

The following case studies are an example of the difference carer support is making to some of our current Young Adult Carers. Both cases were initially categorised as 'Red'

**KN** was a young person referred from her college earlier in the year. The referral outlined the need for support in terms of her confidence and opportunities to build social skills and friendship opportunities. At the time of referral, KN lacked such confidence, she couldn't even fully make eye contact; She was not attending her college course, described herself as lonely and without a friendship group. When KN established a trusting relationship with her worker, she disclosed a complex, chaotic family history, and mental health struggles including self-harm. She admitted she was feeling extreme loneliness, struggling with her own identity, her faith, and her place in her family unit.

On her first 1:1 session, KN spoke at length about her goals. They almost seemed unrealistic to her at that time, but with encouragement, she agreed to set them as outcomes she would like to achieve. With more encouragement KN agreed to attend YAC events and started to access YAC support. Through close collaboration with the college well-being officer, further support was offered that enabled KN to realise she was working towards the wrong type of qualification, and she changed courses.

As her confidence grew, she attended more YAC events and met her 'soul mate and best friend'. This was a catalyst for KN; She continued to access YAC events for friendship, support and guidance and she engaged with the YAC worker for further one to one support. At this point she started to become a little more resilient and her confidence was growing. Moving forward, KN attended all events offered to where she gained life experience and confidence, within a safe nurturing environment. KN began to appreciate herself, she was open about her self-harm, and sought support for both this and her suicide ideation. supported her with this. She decided to be an advocate for other YAC's and put herself forward for the YAC elections. She attended a First Aid course to aid her CV in motivation to find employment and it wasn't long before she was offered full time employment. KN and is now working as a kitchen hand, on a ship based in Southampton. She is thriving, facilitating sessions with local schoolchildren as she makes advances in terms of her self-development.

**LH** was another YAC referred by her college. During her assessment, she stated her ideal goal would be anything to do with 'Slam Poetry'. LH engaged with one or two events but struggled with the time commitment as she was working and had a demanding caring role. Contact with the YAC worker continued and through some joint work with RCT Arts, an opportunity came up for LH to perform at a local festival. The preparation for the event involved a lot of involvement with the YAC worker. LH needed support with her confidence and reassurance regarding her material. On the day of the festival, LH along with other talented RCT performers, had the opportunity to perform and was actually headlining a festival celebrating International Youth Day. She stole the show with her self-penned poetry about being a Young Adult Carer, performed it through the medium of Welsh and English, and her recital was flawless.

This was a flagship event and LH will be invited back annually to perform. In addition, LH was paid for performing and as a consequence of this, she has had opportunities for further paid performances, paid employment, and made many contacts within the industry. Hopefully this opportunity has been the catalyst for her to make this dream a reality.