

- Carers and those they care for will have improved physical, mental and emotional well being;
- Carers will be better able to live a life outside of caring;
- Carers will be better able to sustain their caring role;
- Hard to reach carers will be better supported in accessing short breaks and respite;
- An increased understanding of the role of short breaks and respite in supporting caring relationships;
- An increased understanding of the needs of carers and those they care for.

Alongside the outcomes, applications for funding across all funding streams were expected to demonstrate that they would meet the following underpinning principles:

The principles of the Short Breaks Fund:

- Funding will be targeted to those most in need of support and/or those who are less likely to access current support;
- Funding will provide tangible outcomes for carers and those they care for, improving their quality of life, health and wellbeing;
- Funding will be allocated where there is mutuality of benefit, i.e. the benefit to the carer and those they care for are clearly defined;
- Funds will support the personalisation agenda, providing early intervention, choice and the tailoring of service provision to meet the needs of individuals
- Funding will complement but not replace statutory provision.



The outcomes and the principles were embedded into the criteria of the Short Breaks Fund against which applicants were asked to construct their applications and against which they were assessed. The criteria were divided into core criteria which reflected the outcomes and good practice criteria which reflected the principles as well as good project planning and delivery. The core and good practice criteria are detailed in Figure 1.

Figure 1: Criteria of Short Breaks Fund

Core Criteria

- C1. Proposals must be able to demonstrate how they will deliver at least one of the following outcomes of the Short Breaks Fund through the proposed service development:
- Carers and those they care for will have improved physical, mental and emotional well being;
 - Carers will be better able to live a life outside of caring;
 - Carers will be better able to sustain their caring role;
 - Hard to reach carers will be better supported in accessing short breaks and respite care.
- C2. Proposals must demonstrate how they will help increase the *availability* and/or the *accessibility*, and/or the *range* of short breaks or respite care available.
- C3. Proposals must be centred on the needs of the carers and care recipients, and must explain clearly how this is achieved.

Good Practice Criteria

Successful applications will also be able to meet the following criteria:

- C4. Demonstrate the need for the new or extended service: this might be through existing service statistics, previous consultation, existing service evaluation, or some new consultation with partners, etc;
- C5. Caring Together, and/or Getting it Right for Young Carers and/or the Scottish Government's Guidance on Short Break (Respite Care) Planning.
- C6. Demonstrate effective measures to involve carers and the people who will use services in the planning, implementation and evaluation of the service development;
- C7. Be able to present how the new service will be promoted to the proposed beneficiaries to ensure open access to the proposed service(s);
- C8. Not be replacing statutory funding or be a substitute for statutory funding;
- C9. Demonstrate the best combination of skills and experience to deliver the proposed service(s) to the highest quality and at the most efficient cost.

2.4 Assessment and Decision Making

Alongside establishing the guidance for applications and application materials, Shared Care Scotland established an assessment and decision making process. To assist with this they recruited and trained a team of independent, freelance assessors to assess the applications against the criteria and make recommendations for funding.

These assessments were the first stage in the decision making process. In order to ensure the Short Breaks Fund was and is operating fairly, openly and accountably, Shared Care Scotland established a Grant Advisory Panel with the following remit:

- To oversee the grants making within the Service Development Fund and to make final recommendations on grants;
- To oversee the allocation of funds to local delivery organisations for disbursement of the Time to Live Fund;
- To ensure funds are being allocated to those most in need across all aspects of the Short Breaks Fund;
- To oversee the operation of a Learning Exchange across funded projects;
- To review the monitoring and evaluation of the Fund - across both funding streams;
- To review the progress of the Fund and where required to advise on revisions to criteria to ensure impact is maximised.

The GAP consisted of 10 members all of whom brought specific skills and experience to the table. The GAP included representatives from the National Carers Organisations, caring organisations and carers themselves. One member came from the Scottish Government. The GAP undertook training and induction which was led by Shared Care Scotland and the GAP was convened by Shared Care Scotland. All GAP members were required to complete a conflicts of interest register and adhere to a Code of Practice around Conflicts of Interest. The GAP members for Round 1 are listed on the Shared Care Scotland website.

The Grant Allocation Committee for Round 1 took place on 3 March 2011.



3. Summary of Achievements Across Funded Projects

3.1 Overview and Numbers Benefitting

126 applications were received for Round 1 with a total value of **£3,227,797**. The maximum request was for £51,867 and the minimum request was for £3,148. The average grant request was **£25,617**. After assessment 86 grants were recommended for funding with a total value of **£1,909,076**

The GAP Committee reviewed all applications and made final recommendations to fund 60 projects totalling **£979,179**. The smallest grant was for £3,450 and the largest £45,489. The average grants size in the Round 1 portfolio was **£16,320**.

Table 1 provides a breakdown of the types of project funding and a summarised description of these. **Figure 2** and **Table 2** explore the geographical reach of the projects funded.

Table 3 lists all of the projects funded with a summary of what they were funded for, what they achieved and the numbers of people benefiting.

Of the 60 funded projects 43 were time limited pieces of work, mostly based around enabling the provision of specific short break activities, holidays and respite opportunities. These included a lot of holiday and residential experiences for carers – either provided in an organised capacity activity breaks for carers or cared for, or through provision of direct grants so that carers can purchase their own breaks. They also included the setting up and running of play schemes, and summer holiday clubs for children and young people with disabilities.

It is inevitable that the funding portfolio for Round 1 was dominated by these kinds of project. This was a short lived funding round with funds having to be allocated and spent within an 8 month timescale. Projects had to be easily achievable and organisations had to have the capacity to deliver in the short timescale.

Only 17 were service based interventions such as delivery of respite in the home, or individual support to children and young people. Of these 17 projects, nine were existing services which were able to expand or develop their provision whilst eight were new services or responses. The service based projects had a very short timescale in which to be established and yield results and it is not surprising that so few were new services.

Across the 60 funded projects **80,840** hours of short breaks were provided. Of these **2,292** were overnight stays. These were previously unavailable short breaks and as such Round 1 of the Short Breaks Fund has clearly increased the availability and range of short breaks available to carers in Scotland.

2,599 carers benefitted of which **695** were young carers. In addition to the carers **1,792** people they cared for benefitted. This gives an overall figure of **4,391 benefiting**.

The average amount allocated to each carer-cared for relationship benefiting was therefore **£376**. Given the amount of hours of short breaks provided and the significant outcomes demonstrated across the grants (see sections 4 and 5) – this proves that Round 1 delivered excellent impact for a small investment per carer and their family.

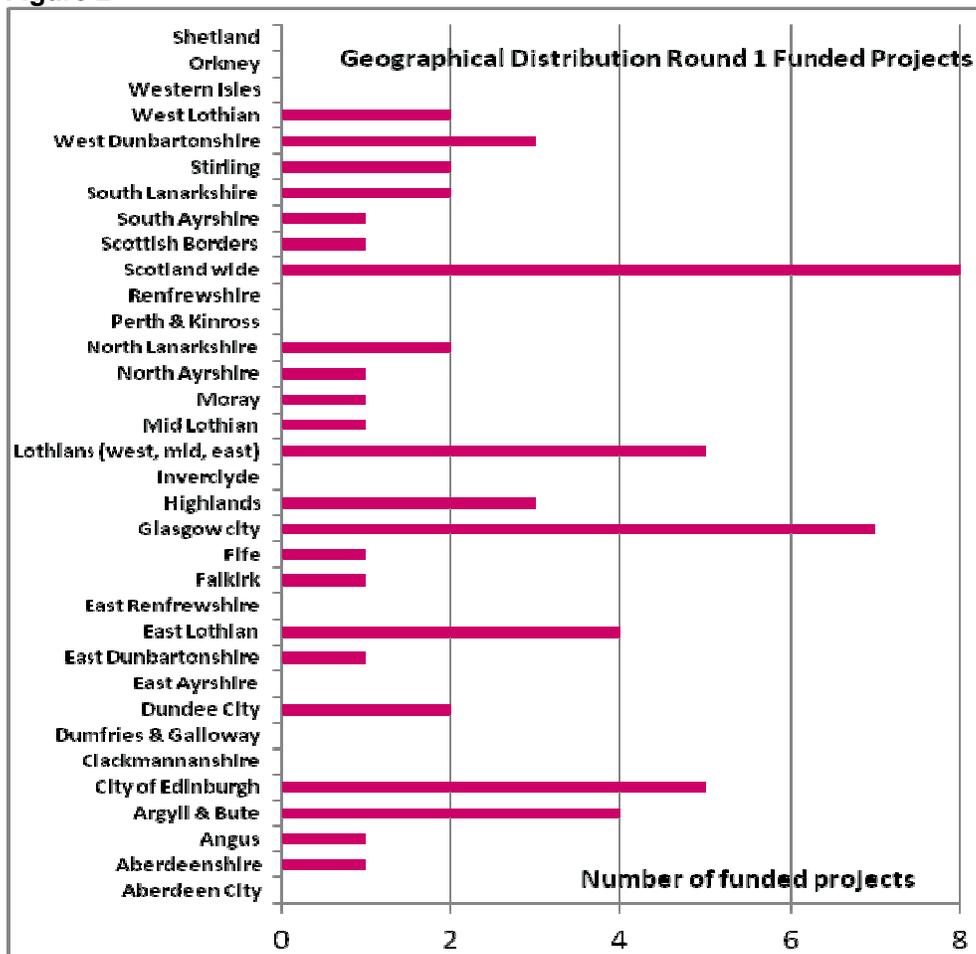
Table 1: Types of Funded Project

Type of Short Break	Description	Number Funded
Clubs/Day Facilities/ Playschemes	This group of funded projects delivered a natural break from caring through enhancing the opportunities available to carers or to the cared for. Funded projects were predominantly benefitting children and young people and included summer and Easter playschemes for children and young people with physical or learning disabilities, evening clubs or social groups for young adults with learning disabilities or additional support needs, and a group for adults with acquired brain injury. It included many young carers projects where the support and break was provided through clubs and activities. Most had a strong element of peer support and whilst being focussed on providing a quality intervention for the cared for, all recorded strong outcomes for carers.	12
Activity Break for Cared For	This type of project provided a natural break through enabling people being cared for to access activities of interest to them. It included projects where young people were supported to access activities within the communities such as PLUS and Silverton Short Breaks. It also included Respite Holidays which provided an opportunity to get away from it all and to recharge. Respite Holidays could be for the carer, the cared for, for the whole family or as a group activity. Some were activity breaks e.g. outdoor centre based residential for groups of young people with a disability. Some involved a group run holiday and one offered families the opportunity to access a break in a caravan.	9
Activity Break For Carer	This kind of break included weekend to week long residential for carers who attend without the cared for person in order for them to have a rest and break away from caring. Most of the funded projects organised groups of carers to go together to a pre-organised venue. In many there was a strong element of group and peer support and other opportunities to access information and support from staff members who were usually in attendance. Some had quite structured programmes with an emphasis on encouraging the carers to build their own resilience and health on a longer term basis. Others had a more relaxed/holiday based programme.	3
Carer Arranged/ Self Identified Break	Carer arranged breaks encompassed the projects which provided direct grant funding to carers in order that they can self purchase the short break they need. The break often involved the cared for person and rest of family and all services provided some element of advice and support to the carer to assist them in accessing and maximising the opportunity.	8
Holiday Break For Carers	Holiday breaks provided respite in the form of a holiday rather than a structured residential. Although there was some overlap with the projects categorised here than with respite holidays contained within the activity breaks for carers section. In essence the projects here enabled carers, and invariably the whole family, to have a holiday and time out. The funding facilitated this but the carer and their families were then left to enjoy their holiday and spend the time they need together.	6
Home Based Services	Funded projects provided access to sessional support staff whom were able to provide care within the home. The projects covered a wide range of care needs and were able to support carers to have time away from their caring role within the home. All of the funded projects were testing out new ways of delivering care in the home e.g. through providing extended hours of provision for carers in rural areas so they had enough time to truly have a break, or for minority ethnic families who needed a culturally appropriate service.	7
Multiple Services & Other	This catch all category captures those projects which provided a range of services to carers and their families around short breaks. Two projects provided a package of support to carers in order to enable them to improve their health and wellbeing, at the same time as having a break from caring. This involved a package of services in each project including 1:2:1 support, access to alternative therapies such as massage, a carers residential break, drop in sessions and in one project access to direct grant funding for carers to purchase their own break.	10
Activity Outdoor Centre	Funding was provided directly to two residential activity centres in order that they could make places available to carers organisations for residential activity breaks within their centre.	2
Befriending	Befriending projects involved recruiting and training volunteers who would either 'sit' with the cared for person, enabling the carer to have a break or in the case of a young carers project befriend the young carer and enable them to take a break. Befriending was not about providing care, it was about being a friend to the family and supporting the caring relationships across that family.	3

3.2 Geographical Spread

For a first funding round there was a good geographical spread across Scotland as can be seen in Figure 2. There are some gaps – no grants were made to projects in Shetland, Orkney, the Western Isles, Renfrewshire, Perth and Kinross, East Renfrewshire, Dumfries and Galloway, East Ayrshire and Clackmannanshire. All are rural areas, with some quite remote communities. Going forward, the NCO's and Shared Care Scotland should continue to monitor geographical spread.

Figure 2



However, if we consider the spread of funded projects, the total numbers assisted in each local authority area (carer and cared for) and the estimated number of carers in each area we can see that Round 1 has made a limited impact across carers living in Scotland. This is due to the numbers of carers rather than the poor performance of this funding round. Going forward, the NCO's and Shared Care Scotland will need to continue to monitor this kind of geographical impact. This is not so much about the number of projects in any given area, it is perhaps more relevant to consider the % of carers in an area being assisted. This approach has been adopted in Round 2.

Table 2: Geographical Spread of Project and Numbers of Carers Assisted

LA area	Number of Funded Projects	Total Number Beneficiaries	Number of Carers	% impact
Aberdeen City	0	0	25111	ave
Aberdeenshire	1	39	29036	0.13
Angus	1	442	12133	3.64
Argyll & Bute	4	139	10790	1.29
City of Edinburgh	5	341	47404	0.72
Clackmannanshire	0	0	8690	0.00
Dumfries & Galloway	0	0	22216	0.00
Dundee City	2	150	14027	1.07
East Ayrshire	0	0	21844	0.00
East Dunbartonshire	1	24	12862	0.19
East Lothian	4	220	13095	1.68
East Renfrewshire	0	0	9772	0.00
Falkirk	2	130	21929	0.59
Fife	1	64	49522	0.13
Glasgow city	8	499	66371	0.75
Highlands	3	483	29523	1.64
Inverclyde	0	0	9892	0.00
Lothians (west, mid, east)	5	215	0	0.00
Mid Lothian	1	73	14192	0.51
Moray	1	40	11628	0.34
North Ayrshire	1	8	18921	0.04
North Lanarkshire	2	168	48957	0.34
Perth & Kinross	0	0	19082	0.00
Renfrewshire	0	0	24087	0.00
Scotland wide	8	660	0	0.00
Scottish Borders	1	46	12502	0.37
South Ayrshire	1	44	15283	0.29
South Lanarkshire	2	302	38023	0.79
Stirling	2	69	12050	0.57
West Dunbartonshire	2	142	13132	1.08
West Lothian	2	93	18086	0.51
Western Isles	0	0	2933	0.00
Orkney	0	0	1989	0.00
Shetland	0	0	2246	0.00
Totals	60	4391	657328	0.67

3.3 Individual Project Achievements

Table 3 provides a summarised look at what each grant achieved and the numbers benefitting in each grant.

Of the 60 projects funded, 53 returned reports which **evidenced strong delivery** and achievement against targets set for the projects, and against the funding criteria. These projects also contributed strong outcomes and learning as will be discussed in Sections 5 onwards. They clearly increased the availability, accessibility and range of short breaks on offer to carers across Scotland.



Of the remainder, one funded project did not directly benefit carers and on review it would appear not to be a strong fit with the Short Breaks Fund criteria. The Challenging Behaviour Foundation received funding to provide training around challenging behaviour to family carers and short breaks staff, with the aim being for more children/young people with severe learning disabilities who are

described as showing challenging behaviour being able to access short break services. Whilst training was delivered it was delivered only to short breaks staff. Staff clearly welcomed the training but the organisation has not carried out any follow up to ascertain if this did have an impact on short break provision through better enabling staff to handle challenging behaviour. As such the organisation could not report back on delivery against the Short Break Fund outcomes.

Three of the funded projects did experience challenges in delivering their projects. All were setting up new services and the short timescale and complexity of the issues they were tackling made it difficult for them to meet the initial targets set. However, within these projects carers were still supported and learning generated. This learning has been built into Sections 5 and 6 of this report.

Two of the funded projects involved funding residential activity centres directly. Whilst they delivered activity breaks to young carers, they were not able to evidence how this assisted the young carers with the issues they face as a carer. In comparison, many young carers projects received funding to purchase activity breaks and returned excellent evidence to support delivery against the criteria and outcomes of the Short Breaks Fund.

Table 3 The Funded Projects

Organisation	Project Description	Amount awarded	Summary of Achievements & Outcomes	Number of Carers Benefitting	Number of Cared For Benefitting
Aberlour Children Care Trust - Ardfin Project	Funding was awarded to increase respite short breaks provision through the introduction of a new stimulating and developmental Pre-School Play Scheme for children with additional support needs between the ages of 1-5 years. The Pre-School Play Scheme will respond to the needs of families who experience difficulties in accessing short breaks respite during peak times.	£24,000	Ardfin's Summer Playscheme project was delivered to eleven different children with additional support needs during the course of the Summer 2011, and a further eleven were invited and attended during the October Holiday period 2011. The Pre-School Play Scheme supported carers to meet other carers with young children who have additional support needs, relax and 'recharge their batteries', have time to themselves and have spend quality and 1:1 time with siblings <i>"allowed us to spend time with our other son" "It allowed me some more 'me time' and to visit my dad a lot more who is unwell",</i>	22	22
Aberlour Children Care Trust - Moray Options	Moray Options received funding to set up a new Easter and Summer Playscheme for teenagers (age 12-18) with learning disabilities. Their current playscheme goes up to age 12 and families receive no such support during holiday periods. The young people also miss the service as many have been attending the children's playscheme.. A calendar of activities will be scheduled to include bowling, swimming, arts, and the cinema.	£14,370	The Teenage Holiday Club was launched and ran across Easter and Summer holidays. The young people worked with the staff and their parents on planning their activity programme which included trips and even an overnight camping trip. Young people enjoyed being able to meet up with their peers during the school holidays and hugely enjoyed the activities. They grew in confidence and independence. Their family members and carers welcomed the breaks hugely. It relieved pressure on them over the holiday period and supported them in their caring role. <i>"Gives me a break and lets M socialise safely".</i>	19	21
Achievement Bute	Funding was awarded to provide a range of activities and group activities to be provided for children and young people with additional support needs and their families across Easter and Summer. Each family will individually plan the breaks that best suit them in conjunction with the Short Breaks Co-ordinator from Achievement Bute. There will be flexibility to allow for changes in family circumstances as the project progresses.	£19,976	Achievement Bute was able to support a range of young people with different disabilities and their families to take part in wide range of leisure and short break opportunities. The emphasis was on a natural break and strong mutuality of benefit, as well as building support networks for the children and young people <i>" this has been the best summer I have had for a long time - I got so much support - I was really able to relax for a change" "he has tried to talk more often and his speech is improving"</i>	23	26
Action for Children North Lanarkshire	Funding was awarded to enable Action for Children North Lanarkshire to offer an additional residential respite break for around 18 young carers in order to provide much needed time out and the opportunity to participate in a wide range of activities and develop supportive friendships.	£3,500	Young Carers went to the Highland Activity Outdoor Centre and the Young Carers Festival. The staff team offered support in liaising with statutory services to provide additional support while the young carer was on the break to ensure that the young carers could relax and enjoy their holiday without worrying about the person they care for. This residential enabled young carers to strengthen their peer networks. Young carers reported that they have had the time of their lives and for many of them this was the first holiday they had been on.	30	30
Action for Children Tayavalla	Funding was awarded for a monthly group session with children who have complex learning and physical disabilities where the focus will be on the young people to meeting socially, enjoying art and music activities. This will tackle the issue that young people with a disability can be socially isolated and do not have the opportunity to socialise, whilst giving their families and carers a break from caring.	£6,486	Tayavalla delivered six arts, craft and music sessions over a five month period for young people aged 12 – 19. As many of the young people have communication impairments, choices were offered using a combination of objects of reference, symbols and having chosen Scottish and Street Songs, the young people then decided to give a performance at the final session. At the final session the young people gave a performance using songs, music and photographs of their sessions. <i>"As well as getting time to ourselves, it was good to know (our son) was in safe hands and enjoying himself with friends"</i>	42	22

Table 3 The Funded Projects

Organisation	Project Description	Amount awarded	Summary of Achievements & Outcomes	Number of Carers Benefitting	Number of Cared For Benefitting
Alzheimer Scotland	Alzheimer Scotland received funding to provide new opportunities for people they support (with dementia) to access short breaks – through providing funds directly to carers to enable them to purchase short breaks.	£24,010	This project enabled people caring for someone with dementia to access personalised short breaks. The types of breaks undertaken included group holidays (of both carers and people with dementia), couples going on holiday together, mother and daughter breaks, the person with dementia staying at home with support whilst the carer has a break and people with dementia going on a break either with their support worker or to a dementia-friendly holiday facility. The differences made to people with dementia and their carers have been substantial: <i>"Feel rested as had full nights sleep without having to listen out for my wife when she needed me".</i>	55	41
Angus Carers	Funding was provided for a range of support services to carers living in Angus. The main service was a Sitting Service. Other projects supported by the funding included a volunteer driving service which enables carers to get to appointments and access short breaks, a monthly support group for parents/ carers of children with ASD, social opportunities and events for a range of adult carers, and residential breaks for young carers.	£21,494	This holistic support project was able to expand their sitting service and from this expansion develop a stronger befriending role to the service. Adult carers also benefitted from being able to access paid respite, carers residentials and trips, group meetings, and being able to access volunteer drivers. Young carers benefitted from their own residential. Across the project Angus Carers were able to support carers of all ages to take a short break and to live a life outside of caring and reinforce the importance of short breaks. <i>"this service is space for me as I am a 24/7 carer for my 90 year old mother with little time to myself"</i>	217	225
The Broomhouse Centre	The Broomhouse Centre in Edinburgh was funded to increase respite opportunities for adult carers and young carers through the development of a carers clinic for adult carers, a residential break for adult carers, through delivery of a 1:1 befriending project for young carers and through running new group activities for young carers.	£7,051	Through the three specific projects (Adult Carers Residential, Carers Clinic and Youth Befriending) the Broomhouse Centre was able to relieve the stress and strains of being a carer through increasing accessibility of support services and time out for short breaks. The Youth befriending has enabled younger people to be supported in accessing fun short breaks such as football, swimming, ice skating and day trips. All services reduced the isolation of carers and helped them build coping and support strategies. <i>" Meeting my befriender every week gives me a break from my caring role and I have stuff to tell Mum when I get back home!"</i>	25	31
Barnardo's Scotland	The Dundee Family Support Team received funding to enable them to run two residential holidays for young people with significant learning disabilities. The emphasis of the weekends was to give young people the opportunity to try new things, let them experience risk and gain new skills and encourage their independence and social skills. One of the breaks was solely for them and would give their carers a break from caring. One weekend was a family orientated weekend where the whole family was encouraged to attend and experience positive and 'normal' family holidays.	£8,000	Both breaks were a huge success. For all of the young people this was their first experience of a holiday of this nature and for being away from home for the first time. Feedback from the families also highlighted what a positive experience it is going on holiday with others in similar situations in caring for a disabled child. Parents have commented on feeling less lonely and more supported, with people who really understand the challenges that caring for a disabled child brings. <i>"... my boy sometimes feels excluded and it is difficult to manage as a parent (due to his autism). To be with a mix of parents and able bodied children that understand autism was really relaxing and the first real relaxed holiday we have had as a family."</i>	23	21

Table 3 The Funded Projects

Organisation	Project Description	Amount awarded	Summary of Achievements & Outcomes	Number of Carers Benefitting	Number of Cared For Benefitting
Buddies Playscheme	Buddies Playscheme received funding to run four Adventure Breaks for groups of 6-8 young people with Autism Spectrum Disorder and other disabilities. Families were supported in having the confidence to let young people be away from home and take a break. Young people were supported in planning their trip and in being as independent as possible before, during and after.	£30,000	Buddies delivered four Adventure Breaks. The young people participated in the planning of the trips with the staff and outings chosen by the whole team. Carers welcomed the break and time to rest as a family. The young people gained independence and new life skills from their high level of participation in each break. New skills were transposed into their homes giving carers an opportunity to see that their young people could actually do things for themselves. This is helping carers cope better at home as these skills are transposed into their young people's everyday living.	48	24
Capability Scotland	Funding was awarded for the establishment of 5 residential activity breaks for children and young people with complex disabilities. The breaks were to be themed with the first one being based around music and musical productions. The pilot will give parents and carers the opportunity to enjoy a well-deserved break and children will have the opportunity to participate in an exciting and challenging activity holiday away from home.	£19,782	Children with complex needs benefitted through enjoying short breaks away from their families, themed around an activity in which they were interested. Carers benefitted through additional access to affordable respite care during school holiday periods. It gave parents and carers greater flexibility around work or family commitments, allowing them to work or spend some time doing activities with non-disabled children during the school holidays. <i>"Just having the break was good and it enabled me to spend more time with my other daughter"</i>	16	8
Care for Carers	Care for Carers were awarded funding to develop and expand the existing Stepping Out™ service by managing and delivering an extra two residential weekend breaks for carers. These breaks will enable carers to have some time out in a supportive environment at the same time as being able to access talks and leisure activities.	£20,577	As well as being able to access an organised, short break which helped carers to rest and recharge, carers benefitted from a reduced sense of isolation and loneliness along with support in being more able to cope with their caring situation at home. Of the 70 carers allocated a break, 44 of them had never been in touch with the organisation or had a short break like Stepping Out before. They aged from 11 to 89 and came from across the central belt of Scotland. <i>" I am very grateful after 6 years of caring to have experienced this welcome and most enjoyable break"</i>	95	0
Carers of East Lothian	Funding was awarded to develop new opportunities for short breaks for people with multiple sclerosis and their carers, and people with learning difficulties and their carers in East Lothian. In doing so they wished to pilot the need for a Short Breaks Bureau as a means of arranging more personalised and flexible respite.	£45,489	Direct support was provided to people with a diagnosis of MS and their carers and people with learning difficulties and their carers. Participants in the project were supported to plan whatever kind of break would be most beneficial to them. Carers sometimes went without the person they were caring for, or with them. The success of the project has led the organisation to enter strategic discussions with East Lothian Council Social Work Department regarding the ongoing need for a short breaks bureau.	35	28
Carers of West Lothian (COWL)	COWL received funding to provide direct grants for carers in crisis or in danger of being in crisis. Carers would be supported in applying and in considering what kind of break would be most beneficial. The funding would allow COWL to bridge the gap in existing respite provision, by speeding up the process of organising emergency respite.	£8,800	COWL were able to support carers in taking breaks which ranged from day trips and complimentary therapy days, through to 7 night breaks. Some involved the whole family and some were breaks for the carer only. As well as immediately relieving the pressure and stress, there was ongoing benefit from the time to reflect, make new plans and understand better the caring role <i>"It was definitely needed. It was like we had kind of got back a bit of our life that we had before. So a huge thank you once again for making this possible"</i> .	42	11

Table 3 The Funded Projects

Organisation	Project Description	Amount awarded	Summary of Achievements & Outcomes	Number of Carers Benefitting	Number of Cared For Benefitting
Caring in Craigmillar	Caring in Craigmillar runs an established day care service for older people. Funding was awarded to enable two groups of older people who attend the service to go 'on holiday' to Ardgour on the Ardnamurchan Peninsula and in turn give their carers a break.	£7,103	The older people greatly welcomed their break. For them it was a welcome alternative to formal respite in a residential care facility. Going on holiday with their peers was enjoyable and had less stigma attached to it. Carers had a guilt-free break from caring whilst the person they cared for enjoyed a holiday. For some older people it was also a break from stressful family situations <i>"...getting away from all the stress made me feel calm for the first time in ages"</i>	34	18
Church in the Mount Befriending Service	Funding supported a one-to-one befriending service for older people in their own homes, living in north Glasgow. This gave carers time for themselves.	£7,982	The befriending service increased the accessibility and availability of short breaks on offer to carers and those they care for. It reduced the isolation of and increased the independence of carers and those they care for. <i>"Initially the couple were unsure about the service The husband used to be a keen artist but has lost interest. The befriender has been able to encourage him to go back to painting. The carer is really happy that her husband has regained his interest in his art work"</i>	10	10
Challenging Behaviour Foundation	Funding was awarded to provide training around challenging behaviour to family carers and short breaks staff, with the aim being for more children/young people with severe learning disabilities who are described as showing challenging behaviour being able to access short break services.	£8,978	Four training workshops were delivered to 60 short break staff over one day of intensive training. The workshops were focussed on equipping participants to successfully support individuals with severe learning disabilities (or moderate learning disabilities and autism) who are described as showing challenging behaviour. The organisation had originally proposed six four-hour workshops however organisations had reported that it was too difficult to release staff for two days so the course was condensed into one day.	0	0
Children 1st Kinship Carers	Funding was awarded to enable kinship carers and their families the opportunity to access short breaks in a cottage attached to Killin Family Resource Centre. The break included the travel costs to and from the Cottage, the services of support staff and volunteers and support from the Kinship Care Co-ordinator as necessary.	£21,563	Families were supported in taking a break and in getting support to deal with family issues. They have been able to spend time together to bond as a family which has strengthened the placement and reduced the risk of placement breakdown. Children 1st liaised with families throughout the process to ensure they are receiving the type of break and support that they need.	39	46
Children 1st Midlothian	Children 1st applied to extend and develop existing work with young carers aged 7-18 in Midlothian. The funding would enable them to expand their weekly group activities, providing a range of activities and trips. They also applied to deliver a range of city breaks which would give children living in rural areas the chance to sample city life. Finally funding was requested for two week-long residential breaks.	£14,608	Young carers benefitted from a series of residential breaks including a four night activity break at the Hopscotch centre in Argyll, a two night stay in Newcastle, a two night stay in Blackpool and a six night residential break at the Roses Project on Mull. <i>"I came here expecting to get a good night sleep because at home I don't"</i> <i>"B really enjoyed being away with the group again. I see the difference in her when she has had a break from us. The confidence boost she gets and just the time away to allow her to be herself without any added responsibility."</i>	38	35

Table 3 The Funded Projects

Organisation	Project Description	Amount awarded	Summary of Achievements & Outcomes	Number of Carers Benefitting	Number of Cared For Benefitting
Corseford School Parents Council	Capability Scotland's Corseford School provides specialist education for children and young people with complex physical support needs up to age 18. The Parent Council applied for funding for a holiday club for pupils who could then attend for one week during the school summer holiday. The funding will expand the number of places available and provide free transport.	£16,900	The Holiday Club provided a much needed break to the carers and time out for the young people. Funding enabled more spaces to be available and more children and families to benefit, along with free transport to and from the Club. <i>"The holiday club enabled me to spend time with my other children and participate in activities that S would not or could not do. It took the pressure off me knowing she was having a great time and being cared for by people who knew her."</i>	44	22
Crossroads Caring Largs	The "Time for Me" Largs and Garnock Valley project aims to improve the health and wellbeing of carers by establishing 'care hour' accounts for individual carers which give carers 30 hours of care support they can utilise as they need. This will allow carers to access more personalised breaks and longer breaks.	£11,250	The organisation set out to benefit up to 30 carers but struggled to get good uptake for the project. There was also less capacity in the team due to long term sickness. At the end of the reporting period, four carers had benefitted. The carers who did benefit did receive support in taking an extended break and living a life outside caring." <i>...her sister was delighted that Mrs N had such a good time. She felt she could relax more knowing Mrs N was well cared for and she could spend time doing things she wanted to do without worrying.."</i>	4	4
Crossroads Caring Scotland - Dalriada and Stirling	Funding was awarded to establish a new Children's Holiday Break programme. This will offer respite breaks to young people living with a disability in the rural areas of Mid Argyll, Kintyre,Islay and West Stirlingshire. The service will either be provided from the child/young persons home, or incorporate a range of activities outside of the home.	£41,040	The Children's Holiday Breaks were able to establish an active respite support project across West Stirlingshire. Families were supported with children who have disabilities ranging from complex multiple disabilities to children with learning disabilities and one family affected by a particularly traumatic bereavement of a parent. The take up across the Dalriada area was far less than anticipated. This was a totally new service and the six month timescale may have precluded referrals coming forward as readily in this area. Three families from this area were supported over the period of the grant.	20	16
Crossroads Caring Scotland - Highlands	Funding was awarded to enable Crossroads Highlands to provide personalised short breaks for carers across the Highlands through home based respite. Each carer referred will be allocated 30 hours of support which can then be taken at a time to suit the individual and the person for whom they care. It will enable carers to access more personalised breaks and longer breaks.	£40,500	The service was very successful with carers taking the opportunity to access more personalised home based respite so they could take a short break. Carers were able to use the break to enjoy their time away from the caring role - as opposed to doing the weekly shopping or visiting the doctor which is as much as can normally be achieved in the time allowed. One carer used their "Time for Me" hours to augment the help and support fit of other family members – using Crossroads staff to fill the gap. This enabled the full time carer to go on a well earned, long awaited holiday.	112	75
Crossroads North Argyll	Crossroads North Argyll received funding to develop a new home care respite service specifically covering the islands of Seil, Easdale, Luing and Colonsay. The aim was to support more remote and island carers through providing flexible short breaks, daytime and overnight respite.	£16,399	Isolated carers were able to access a flexible respite support service which let them take the short breaks they needed. The service offered home care respite during the day, at evenings and overnight to carers caring for someone at home with heavy care needs. The support enabled carers to have time to themselves, be less isolated, have a few good nights sleep, to visit family and be less stressed. <i>"I can go to Oban not worrying about leaving her alone, being able to take my time has been such a stress relief"</i>	12	12

Table 3 The Funded Projects

Organisation	Project Description	Amount awarded	Summary of Achievements & Outcomes	Number of Carers Benefitting	Number of Cared For Benefitting
East Lothian Special Needs Playschemes	Funding enabled the organisation to provide 20 days of playscheme provision for up to 20 children with severe and complex needs in the Easter and summer 2011 school holidays. This in turn provided 20 days of respite for the families of the children who attend.	£21,640	The Playschemes ran over Easter and Summer and gave families the opportunity to have up to twenty days of respite whilst the children and young people had fun in a familiar environment. Carers and family members were able to have a short break from their caring role safe in the knowledge that their child was happy and well looked after in a familiar and safe environment <i>"We have two other children and the Playscheme allows us to spend time with them"</i>	21	21
East Lothian Young Carers	ELYC received funding to establish Time for Me which will provide short breaks to young carers aged 11-21. They will be offered regular breaks from caring young carers club sessions. The clubs will provide a safe environment where young carers can have a break, meet up with other young people and make friends. Additional short breaks will be offered through Family Short Breaks which will enable families to spend quality time together through purchasing a break which suits them.	£23,733	Regular respite places were available to young carers in three young carers clubs. Young carers self-esteem and confidence grew and they appeared more settled, interacted better with other young carers and took part in club activities. The family short breaks were a new development for ELYC and were a huge success. This enabled young carers to spend quality time with their families sharing experiences together creating positive childhood memories. <i>"... (the trip) allowed Jane's mum to feel like she was part of the family again, doing something with her children because had been feeling isolated being housebound for so long. Jane enjoyed the trip because she was able to be a child for the day and not her mum's carer."</i>	57	26
Edinburgh Young Carers Project	The Edinburgh Young Carers Project was funded to deliver a series of activity and adventure breaks for young carers aged 10-18 from across the city. This included Hopscotch holidays, and Camp and Trek breaks in Skye as well as attendance at Young Carers Festivals. Each year EYCP tries to make sure that the breaks are offered to carers who have not previously been involved.	£14,300	EYCP organised residential breaks for young carers to the Young Carers Festival in Southampton, to Hebridean Pursuits on Mull and Camp and Trek in Skye. The activity breaks enabled them to develop their self esteem and confidence, develop peer relationships, and in the longer term help them to cope with their caring role. It also gave the young carers the opportunity to be 'young' and having fun <i>" I loved the festival and it was good to be with other young carers who just understand where you are coming from"</i>	41	43
Enable Scotland	Funding was awarded to support older carers caring for someone with a learning disability to have a break. The project provided direct funding of up to £300 to enable individuals and families to purchase a short break. The funding also included a series of 6 regional road-shows across the Enable branch network which would showcase and promote different respite options.	£28,455	Enable provided direct grants for carers and their families to enjoy either a break together or apart. 78% of family carers were aged 50 or over. Through the road-shows Enable directly supported family carers to develop their knowledge and understanding of different kinds of respite options to encourage them to take a break which would really benefit the family or individual. Carers reported immediate and sustained benefits from the funding, due to the support they received in learning more about short breaks and through now being better supported in their communities.	98	64
Glasgow South East Carers Centre	The Young Carers project within the Centre received funding for a wide ranging activities programme and age appropriate weekly group meetings – all which provide respite to young carers aged 8-18. It will also fund residential trips. The programmes of activities were all identified by the Young Carers themselves and included football, first aid and swimming programmes.	£10,000	Over the summer the Centre provided a substantial summer holiday programme, providing 4 outward bound days. The grant also provided a small budget that was used to provide one to one or peer support to Young Carers identified in need of additional support. The activities programme allowed them to meet both the unique and the generic needs of these young people to be just that, children and young people.	92	3

Table 3 The Funded Projects

Organisation	Project Description	Amount awarded	Summary of Achievements	Number of Carers Benefitting	Number of Cared For Benefitting
Helensburgh and Lomond Carers	Funding was awarded to improve the health and wellbeing of hard to reach adult carers in Helensburgh and Lomond, particularly those living in remote rural areas through providing them with opportunities to take a short break from their caring responsibilities. This included 3 weekend trips and evening trips as well as a carers lunch.	£6,402	Three weekend respite breaks for carers were organised at Dalmellington House, and theatre and restaurant outings arranged for carers living across the area. As well as giving carers a break it also relieved their sense of social isolation, stress and anxiety <i>"I now feel I have more patience to care for my daughter when I go home"</i> . The organisation also recorded more carers engaging in activities with other carers through getting to know each other on the residential respite breaks.	84	0
HIV Aids Carers & Family Service Provider	Funding was provided for families living with HIV or AIDS to access a holiday at a caravan owned and run by the organisation sited in Seton Sands just outside Edinburgh. Families will be supported in accessing the breaks and all site passes will be provided so that they can enjoy all of the amenities	£3,450	Carers and family members had the opportunity to have a short break away from the day-to-day stigma and discrimination often experienced by many affected by HIV or substance misuse. Carers had an opportunity to recharge their batteries from their role of caring. Carers and their children had an opportunity to re-bond as a family unit together. <i>"we needed this time together, this has been a difficult few months for us"</i>	67	144
Inclusion Group	The Inclusion Group received funding to deliver two kinds of support and short break services to young adults with additional support needs (including ADHD, Autism, Down's Syndrome, physical disability, etc.) and their families. These were: short breaks for individuals with additional support needs: each break will be individualised to the young person's specific needs and aspirations. And/ an Evening Club offering group sessions for 20-30 young people run by experienced staff.	£18,682	The Inclusion Group were able to establish a Friday night Kaleidoscope group, a Tuesday afternoon 'Energy Group', an 'Art Attack' Group on a Friday afternoon and a monthly Smile Disco. They also ran drop in groups on a Saturday and Sunday night so the young people could watch X Factor together. These sessions enabled young people to feel 'equal' and have a social life, whilst giving their families a break from the pressures of caring. The Short Breaks Project also enabled young people to design, plan and budget for their own individual short break. Carers were able to plan their time and do things they wanted to do - both during the weekly group sessions and during the short break residential. Some of these carers had never had this length of break before.	100	50
Interest Links Borders	Interest Link Borders were funded to increase their services to children aged 8-16 with learning disabilities, and their carers. The short breaks will involve children accessing mainstream out-of-school activities by being linked 1:1 with compatible adult volunteers with whom they will meet up regularly. Typical activities will include drawing & painting, going to local practice golf range, cinema, cycling, going out for lunch or tea, modelling & craftwork, local events, walks, feeding the ducks, swimming, shopping, dance classes etc.	£21,999	Interest Link was able to create 13 new befriending links and increase the families registered with them for services. The children and their volunteers have met up regularly to do a variety of activities. There was also a staff-supervised group which involves 7 children with learning disabilities aged 10-14 and 6 young volunteers aged 13-17. In turn, respite was provided for families and carers improving their physical, emotional & mental wellbeing and enabling them to sustain their caring relationship over the long term. <i>"D looks forward to Cs visits", "is excited when C is due" and "is happier and more relaxed than normal for the few days after Cs visit". She says that "D can be quite emotionally draining but when he's happier after seeing C that has a knock on effect on the family"</i> .	23	23

Table 3 The Funded Projects

Organisation	Project Description	Amount awarded	Summary of Achievements	Number of Carers Benefitting	Number of Cared For Benefitting
MECCOP	MECCOP was funded to establish a culturally competent short breaks/respite service to Minority Ethnic carers caring for an adult or adults aged 25+ resident in Mid, East and West Lothian. The service was also be piloted with carers in the Polish community in these authorities and Edinburgh.	£28,155	MECCOP were able to establish and pilot a short breaks service to Black and Minority Ethnic carers resident in Mid, East and West Lothian which raised awareness of the benefits of short breaks with BME carer and built their confidence in accessing a short breaks service. This pilot was able to establish the need for culturally competent short breaks services and this will be used to inform ongoing work - despite difficulties in recruiting suitable staff and the short project timescale.	6	6
Mid Argyll Young Carers Support Project	Funding was awarded to enable the organisation to provide a safe and welcoming place for young carers to come to, to meet with their peers and have adults on hand to offer support and guidance, listening to their issues and acknowledging their responsibilities. Funding also enabled a range of trips and activities across Argyll & Bute and Strathclyde to take place.	£7,000	MAYC were able to implement a monthly series of trips and activities with the young carers they support. The trips gave young carers a chance to meet up with friends and do things that they have never done before. And importantly it helped them to live a life outside caring. Many parents have commented on what a great help it has been and a relief to them knowing that their child is having fun with friends and not worrying about their home life	20	10
No Limits Sports Club	The No Limits Club exists to promote sport for disabled children living in or around West Lothian. Funding enabled this group to undertake an activity holiday for a minimum of 20 people (10 carers and the people they care for), at the Calvert Trust holiday centre in Kielder.	£6,690	The project enabled people with disabilities, their carers and families to enjoy a holiday in a safe, supported and fully adapted facility at Kielder in Northumberland. Carers had access to a hydrotherapy pool, sports hall, pool table and lounge bar and snoozelum room. Carers were able to have a break and make new friendships. People with disabilities were able to develop their independence and abilities, and new friendships and peer support.	22	18
PLUS	The project aims are to support children and young people with disabilities to regularly access mainstream youth clubs and groups, uniformed organisations, sporting and music groups in their own communities. This will give a much needed break for carers and other family members whilst giving children with disabilities the opportunity to integrate with their peers, develop social skills and have fun.	£23,628	The "Count Me In" Inclusion Project provided 14 children with disabilities with 230 short breaks, where they accessed existing 'mainstream' youth clubs and organisations. Partner organisations included Plean Guides, The Rock Project, Dunblane Boy's Brigade and Raploch Youth Space. <i>"Lewis doesn't have social opportunities outside school. At the after school club Lewis is now able to spend time with his peers and that is really important to us. It's also great to have time on an evening to catch up with Lewis's brother and find out how he is doing"</i>	25	14
PRTC Stirling Carers Centre	The Stirling Young Carers centre received funding to take a group of young carers on a trip to Alton Towers. These young carers consistently request short breaks as being important to them as it enables a proper break from caring. It will build their confidence, give them many new opportunities and over the trip they will forge friendships and get peer support.	£4,834	The young people helped to organise the trip which was very successful. It gave young people the chance to be a child and do things that other children experience. <i>"That they can say they got away from Stirling and they went somewhere in the holidays when talking to friends."</i> And within the group setting were able to explore what it means to be a young carer <i>"A lot easier to understand my caring life and how much I care"</i> . They are now fundraising for next year!	30	0

Table 3 The Funded Projects

Organisation	Project Description	Amount awarded	Summary of Achievements	Number of Carers Benefitting	Number of Cared For Benefitting
Quarriers Glasgow South West Caring Centre	Funding was awarded for a Respite Fund Support Programme to support carers to enjoy a life outside their caring role through enabling carers to purchase respite care on a short term or one off basis. Each carer received up to £450 each to purchase respite care or short breaks of their choosing.	£15,918	The carers who accessed the Respite Fund reported feelings of not being able to cope as their reason for seeking support. All were devoting more than 60 hours a week to caring for a family member. Different types of respite were accessed from care at home, to befriending, to residential care. The project was able to prevent carers reaching significant crisis points and assist them in sustaining their caring role through the short break. <i>"I really appreciated this period of help and respite. It gave me a bit of breathing space"</i>	27	41
RASCALS	RASCALS received funding to develop two areas of their work. Firstly to develop the existing out of school care provision which provides respite services for children and young people with disabilities and their families. They also wished to deliver respite provision to families over the summer school holiday period through a Summer Playscheme as the organisation had identified that this was a very stressful time for the families.	£9,900	RASCALS identified families in greatest need of respite, due to the support needs their children have who then accessed summer provision which provided day long respite for 53 immediate parent/carers. This service development was very popular and they aim to continue this summer holiday provision as this is a much needed service for when the children/young people are not attending school. <i>"I wouldn't be able to cope without RASCALS, I look forward to the days he attends so I can do things with his brothers and have a rest"</i>	78	30
Respite Fife	Respite Fife received funding to initiate a Breaks project which would pilot emergency and short term respite. This would provide carers a few hours rest from caring that carers could access easily, at short notice, and which would not interfere with their annual allocation from social work. This would enable carers to respond to family emergencies, and enable carers to be supported at times of stress or crisis.	£7,525	The Mini Break Service was established and promoted across Fife with families supported in accessing a short break. Some families are only able to access planned respite for a few days at a time, perhaps only twice a year. For these families being able to get some additional support, even for just a few hours when things become really stressful, has made all the difference. <i>'As soon as you picked him up I went straight back to bed, I was so tired.'</i> Although their aim was to provide extra support to the carers, they have also tried to ensure that it's also a meaningful and enjoyable experience for service users – an opportunity to experience new things, to try new activities, or to visit new places.	32	32
Roses Charitable Trust	The Roses Charitable Trust operates an outdoor centre on Mull. Funding was awarded to the centre to enable them to provide residential activity breaks for three groups of young carers.	£16,500	56 young carers accessed residential activity breaks at the Roses Centre but limited feedback has been provided regarding where young carers came from, the groups they attended with and how the weeks were structured to give them maximum benefit. Shared Care Scotland has been actively following this up.	56	0
Saturday Cafe	The Saturday Café Holiday Club were funded to provide a summer playscheme which would deliver a range of play, sport and drama opportunities for 24 children and young people daily who have Additional Support and Learning Needs (ASLN) over the 5 week holiday period. This in turn provides respite for carers and siblings of the young people.	£6,915	The Saturday Café Holiday Club provided play, sport and drama opportunities for children and young people daily over the holiday period. The young people benefitted from being with their peers and having fun. Whilst this break is essential time out for families, it also helps in very practical ways. Many carers reported being able to sustain their employment, due to the holiday clubs reliability, a major concern for carers throughout the holiday period. <i>"The summer break is long for any child, but especially so for an Autistic child – the club made that much better"</i>	50	24

Table 3 The Funded Projects

Organisation	Project Description	Amount awarded	Summary of Achievements	Number of Carers Benefitting	Number of Cared For Benefitting
Scottish Huntington's Association	The SHA Youth Service received full funding for their 5-day Summer Youth Camp. The customised programme of outdoor activities will include mountain biking, canoeing, a campfire, drumming workshops, talent contest, one-to-one and group sessions with a Scottish Huntington's Association Counsellor, and group discussions on the issues surrounding Huntington's disease and being a young carer.	£26,590	The SHA invited all young people they currently work with who are living with a family member who has HD. Young people reported that it was beneficial for them to spend time with their peers and escape caring responsibilities at home. <i>"It's great to get away and meet people in the same situation"</i> . 91.9% of young people reported that throughout camp they felt recognised, valued, respected and empowered	49	0
Scottish Huntington's Lothian	The organisation received funding for a retreat weekend for carers, young carers and those cared for suffering from Huntington's Disease. The weekend will provide opportunities for relaxation, a break from caring but also group activities. It will build support networks and enable all involved to explore issues in a supported environment.	£5,420	The Retreat Weekend enabled Huntington's families to have a time in which they were to feel special, to be provided with relaxation, to choose activities or join in games with others, to be cooked and cleaned for, to be able to talk in privacy or in groups to others who understood their concerns, all in a safe, attractive environment. The break re-energised them for the continuing task ahead of them. <i>"Having the time and correct space to talk to my friend about her illness"</i>	16	10
SOAR	Funding was awarded to provide care to young people with disabilities from across Caithness and Ross-shire during the school Easter and Summer Holidays by providing an out of school club. The clubs will provide a wide range of activities including swimming, horse riding, ice skating, cinema trips, drama workshops, & cooking.	£21,098	Young people, aged 5-25, who are isolated by rurality and disability were able to come together socially in a relaxed atmosphere at weekly groups throughout the year, while their carers enjoy a break from caring responsibilities. Young people were able to choose from age and stage appropriate activities. At the same time parents/carers benefitted from regular periods of respite which allowed them time to themselves which helped their health and well being.	140	71
South Lanarkshire Young Carers Network	Funding was awarded to develop new service provision (trips and holiday activities) for young carers from March – September 2011. This period covers both spring and summer breaks as social isolation can be increased during school holidays. The funding will also be used to develop a range of weekly and residential activity groups and a new group in rural South Lanarkshire (Douglas and Nethan Valley) where young carers were particularly isolated due to lack of services.	£19,571	Young carers from across South Lanarkshire were able to take a break from caring and come together with other young carers for fun and friendship. They took part in a range of day trips and two residential trips. The funding also enabled a new group to be established in the more rural Douglas and Nethan Valley areas of South Lanarkshire. This group was for those young carers who lived too far away to access any of the other groups and services and they were able to meet and organise their own day trips. <i>"I took part because I needed a break from caring for my mum who is physically disabled"</i> . <i>"I was pleased that my daughter got out with other kids of her own age that are going through the same as her"</i> .	118	118
Speyside Trust	Funding was awarded to the Badaguish Centre to pay for residential outdoor adventure holidays for young people with a range of disabilities from across Scotland.	£27,450	The project enabled 15 children and young adults living with degenerative muscle disorders, including muscular dystrophy to access a 5-day activity holiday at the Centre. The other places were allocated to children and young adults with learning and multiple disabilities from across the Highlands. Most of the children attending had never had a residential break away from home on their own without their family, and relished being in a group setting with other young people.		28

Table 3 The Funded Projects

Organisation	Project Description	Amount awarded	Summary of Achievements	Number of Carers Benefitting	Number of Cared For Benefitting
Star Youth Club	Funding was awarded for a residential outdoor education weekend for Star Youth Club members who have a range of disabilities and support needs. The weekend will build confidence, provide access to new activities, promote independence and life skills and provide an opportunity for members to spend time away from family.	£5,000	The weekend provided much-needed respite for carers, particularly those who are reluctant to access more formal types of short breaks. The young people were supported to try new experiences, have fun and learn from each other. For parents and carers the weekend provided much needed and appreciated respite.: <i>"A well timed break for everyone", "Spending time with my other son", "Piece of mind, got time to do things which had to be done!"</i>	16	16
Support in Mind - Edinburgh Carers Support Project	Funding was awarded to enable them to send carers to a Stepping Out®™ short residential respite breaks for carers. Stepping Out®™ residential provide a flexible break where carers have opportunities to take part in group activities, therapeutic activities, learning and educational activities, outdoor and social activities or to take the time out and use it as they so choose.	£5,978	Twenty carers participated in the weekend and recorded strong feedback on the benefit to them. They welcomed having a break, being supported by peers and having a chance to reflect and relax. <i>'Getting away definitely improves the relationship (with cared for person). I feel better able to carry on. I feel breaks are essential to go on caring, also help with my health and sense of wellbeing.'</i>	20	20
Support in Mind - Charlie Reid Centre	Funding was awarded for a Mental Health Carers Respite Initiative, focused on supporting carers who support someone with a mental illness which includes Schizophrenia and Bi-Polar Disorder. This gave the carers a break from caring through a one-day event with the theme of positive mental health which include alternative therapies; a short break respite residential for carers to attend together, and a short break fund which will support carers to plan & undertake at least one short break of their choosing.	£7,613	The Charlie Reid Centre was able to deliver a comprehensive short breaks package to carers of people with mental health problems through the therapy sessions, day trips, the residential and the direct grants for carers to purchase their own breaks. 86% of carers felt that the support had helped them to better cope with their caring role with 76% of them feeling more hopeful about the future. <i>"Getting a break refreshes your outlook, getting advice from other people, which you can pass on."</i> <i>"I am more relaxed, less stressed; the person I care for will not pick up on my stress."</i>	63	27
The BIG Group	This user-led group applied for two respite opportunities – a spa weekend and an activity day – to benefit people with acquired brain injury and their carers.	£7,264	The activity day was hugely enjoyed by both people with ABI and their carers. It was both team building and confidence building, leaving people feeling part of a group, reducing their social isolation. The spa weekend enabled carers to have time with other people in a similar situation, exchanging experiences. All felt better emotionally to carry on their duties as carer as well as having benefitted from having been able to talk through specific difficulties. <i>"found it difficult to relax and switch off from caring role initially, but as the weekend progressed found relaxing becoming easier. It has shown me how tense I have been and has highlighted the importance of having some time to myself"</i>	24	15

Table 3 The Funded Projects

Organisation	Project Description	Amount awarded	Summary of Achievements & Outcomes	Number of Carers Benefitting	Number of Cared For Benefitting
The Yard Adventure Centre	Funding enabled the Yard to establish a weekly social club for young adults with a wide variety of disabilities. The club will give young people aged 18-26 the chance to have independence and freedom from their parents/carers whilst still benefitting from the support of the club staff and volunteers. They are able to make friends and to socialise.	£8,761	Young people with additional support needs greatly enjoyed the opportunity to socialise with their peers and the chance to build support friendships. This helped them cope with the transition from being a child to being a young adult. All the activities are geared towards building members' friendships, co-operation, confidence and self-esteem in various environments and social situations. Parents and carers of young adults with additional support needs greatly welcomed the short break, especially with the young people coming to a Club they really enjoyed. They reported improved health and well-being as a result of regular weekly break from caring.	18	18
Y Sort It	Y Sort It was awarded funding to organise two Young Carer Camps for young carers aged 12-18 from across West Dunbartonshire. The camps took place at the Ardoy Outdoor Centre, and included a range of outdoor activities, art and crafts, games and time to relax, whilst have a break from everyday caring activities.	£13,275	The Young Carer Spring and Summer Camp enabled young carers to have a break away, to recharge and alleviate the worries and stresses of their daily caring role. Furthermore, the camps provided an opportunity to build on the relationships between young carers and they became more confident to talk openly to each other about their day-to-day life, sharing experiences with their peers.	30	28
Young Carers Network	East Dunbartonshire Young Carers Network received funding to run a TRANSITIONS project in partnership with Carers Link who supports adult carers. The TRANSITIONS project will help facilitate the transition from children to adult services for young carers aged 16-25 through access to 'time-out' activities and short breaks for young carers, a peer-support network for this age group, and direct funding for spot purchasing of breaks and respite.	£38,437	YCN and Carers Link worked closely with the young carers and identified a number of group activities to provide them with opportunities for respite, as well as helping them to develop skills for the future. The respite activities included courses which could develop life skills such as Budgeting, Cooking, Emergency First Aid, and Relaxation. Direct grants were made available to young carers to help them purchase short breaks which would help them not only take a break from caring, but also help them with growing up. The young carers who have benefitted from the additional resource have been able to develop their ability to make sense of the adult world. For many this support will provide them with the confidence to continue their caring roles into adulthood.	17	7

4. Delivery of Principles of the Fund

4.1 The principles of the Short Breaks Fund:

- Funding will be targeted to those most in need of support and/or those who are less likely to access current support;
- Funding will provide tangible outcomes for carers and those they care for, improving their quality of life, health and wellbeing;
- Funding will be allocated where there is mutuality of benefit, i.e. the benefit to the carer and those they care for are clearly defined;
- Funds will support the personalisation agenda, providing early intervention, choice and the tailoring of service provision to meet the needs of individuals
- Funding will complement but not replace statutory provision.

4.2 Areas of Strength

As has already been seen in sections 3 and 4 the funded projects increased the availability, accessibility and range of short breaks available. At an individual level they have provided tangible outcomes for carers and those they care for.

Aside from delivering outcomes, the projects collectively showed particular strengths in the delivery of the following principles of the Short Breaks Fund – mutuality of benefit, supporting personalisation and choice, and being complementary to statutory provision. These will be discussed here. Their collective contribution to the delivery of the Short Breaks Fund Outcomes will be discussed in section 6.

4.2.1 Mutuality of Benefit

Mutuality of benefit came across particularly strongly in the monitoring and evaluation reports submitted despite the organisations not being specifically asked to report back on how they benefitted both the carer and those they care for. However, when asked 'what difference your project makes' they were able to describe the impact on both the carer and the person they cared for.

Some projects set up to provide activities for the cared for e.g. specialist playschemes for disabled children, weekly groups for people with learning difficulties, holidays for young people with disabilities etc. These applications applied from the perspective of the 'cared for' with the intention of providing a natural break for the carer and the rest of the family. Projects were inherently set up to be mutual in their delivery. However, mutuality of benefit was recorded and reported back strongly across all projects, including those set up specifically to support a carer in taking a short break.

Lothian Autistic Society received funding to organise a five day residential adventure holiday for children/young people with autism and their parent or carer. The break was designed to give the child the opportunity to experience a new environment in which they could build confidence and socialisation skills within a

well-structured, safe environment and have some fun and make friends. The parents or carers of the children were also able to have a break, to make friends and establish some information support networks through spending time with other parents in similar circumstance.

“I have no photos to share as A smashed my camera and my glasses- a really bad day. She was diagnosed in May and I haven't cried but that day everything came out and I just could not stop crying. Best thing about it was that so many of the parents came up and sat with me and talked to me, which definitely made me feel not alone. Everyone helped each other. When we put the kids to bed and every night us parents sat in the sensory room and chilled. There were 3 girls and 18 boys on the trip and I am in contact with the 2 girls mums and have some of the other mums on Facebook. Thanks so much for a fab experience. A told me she had friends at last - which tugged at my heart”.

Carers experience of residential holiday

Quarriers Glasgow South West Caring Centre received funding to establish a Respite Fund Support Programme which provided carers with up to £450 each to purchase respite care or short breaks of their choosing. The carers who benefitted were all reporting difficulties in coping and all were devoting more than 60 hours a week to caring for a family member. Different types of respite were accessed from care at home, to befriending, to residential care.

Barriers to accessing respite were not always financial. Many carers were nervous about leaving a family member in someone else's care. By offering short breaks suited to the individual needs of carers and those they care for, the Respite Fund introduced the option of a short break gently and in an accessible way.

Almost all of the carers who had previously not used respite before were more confident to try other respite options. All carers told us that the relatives they care for benefitted. These included enjoying meeting new people coming to the house, the cared for person getting out and meeting other people in the community, and having a chance to do new things.

One lady in her late 70's cares for a husband with physical disabilities, medical problems and dementia. She was advised by her doctor to seek respite as her health was beginning to suffer because of her caring responsibilities. The Respite Fund enabled her to organise a befriender to take care for her husband whilst she took a break.

Case study from Quarriers Glasgow South West Caring Centre

4.2.2 Complementing Statutory Provision

It is not surprising that all of the projects funded were additional and complementary to statutory provision. Round 1 funded short term solutions through eight month long projects. There was a dominance of holiday and residential projects as well as activity based projects. These were inherently one off solutions providing access to a short break opportunity at that point in time. 47 of the 60 funded projects were time limited pieces of work, mostly based around additional short break activities, holidays and respite opportunities. Only 13 were services (existing and new) which provided directly respite or short break opportunities and which required the creation of an intervention which could have had more potential for statutory overlap.

The “complementary” nature of the projects funded is interesting to note. Funded projects were being run by voluntary organisations which were motivated and driven by the needs of carers and/or those they care for. They were close to where the need was and able to respond to that need in a more creative and flexible way. They were also trusted and known by the families they worked with, enabling them to pilot more creative solutions which could well complement the existing provision being provided through statutory services.

Respite Fife offers a good example of being able to test a new way of working which complements well their existing services which are funded by the local authority. They received funding to establish a Mini Breaks Project which provided emergency and mini respite care opportunities for people with learning difficulties and their families. The mini breaks project was able to provide a few hours break to carers when they needed it. They were able to respond to family emergencies to allow carers to attend family events where it was not suitable or appropriate for the cared for person to attend, i.e. funerals, hospital appointments etc. They also were able to provide a means of support to carers who do not feel ready to access overnight respite but who desperately need a few hours rest. The need from this had emerged through discussions with the families using their current local authority funded weekend respite services.

The families using the existing Respite Fife weekend services are funded through Social Work who have assessed the needs of the family and from this allocated an annual amount of overnight respite. This respite can then be taken through Respite Fife. As an example a family might get 15 nights throughout a year. Some will plan this out and book ahead, others will keep some nights back for when they need it. But the overnight service might be full up when that need arises as there are only so many places available. Mini breaks are completely additional and enable an additional and flexible solution which is more responsive to need. Support staff are on hand to provide activity based support to the person with the learning difficulty – this could be going to the cinema, attending activity or group sessions, going on a day trip etc. This lets the carer have the break they need, when they need it.

For these families the knowledge that they can get some additional support, even for just a few hours when things become really stressful, has made all the difference.

“Purely giving extra help, support and breathing space.”

“As soon as you picked him up I went straight back to bed, I was so tired.”

Another way in which projects were complementary was in being able to pick up on issues which should be addressed through existing statutory services and sign post carers or those they care for into these.

4.3 Areas for Improvement

We cannot expect an initial tranche of short term projects to be exemplars in delivery of all the principles and going forward there are areas where funded projects working on a longer term basis, with more time and resources to hand, could make more inroads into tackling barriers to access to short breaks and enabling more flexible and personalised solutions to come forward.

The areas for improvement here are perhaps the harder nuts to crack and ones which are most important for ensuring equality, accessibility, availability and flexibility of support.

4.3.1 Delivering Personalisation

Whilst this is presented here as an area for improvement, there was evidence across over half of the funded projects of personalised, responsive solutions were being delivered. The Respite Fife project mentioned above is inherently demonstrating more flexible and personalised support services as well as complementing statutory provision.

Funded projects provided more evidence of delivery of personalisation agenda in the telephone calls so it might well be that projects were not asked strongly enough to report on this. Had they been asked specifically to report on this, they may well have presented stronger evidence.

Young carers projects did present strong evidence of involving young people in the planning and delivery of services and of having a culture of being responsive and inclusive in their practice.

East Lothian Young Carers received funding to establish Time for Me which provided short breaks to young carers aged 11-21 through weekly young carers club sessions and also through enabling young carers to access funding for Family Short Breaks. They also had support from staff in accessing the funds for Family Short Breaks and planning out how it could help them and their family spend quality time together. The additional support offered by the Family Short Breaks differed according to each family's requirements but examples included purchasing a sitter service to allow the young carer to spend some quality time alone with a parent, or providing transport to enable a family to be able to travel to an activity. Their project was very much based on the needs of the young people.

“Although the benefits of respite to young carers are also acknowledged this has not been reflected in planning and therefore the availability and choice of respite options to young carers is very poor. Young carers respite needs are different to those of adult carers. The traditional respite model where the carer leaves the family home or the person being cared for leaves the family home is not the type of respite young carers have expressed to us they want. The majority of young carers we support are caring for a parent or sibling and are concerned that their family unit stay together and do not want respite to involve the person they care for being away from the family home. The project worked to overcome the barriers young carers face in accessing services. Young carers and their families can be very wary of outside support as they can be worried about what will happen when a young person is identified as a young carer. Project staff worked closely with families and young carers to reassure them and help them to access the respite offered by the project. When organising family breaks staff supported young carers and their families to ensure their day out was a success.”

Extract from East Lothian Young Carers monitoring report

But it wasn't just young carers services which were providing more personalised and appropriate services, driven by the needs of those they worked with. Caring in Craigmillar runs an established day care service for older people. Funding was awarded to enable two groups of older people who attend the service to go 'on holiday' to Ardgour on the Ardnamurchan Peninsula. But this was not just about having a nice time. Caring in Craigmillar had identified that the families caring for the older people were often at breaking point. Some families get access to residential respite and whilst the older people attend because their families need a break, they do not enjoy it. Structuring a more welcoming break through a group holiday worked on many levels:

“Older people are living longer and some of their carers are caring for quite an extended period of time and some are pensioners themselves and have their own health needs. Respite options are limited for our families, they do get some day care, some care at home but mainly residential respite. Our older people do not like residential respite, it feels very institutional and not what they would choose. It's far nicer to 'go on holiday' or 'have a day out'. And when they are doing this, it's with a group of peers and many make friends which reduce their isolation when they come home.”

Midge Lamb, Manager Caring in Craigmillar

Carers of East Lothian piloted a Short Breaks Bureau model for people with learning difficulties and their families, and people with multiple sclerosis and their families. Both groups were experiencing gaps in service provision. Whilst funding was on offer to enable carers and those they care for to purchase breaks, they also invested in staff time to support people – purely to enable people to put into place flexible, person centred short breaks:

“Our service was all about being person centred. We started with a blank piece of paper with each caring relationship, with no preconceived ideas of what we would help put into place. We worked around what people wanted and needed and were open to change.

People have an idea about what they want to do but things change e.g. people, health changes, relationships relatives change, people change their mind etc. For it to be successful, the break needs to reflect this and meet the needs of both parties.

As an example we were assisting an older couple in their eighties who were caring for their son who was in his fifties. When they had a break they went as a family and the son shared their room. This is always what they had done. This is what the parents wanted. But we met with the son and spoke with him. He expressed that he wanted to go on holiday on his own so we supported him in discussing this with his parents. His Mum was not keen and concerned about this. So we supported her, helping her address her anxieties and be more confident in her son. In the end the son got his holiday and Mum was proud to have had a break on her own. We could not have done this without listening to the needs of all involved and supporting them to meet them.”

Carers of East Lothian

4.3.2 Targeting and Prioritising Those Most in Need

There is clear evidence that projects have benefitted many carers and clear evidence that those carers needed a break in order to sustain their caring. These carers were ‘in need’.

But very few projects were reaching out beyond their existing memberships or clients. The majority were working with existing client groups and memberships, using existing structures within their organisations. They had an already identified group of carers needing a short break.

This was perhaps inevitable given that funded projects had to hit the ground running quickly. The Guidance or Applicants in Round 1 has asked that projects be ready to start in March and have a clearly deliverable project plan. The assessors and the GAP were then prioritising projects which presented strong plans and had a clear idea about whom would benefit.

4.3.3 Reaching the Hard to Reach

In Round 1 there was no clear definition of ‘hard to reach’. It was indicated in the guidance that hard to reach could include carers and their families from minority ethnic communities as well as carers living in rural or remote areas whom may struggle to have access to services. This reflected Caring Together: The Carers Strategy for Scotland 2010 - 2015 where it was recognised that both such groups can face barriers to accessing services. But the Carers Strategy also recognised that carers and those they care for are as diverse as the rest of our population. Providing accessible and appropriate short break services may require different solutions for different groups of people. Since there was no clear definition of hard to reach, and since projects were predominantly working with populations they already were supporting, Round 1 has not made any significant contribution to this key principle of reaching the hard to reach.

Of the projects funded through Round 1 of the Short Breaks Fund, 12 were providing services to hard to reach populations as defined within the Carers Strategy i.e. minority ethnic carers and carers living in remote or rural locations. 10 of these were operating in remote rural areas of Scotland with some evidence of putting in place different solutions to meet particular needs e.g. providing transport, funds for transport, providing extended respite hours so carers have time to have a break etc.

South Lanarkshire Young Carers Network received funding to develop a range of weekly and residential activity groups and a new group in rural South Lanarkshire (Douglas and Nethan Valley) where young carers were particularly isolated due to lack of services. They took part in a range of day trips to the Edinburgh Festival, the Xscape Activity Centre and even Deep Sea World. There were two residential trips to Lochgoilhead and Wiston lodge which enabled young people to take part in a wide range of outdoor and team based activities. For some it was the first time they had spent the night away from home.

"I took part because I needed a break from caring for my mum who is physically disabled. B was pleased that "my daughter got out with other kinds of her own age that are going though the same as her".

In terms of providing accessible and culturally relevant services for minority ethnic carers and their families, only one application was awarded funding specifically to benefit this group of hard to reach carers.

MECOPP received funding to establish a culturally competent short breaks/respite service to Minority Ethnic carers caring for an adult or adults aged 25+ resident in Mid, East and West Lothian. The service also set out to pilot the service for carers in the Polish community. The culturally competent care services would be provided through fully trained care assistants, recruited within and from the relevant communities to ensure that the language and cultural needs of service users are met in the most appropriate manner.

The MECOPP Short Breaks Service was established and did benefit families. Indeed, MECOPP discovered that the families they were supporting needed more support than originally anticipated – mainly since they were not in receipt of any support and many were in a co-caring situation.

Mr X is 76 years old and cares for his wife who has multiple health problems including an ongoing heart condition, blood disorder, hypertension, breast cancer, severe arthritis and limited mobility as a result of a knee replacement. Mr X is, himself, in extremely poor health with again with multiple health conditions including early dementia, arthritis, severe asthma, a heart condition and the ongoing effects of contracting tuberculosis at a young age. Neither understands or speaks any other language apart from Arabic which is their mother tongue. Their children no longer live with them and are not actively involved in their care.

MECOPP was able to recruit an Arabic speaking care assistant for this family and have been providing a service over the period of funding. In addition to receiving assistance

with a range of personal and practical care tasks, support has also focussed on encouraging a range of social and leisure activities. At their three month review, the feedback was extremely positive with the carer stating that the quality of his life had changed for the better and that his relationship with his wife had also improved:

“I feel both physically and emotionally strong and now I can really enjoy Arabic tea with my wife, it felt like one of the endless chores before”.

However, MECOPP did face some challenges in establishing this service in the short timeframe of Round 1. These difficulties are partly symptomatic of the challenges of establishing a new service in a short timescale, but they also reflect that setting up a service which is about tackling barriers, will inherently mean taking time to overcome these barriers.

The specific challenges for MECOPP were:

- Recruiting appropriate staff: the project faced particular difficulties in recruiting staff from the appropriate cultural background.
- Implementing Safeguarding: delays were experienced in securing PVG clearance for the new staff recruited, without which they could not start working. In addition staff required to be properly trained.
- Building a sustainable framework of support for families: MECOPP soon realised that the care needs of clients were significant and might not involve a short term intervention. The timescale of the project was too short to be able to implement sustainable support for clients – either through direct payments or referrals into local authorities. Local authorities were also expressing concern since they did not deem the care needs of clients significant enough to merit respite support from them on a longer term basis.

Going forward MECOPP has taken the learning from the Short Breaks Funded project into a new package of work in supporting carers, with funding from the Scottish Government Self Directed Support monies and Health Board Change funds. This builds on one of the key objectives of the original short breaks project which was to assist beneficiaries to apply for direct payments as a means of purchasing a short breaks service.

"The experience of developing and delivering a service in such a short space of time has been both challenging and rewarding. Challenging in the sense that referrals took off once the funding period came to an end and rewarding to hear that where it was delivered, the difference it made to people's lives."

Suzanne Munday, Director, MECOPP

5. The Difference Made – Outcomes and Impact

5.1 The Outcomes of the Short Breaks Fund are:

- Carers and those they care for will have improved physical, mental and emotional well being;
- Carers will be better able to live a life outside of caring;
- Carers will be better able to sustain their caring role;
- Hard to reach carers will be better supported in accessing short breaks and respite;
- An increased understanding of the role of short breaks and respite in supporting caring relationships;
- An increased understanding of the needs of carers and those they care for.

This section will showcase some examples of how the funded projects in Round 1 have contributed towards delivery of these outcomes and where there were examples of innovation and good practice which could inspire other projects.

In general, there was strong delivery across the following outcomes:

- Carers and those they care for will have improved physical, mental and emotional well being;
- Carers will be better able to live a life outside of caring;
- Carers will be better able to sustain their caring role.

The funded projects were guided in reporting back on these due to the structure of the End of Grant Report.

We have already explored the challenges in supporting hard to reach groups. It is also premature to extrapolate at this stage in the Short Breaks Fund what learning we are gathering around an increased understanding of the role of short breaks, and any learning around an increased understanding of the needs of carers and those they care for. Once again, this was a short lived, time limited round of funding, which predominantly funded time limited one-off projects which focussed on short term interventions. If future funding rounds make funding awards to projects which test new models, tackle barriers and take forward innovation then the last two outcomes will start to be realised.

5.2 Carers and those they care for will have improved physical, mental and emotional wellbeing

All funded projects reported back that they had met this outcome for their carers. Forty one of the 60 funded projects presented very good evidence to support this in the narrative of their evaluation reports with a further 15 presenting some evidence to support delivery of this outcome.



The projects funded were strongly focussed on providing holistic support to carers. It was not just about providing the opportunity for the break – but supporting carers in assessing their particular needs and how a break could help meet these, supporting them in accessing and attending the break, providing other emotional and physical support throughout the break. All of this helped carers make the most of the break opportunity they had. A few projects were also very

focussed on providing particular emotional and physical support through a range of short break opportunities.

The **Charlie Reid Centre in Glasgow** received funding to run a Mental Health Carers Respite Initiative, focused on supporting carers who support someone with long term mental illness which includes Schizophrenia and Bi-Polar Disorder. They gave the carers they work with an opportunity to have a break from caring through events, residentials, nights out and a direct grant fund where carers could purchase and arrange their own break.

86% of carers felt that the support had helped them to cope in a caring role and 95% of carers felt that the support had helped them to focus positively on their own health & wellbeing. In addition 90% of carers felt that the support they had received had benefited, directly or indirectly, the person that they cared for.

“It was a first time opportunity for me to reflect on my own health.”

“This short break has had a hugely positive impact on my brother who has schizophrenia, and has not had a break since!! To witness the sheer joy and happiness on his face throughout the break was a very emotional moment for me, and it has helped him to think more positively about the future.”

Projects which provided direct grant funding to enable carers to purchase a short break enabled and captured the impact on the health of the carer. This was also due to the additional support the organisations offered but also because these breaks were there when carers needed it most. In many cases, carers had not had any other kind of break or had been reluctant to access breaks or respite.

VOCAL (Voice of Carers Across Lothian) were funded to establish a Time to Live Fund for carers in Edinburgh and Midlothian. This will provide direct funding to carers who will be able to purchase a break of their choice. 71% of carers reported an improvement in their physical and mental wellbeing.

As an example a heavily pregnant parent carer reported that the breaks she was able to take from her child with additional needs had allowed her to rest and she felt that

the rest had helped her to stay well throughout the remainder of her pregnancy. Carers reporting improvements in health and well being made comments such as:

“The opportunity to take a break has restored me. I have returned better able to cope with the demands of my caring role especially emotionally”

5.3 Carers will be better able to live a life outside caring

Again, all funded projects reported back that they had met this outcome for their carers. However, 45 presented strong evidence to support this in their evaluation reports with a further 10 providing some evidence to support this.

Projects were funded in order to increase accessibility or availability of a short break. These short breaks gave carers the chance to have time out, to refresh their batteries, meet their friends, to take up a hobby or spend time with other family members. The End of Grant Reports provided ample evidence of the kinds of breaks carers benefitted from and also how it enabled them to live a life outside caring.

Crossroads Highlands provide personalised short breaks for carers across the Highlands through home based respite. Each carer was referred was allocated 30 hours of support which could then be taken at a time to suit the individual and the person for whom they care. This helped carers to access longer breaks and can then engage in activities from which they would normally be excluded – either due to the lack of existing provision, travel distances, financial constraints or as a result of time limits.

The service was very successful with 112 carers taking the opportunity to access more personalised home based respite so they could take a short break. 50% of carers used the time to socialise with friends, 30% involved themselves in organised activities such as hill walking and the remainder took advantage of local leisure facilities. The flexibility provided through the grant has been empowering for carers, allowing choice over the length and timing of the break. Carers were able to use the break to enjoy their time away from the caring role - as opposed to doing the weekly shopping or visiting the doctor which is as much as can normally be achieved in the usual time allowed.

“I’ve really missed my walking group since I haven’t been able to leave my wife alone. These few weeks have been wonderful, seeing everyone again and getting the exercise.”

“I don’t feel anxious either because I know how she loves her time with your Carer.”

Quarriers Family Support Service run a volunteer befriending project in Barlanark which provides support to 33 children living with parental substance abuse in the East End of Glasgow helping them access social activities and opportunities within their community. Short Breaks Funding enabled the child and the befriender to access a range of community based opportunities and also for the group of children to go on a residential weekend – for many the first such weekend away from home and their first residential experience. The whole project is structured around helping the young carers live a life

outside caring.

"One 14 year old girl looks after her 3 younger siblings. Her mother is absent due to substance misuse. She had started to strain under the pressure and had been brought home drunk. She had heard of the army cadets but didn't have the money to pay for training fees or basic equipment. The funding from Short Breaks enabled her to go on the course. She enjoyed the physical challenge, the boundaries and the discipline of cadets and has now joined up fully"

5.4 Carers will be better able to sustain their caring role

The projects funded were predominantly short term, one off interventions e.g. holidays, residential breaks or at most a series of weekly group sessions which were time limited. These provided a break to carers and there is strong evidence that carers experienced immediate benefit. How this translated to sustaining the carer role over the short term or longer term was less well reported back. Projects did evaluate the impact on carers through feedback sheets or focus groups, but these asked for evidence of the immediate benefit. There was no evidence of any project asking carers some time after the break what the longer term impact on the caring relationship was.

However, 40 out of the 60 projects funded presented evidence in their narrative to evidence the sustained impact of a short break. Some examples are presented here:

Buddies Playscheme received funding to run four Adventure Breaks for groups of 6-8 young people with autism spectrum disorder and other disabilities. This funding included staff time to support the families in having the confidence to let young people be away from home and take a break. Young people were supported in planning their trip and in being as independent as possible before, during and after. Some had complex needs and a significant number had Autism Spectrum Disorder.

On the trips staff were surprised at first at how 'helpless' some clients were. They had worked with all of the young people in play and leisure activities before and had not realized that they obviously relied totally on parents for help in washing, showering and choosing suitable clothes for planned activities. The staff spent a lot of time working with individual clients assisting and promoting independence. They also found that all of the young people were very willing to help with household tasks although these were obviously new experiences for many.

Carers welcomed the break and time to rest as a family. But there are also longer term benefits for the families. The young people gained independence and new life skills from their high level of participation in each break. New skills were transposed into their homes giving carers an opportunity to see that their young people could actually do things for themselves. This is helping carers cope better at home as these skills are transposed into their young people's everyday living.

“One family reported that their child’s bedtime routine has changed for the better since the Adventure Break. This child who has autism had difficulty falling asleep alone and required a lot of support from his parents at bedtime. However, since this child has spent four nights away from his parents on an Adventure Break he is now able to fall asleep on his own without.”

Extract from staff report from Buddies Adventure Break

Many of the projects funded were about developing peer support networks through a short break experience. The young carers projects funded all did this, either through residential trips, weekly activity groups or both. The emphasis was very much on peer support, helping young carers make friends and build networks and understand their caring role in a supportive environment, with these networks then being in place when young carers return to their caring role. The peer and group support also directly supported young carers in developing their own lives with some projects using short break funding to establish longer term short break support.

Y Sort It was awarded funding to organise two Young Carer Camps for young carers aged 12-18 from across West Dunbartonshire. The camps included a range of outdoor activities, art and crafts, games and time to relax and develop friendships.

“Young carers may not feel able to talk about their role, but during a break from their responsibilities in a relaxing and fun environment, they became more confident to talk openly to each other about their day-to-day life, sharing experiences with their peers. This has helped the group bond and friendships to blossom. Those that are currently attending the Young Carer groups, is as direct result of either attending the camps or hearing about them from other young people.”

Extract from Y Sort It Camp Report

The **Scottish Huntington’s Association Youth Service** received full funding for their 5-day Summer Youth Camp. The Camp is structured around outdoor activities, games, fun and also time exploring issues around caring for someone with Huntington’s and potentially living with the condition.

The resilience and coping levels of young people increased significantly following their break, with a selection of young people responding that issues prior to camp which they were struggling to manage, weren’t as stressful after camp, due to the respite and peer support.

76.5% of young people reported that it was beneficial for them to spend time with their peers and escape caring responsibilities at home.

Furthermore by attending the Summer Camp and meeting other young carers from families living with HD, young carers have increased access to a wide network of new contacts and friends in similar situations. 97.5% of respondents rated having the opportunity to make friends as enjoyable.

Following the camp the young people keep in touch through social networking. Many of the young people at camp now have Facebook as a social networking medium and via SHAYP Life's page and personal pages the young people stay in touch. Many of the young people have also arranged to meet in each other's home towns, with two socially excluded boys facilitating many of the meet-ups. This social inclusion supports the young people in developing support networks and new contacts.

"It's great to get away and meet people in the same situation"

"I could talk to them in confidence"

Other examples of peer support were seen in other residential trips where groups of carers went away together and where family groups (carers and cared for) were away with other families in a supportive environment.

Barnardo's Dundee Family Support Team received funding to enable them to run two residential holidays for young people with significant learning disabilities. One weekend was a family orientated weekend where the whole family was encouraged to attend and experience positive and 'normal' family holidays. The majority of the "holidaymakers", both children and adults, tried and enjoyed the range of activities available. For the disabled children such risk based experiences opportunities are rarely available, whereas for their brothers and sisters such experiences are almost seen as a right of passage when growing up.

From the family weekend some friendships have emerged which were unexpected, with parents exchanging phone numbers and families arranging to meet when the weekend was over. Feedback from the families also highlighted what a positive experience it is going on holiday with others in similar situations in caring for a disabled child. Parents have commented on feeling less lonely and more supported, with people who really understand the day challenges that caring for a disabled child brings.

"... my boy sometimes feels excluded and it is difficult to manage as a parent (due to his autism). To be with a mix of parents and able bodied children that understand autism was really relaxing and the first real relaxed holiday we had as a family."

Quotes from a parent and staff member who attended residential holidays

6. Innovation and Good Practice Emerging

Innovation here refers to new services or new approaches emerging. They might not be completely new, but are less usual models of support and ones which were trying to do something more responsive to meet the needs of carers and those they care for. In addition, the services were making an effort to innovate in their situations.

6.1 Reshaping Services to Increase Choice & Flexibility: Action for Children, Silverton Short Breaks

Action For Children applied for funding to test out a new model of working with families utilising their Silverton Short Breaks service. This supports around 75 families caring for a child with learning disabilities and sensory impairments in accessing a short break through overnight respite care at weekends. The organisation was aware that the demand for overnight support was increasing whilst at the same time children were not receiving personalised support which would enable them to experience a more enjoyable experience within their community. Parents were also not being well supported as overnight respite is only one solution.

Funding was awarded for the Saturday Comes project. This wished to replicate the knock on the door and the 'is Callum coming out to play' natural model within childhood. Two support workers were employed to work for five hours each Saturday and Sunday and support young people with learning disabilities to access their own choice of leisure and recreation which included activities like going swimming, enjoying the cinema, exploring parks, etc. This new service was designed around the child in order to reduce their isolation and sense of being different, whilst giving parents, carers and families a natural break from caring.

This project tested out this new way of working for this organisation whilst giving young people the chance to participate in mainstream activities. It built the independence of the young person and helped them to have fun. In turn parents and carers were able to take a break knowing the young person is well supported and having a good time. It helped carers sustain their caring role and in time they hope this will reduce reliance on overnight respite care.

Our funded project has allowed us to demonstrate how a rigid residential support service could operate in a more flexible and responsive manner. It has given the staff team the opportunity to develop a new more child centred way of engaging with our service users. We have been able to support the young people in a much more personalized way. The youngsters have responded to this and parents/carers have expressed their delight at the range and depth of service offered.

Young people have been able to describe how at times respite was a little "boring" or routine for them. The outreach service was more interesting and fun because they got out and about and were able to mix socially with other young people. One Mum reported how happy and bubbly the child was when she came back from outreach and had lovely

memories of her day out. Her child talked about it all the time in between outreach sessions and this was lovely for Mum to observe. We were surprised how quickly parents have accepted this new model and how vocal they have been in supporting it.

We learnt a lot as a service from testing out this outreach model. We had to work hard to make it happen in the timescale of the funding but were lucky that as an organisation we had the capacity and were 'ready' to do this. Whilst we had the staff in place we did have to learn to work in a different way with young people and their families. But in doing so we have been able to explore with them how our service needs to adapt to their needs.

We are now exploring with the Council how we can reshape our whole Silverton Short Breaks service to provide not just overnight respite but further outreach services and other short break opportunities.

Alan Miller, Service Manager Silverton Short Breaks

Alzheimer Scotland received one of the largest grants from the Short Breaks Fund. They originally set out to provide breaks to carers through increasing the availability of their own respite care service. However, the carers they support had such varied needs that a direct funding programme which enabled carers to purchase the break they needed was more appropriate.

Our findings from running the project funded by the Short Breaks Fund will help to strengthen the case for Self-directed support (SDS) for people and includes group holidays (of both carers and people with dementia), couples going on holiday together, mother and daughter breaks, the person with dementia staying at home with support whilst the carer has a break and people with dementia going on a break either with their support worker or to a dementia-friendly holiday facility. Of particular note has been the couples who have been able to relive old memories and rekindle feelings that have been buried in the daily routine of caring for and living with dementia.

“Enjoyed the companionship of other holiday makers especially in the evenings. My husband could not mark his bingo card but had some of the ladies up to dance (he has not forgotten that!!).”



6.2 Supporting Transitions: Young Carers Network and Carers Link

East Dunbartonshire Young Carers Network received funding to run a TRANSITIONS project in partnership with Carers Link – an organisation which supports adult carers. The TRANSITIONS project was set up to help facilitate the transition from children's to adults services for young carers aged 16-25. It did this through access to 'time-out' activities and short breaks for young carers, a peer support network for this age group and direct funding for spot purchasing of breaks and respite. The direct grants were made available to young carers to help them purchase short breaks which would help them not only take a break from caring but also help them with growing up. One young carer used the funding for respite so they could have time out to take driving lessons. The young carers who have benefitted from the additional resource have been able to develop their skills and experiences in a safe, supportive environment as well as giving them the opportunity to begin to make sense of the adult world. For many this support will provide them with the confidence to continue their caring roles into adulthood.

It also aimed to enable longer-term access to respite and short breaks by informing the young carers of their rights and options across Adult Care Services. Young Carers Network carried out assessments using the national Young Carers Assessment tool. This led to them realising that four young carers had been self harming and following assessment, review and onward referral, these carers were able to access appropriate and timeous support from specialist services. Other referrals were to Careers Services and Youth Housing services.

The project also enabled two organisations to learn more about working together and supporting young carers in their transition. Carers Link provided quite distinct services to Young Carers Network. The organisations had quite a different ethos and culture of working and supporting carers. Testing out this way of working enabled both organisations to learn more about each others services and also what difficulties young carers are facing in the transition into adult services.

“Young people need personalised services particularly young carers. Young carers do not turn into adults overnight at the age of 16 or 18. They are also facing such deep issues - covering education, health, ability to look after themselves, lack of peer relationships, and the sheer stress of caring. We find that young carers don't want to move on from our services as adult services are not meeting their needs.

Adult services (voluntary and statutory) expect young people to follow structures and processes which are not geared towards their needs. They demand more than the young person can manage – particularly a young carer whose life is often chaotic and stressful. This presents many barriers to young carers and they can just drop out of the system. We need to find ways of helping them access services - be where they are, of supporting them with their decisions and then putting into place the solutions for whatever they want and need to do.”

Extract from interview with Wendy Forrest, Young Carers Network

6.3 Provision of Emergency Respite: Enable Glasgow

Enable Glasgow received funding for an emergency short stay initiative to be based at Enable's Balshagray project. This offered emergency short stay residential respite for family carers of people with learning disabilities. This could range from a few days up until a couple of weeks. In many cases this service provided a transitional support service where the long term care of the person was going to change radically.

“One family found themselves to be in an emergency situation in relation to the care of their brother. His mother had been his main carer all his life, but died suddenly, this coinciding with his father being admitted to a nursing home. The service user concerned has severe learning disabilities and is blind. Finding a permanent placement for the man concerned necessitated intensive work with statutory agencies.

His brother made the following comment regarding the support provided: “When our mother became unexpectedly sick and entered into an extended period of hospital visits, the emergency short stay service at Balshagray was a life saver for my brother. During this very stressful time, my brother was able to find a safe and friendly environment to live in which he could continue on his normal routine. The team at Balshagray are amazing professionals who responded quickly, and the emergency short stay facility was a critical part of helping our family cope with this situation.”

The project clearly gave people security in difficult situations. Families and carers were reassured by the fact that their relative has been provided with a safe and secure environment where they can be cared for according to their needs and preferences in a professional way.

The Balshagray Emergency Short Stay Initiative has now moved beyond this pilot phase. They have received further Short Breaks Funding to continue to develop this service. The main thrust of this will be to work directly with individual social workers and families in order to make use of the facility a core part of the families' emergency plan which will have the added benefit of encouraging families to draw up an emergency plan in the first place.



7. Conclusions from Round 1

7.1 The Need for Short Breaks

This first round of projects demonstrated clearly the need for carers to have access to short breaks. The funded projects all came forward with a clear demand for short breaks and many exceeded this demand in their delivery. With the funding projects predominantly working with existing client groups or memberships, there is clear unmet demand across the carer population.

This fund assisted 2,599 carers across Scotland, yet the most recent Scottish Household Survey highlighted that there are 657,300 unpaid carers in Scotland (SHS, 2007-2008). As such, this funding has only assisted just 0.4 % of carers in Scotland.

There was a recurring theme across projects of carers never having had a break previously or it having been a long time since they had a break. As such, the Short Breaks Fund will continue to be relevant in supporting the availability of more short breaks for carers across Scotland.

“The carer is the main carer for her adult son who has epilepsy. He lives independently but suffers from frequent seizures for which the carer is always on standby. The carer has not had a break from caring for 7 years and she is frequently called out during the night to help her son and is often exhausted. Her son is not eligible for respite as he is deemed as too independent and unfortunately West Lothian Council do not supply overnight support.

The carer did not feel able to go away overnight but was supported in accessing a one day spa break which she attended with a friend. Being able to truly relax had major benefits to her physical and mental well being, which is vital to her continuing in her caring role. Spending “quality time” with her friend acted as an investment in their relationship ensuring that the emotional support that she receives continues. She said she was “able to relax completely knowing that her son was with his support worker, so her phone was not going to ring”.

Carers of West Lothian

“**Family B** consists of a mum who is a single parent and her 12 year old son C who has significant learning disabilities, the result of non accidental injury at birth at the hands of his estranged father. C finds it hard to manage anger and can become very frustrated and aggressive at times, especially to his mum. He is physically well built and strong, with boundless energy and a very poor sleep pattern, which makes life exhausting for his mum who really struggles to cope. She also has mental health issues from time to time. In addition, C has epilepsy which is, at times, unstable. The family have never had the opportunity of holiday in recent years and mum is very reluctant to consider taking her son on holiday because of the potentially difficult behaviour and the management of his health.

Both mum and son really participated and enjoyed the weekend trying all of the activities on offer, laughing a lot and having fun together. Mum really benefitted from the support and back up of staff and other parents.”

Barnardo’s Dundee Family Support Project

The funded projects also reported that carers needed support in accessing a break – support in not feeling guilty and support in having the confidence in accessing respite or short break services to care for their family member.

“Barriers to respite are not always simply financial. Many carers feel nervous about leaving a family member in someone else’s care...the Respite Fund introduced the option gently through the short breaks tailored to them. This has made them more open to considering further use of respite services.”

Quarriers Glasgow South West Carers Centre

“We were able to support a Sikh family. They had never felt able to use overnight respite as for them it did not meet their cultural needs. So we were able to provide some day based respite and start to build up a relationship with them. We are both learning about how we work together going forward.”

Respite Fife

“The project worked to overcome the barriers young carers face in accessing services. Young carers and their families can be very wary of outside support as they can be worried about what will happen when a young person is identified as a young carer. Project staff worked closely with families and young carers to reassure them and help them to access the respite offered by the project.”

East Lothian Young Carers

“Intense support was provided to some parents in order to establish an initial service, due to the fact that Pre-school Playscheme was the first short-break respite service that their child had accessed.”

Action for Children Ardfin Pre-School Playscheme

7.2 Ability of the Sector to Respond

The organisations who received funding in Round 1 had six weeks (including the Christmas holiday break) to make an application for funding. In this time they had to gather evidence of need and produce a robust project plan. It is testament to the resourcefulness and resilience of the voluntary sector in Scotland that so many strong applications were received. In addition, those funded then worked tirelessly to deliver. One member of staff who was interviewed as part of this evaluation review mentioned that staff worked solidly across the summer holiday period and did not take a break

themselves. The opportunity to set up and pilot a short breaks bureau was so important to that organisation as they knew it would help them put into place a longer term service for carers in their area.

Organisations also responded well to the particular needs of the carers and families they were working with and showed strong understanding of their needs.

7.3 Challenges in Delivery

There were challenges in delivering projects within the timescale and this was particularly observed within the projects setting up or developing services rather than activities and holidays.

The funded organisations were predominantly small service providers, with little spare capacity in the organisations. Whilst they had capacity to manage the extensions or new pieces of work, they did have to recruit staff, put into place additional safeguards, consider additional management capacity, and put into place referral pathways.

“In the beginning of the project I found that I had not put nearly enough time aside to set it all up. My hours managing the project, visiting people and making them comfortable with what we could offer all took more time than I had thought. Looking back, 6 months to set up and run a respite project to new service users was much more time consuming than originally anticipated. The shortness of the project was definitely the biggest challenge. But on the whole I did not have to change the general plan – it worked and we managed to establish a great bond with carers we would not have otherwise been able to support”.

Crossroads North Argyll

7.4 Sustainability of Funded Projects

The projects funded presented poor evidence of being sustained beyond the lifetime of the Short Breaks Fund funding. In addition, the majority of organisations funded did not demonstrate strong plans for future generation of funding. As such some of the benefits of this initial round may be lost.

Of the 60 projects funded, just 12 appear to have been funded again through Round 2 of the Short Breaks Fund.

A further four had already put in place funding from other sources or were taking forward active discussions with funders locally.

The remaining projects had no forward funding and no plans to raise funds to continue the work undertaken. Whilst many of these projects are one off holidays and residentials this report has shown the significant need for short breaks and impact on carers and their families when they do receive this support. And this report would also indicate a high degree of unmet need across carers living in Scotland.

8. Recommendations for Future Funding Rounds

8.1 Continue to promote mutuality of benefit across the allocation of funding and encourage organisations to monitor and evaluate their impact on both the carer and the cared for. The outcomes set for the Short Breaks Fund are focussed heavily on carers. Yet for the benefit to be truly realised for carers the short break intervention needs to be mutually beneficial.

The end of grant report did not ask funded organisations to report back on impact on both the carer and cared for. However many of the funded projects did this brilliantly and the impact on both resonated across these reports. It would be beneficial going forward to specifically ask how the funding assisted both aspects of the caring relationship and to capture evidence of this through quotes and stories. This would give a consistent picture of benefits to carers and those they care for.

8.2 Continue to stimulate the development of projects which deliver personalised and flexible short break opportunities. In doing so, raise the bar with organisations around describing how their proposed breaks deliver personalised services. Integral to this is ensuring evidence of need is based on the needs of the carer and the cared for. This might seem obvious but in any funding programme there are opportunistic organisations wishing to grow their services. Taking a firm approach to how the carer and/or the cared for are involved in identifying the need for the project, are involved in the design and planning of the proposed service and then its management and evaluation can help to embed personalisation into projects. If carers have identified the need for the short break, have defined what that short break solution should be and been involved in planning the project deliver then personalisation and choice will be embedded within the project design.

8.3 The Service Development Fund going forward should consider how to stimulate new and innovative services which can help to deliver long term solutions around supporting carers to access short breaks. The projects funded here were predominantly one off projects providing short break opportunities. For those which were developing services only a few were truly new services. The timescale of Round 1 precluded new service delivery or innovation. Future funding Rounds should consider how to encourage and support new ideas coming forward, let people take risks and expect projects to take a little more time to yield results.

This is essential if the Short Breaks Fund is to work towards these outcomes:

- An increased understanding of the role of short breaks and respite in supporting caring relationships;
- An increased understanding of the needs of carers and those they care for.

8.4 Encourage projects to consider how they will reach out to those in need of a break and demonstrate how they are actively promoting their services and building active referral pathways for carers which are accessible to all. Related to this, very few were able to demonstrate how they prioritised those most in need of a short break so

further encouragement on this, particularly for direct funding and self directed support projects, would be beneficial.

8.5 Provide clearer guidance on how the Short Breaks Fund defines 'hard to reach' groups so it can measure how the Fund is assisting these groups going forward. Consider how to encourage and support applications which reach out to hard to reach groups of carers and appreciate that the lead in time for this work might be longer due to the barriers being tackled.

8.6 Round 1 achieved reasonable geographical spread, but there were areas where carers were not benefitting from the Short Breaks Fund and in some areas, minimal impact in relation to numbers of carers estimated in that area. Going forward the Short Breaks Fund should capture more consistently the local authority areas the carers come from. Some projects work within one LA boundary and this will be straightforward. For those working across authorities or Scotland wide they should collect and collate the postcodes of the carers assisted to give this breakdown in the End of Grant Report. This will greatly assist the monitoring of impact across the carer population in Scotland.

8.7 Provide a more structured End of Grant Form which seeks specific information on how projects are delivering against the principles and outcomes of the Short Breaks Fund. The grant application and assessment process has however changed since Round 1 and the End of Grant Form will wish to reflect this and follow similar formats. Things to consider in relation to the End of Grant Form:

- Encourage reporting of benefits to both carers and cared for as highlighted above;
- Capture more consistently the beneficiary groupings of the cared for e.g. adults with learning disabilities, children with learning disabilities, older people, people with dementia, etc. This enables the Short Breaks Fund to identify if there are any caring relationships which are not being as well supported by the Fund. This funding round had a reasonable spread across the cared for population but there was a dominance of projects which benefitted children and young people (young carers or young disabled people as the cared for);
- More guidance on how to complete the overnight hours might be helpful. Projects were taking a varied approach to this – some defined overnight sessions as being 12 hours and some 8 hours;
- Give more specific guidance on what level of detail and evidence is required within and accompanying the End of Grant Report. Most organisations sent full and interesting reports with supporting information and lots of quotes and case studies. Some organisations did not however do this and sent minimal information which required follow up.
- Continue to encourage quotes, photos and narrative information as the voice of the carer in defining impact is powerful.

8.8 Continue to provide guidance and support in good practice in evaluation.

8.9 The Short Breaks Fund will not last forever. The whole funding programme is time limited. Clearly the need for short breaks for carers across Scotland is significant and the fund could easily be consumed providing many more one off short breaks for funders. As we have seen in this report, this is beneficial but not necessarily sustainable. 43 out of 60 funded projects could not sustain the work and were back to hand to mouth fundraising. This is not implementing sustainable and sustained solutions in providing short breaks for carers.

The Fund has a unique opportunity to pilot some new approaches, help some organisations embed new services, help fund service redesign and stimulate good practice from showcasing new ideas. Going forward the NCO's and Scottish Government should consider how to balance an immediate response to need with funding more sustainable and strategic approaches.



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