

Eastern Devon Population Health Partnership

6 week project update template

Project name: Unpaid Carers – identification and support for young adult carers (18-24)

Date: 1/05/2025

General brief update on progress, actions and milestones since last submission

We have run an in person peer support group at Exeter Library featuring a 'Photography for Wellbeing' workshop. This equipped young adult carers with creative skills to support their wellbeing and empowered them with transferable skills that could be used in a career beyond their caring role.

We have booked in a follow up support group/workshop for 20th May. We have circulated promotional materials for the group to Devon Carers, and members of the Eastern Devon Unpaid Carers Partnership group.

We have filmed more content for our awareness raising social media campaign – see the video of our photography workshop here:

<https://www.youtube.com/watch?v=0kDpw4MKFpU&list=PLxaXo3x9CScN7AdYrQFUW4bxCR2DLKfjV&index=3>

What is going well?

Our video content is reaching our desired audience on social media and raising awareness of young adult carers – the 'what is a young adult carer' video has been promoted to people in the 18-24 age bracket in the East Devon area.

We are working closely with a young adult carer based in East Devon to better understand the needs of this group and to equip him with transferable skills that would be helpful in developing his interests and career.

Are there any significant developments or successes you want to highlight or provide more detail on?

Our 'what is a young adult carer' promotional video has been viewed over 4000 times across our social media channels.

Are there any challenges or risks you wish to raise?

It is an ongoing challenge to engage carers in this age group. Lack of involvement/support from Devon Carers has been an issue, as they have been reluctant to promote our peer support groups on their social media channels and to the young adult carers registered with them.

What are the milestones or actions between now and the next submission? (6 weeks)

We would like our next photography workshop/peer support group on 20th May to be attended by more young adult carers, and for the online promotion for the workshop to have at least 2000 engagements.

We will produce a longer video that brings together all elements of the project, raising awareness of young adult carers and informing them about the support this is available, along with an online 'toolkit' to recommend help and resources for young adult carers.

We will equip the young adult carer we are working with on this project with the skills to facilitate and sustain an ongoing peer support group once this project has ended, for example enrolling them in a basic counselling course.