



Aberdeen City  
Health & Social Care  
Partnership  
*A caring partnership*

# **Carers Strategy 2023 – 2026**

## **Annual Report – Final Report**

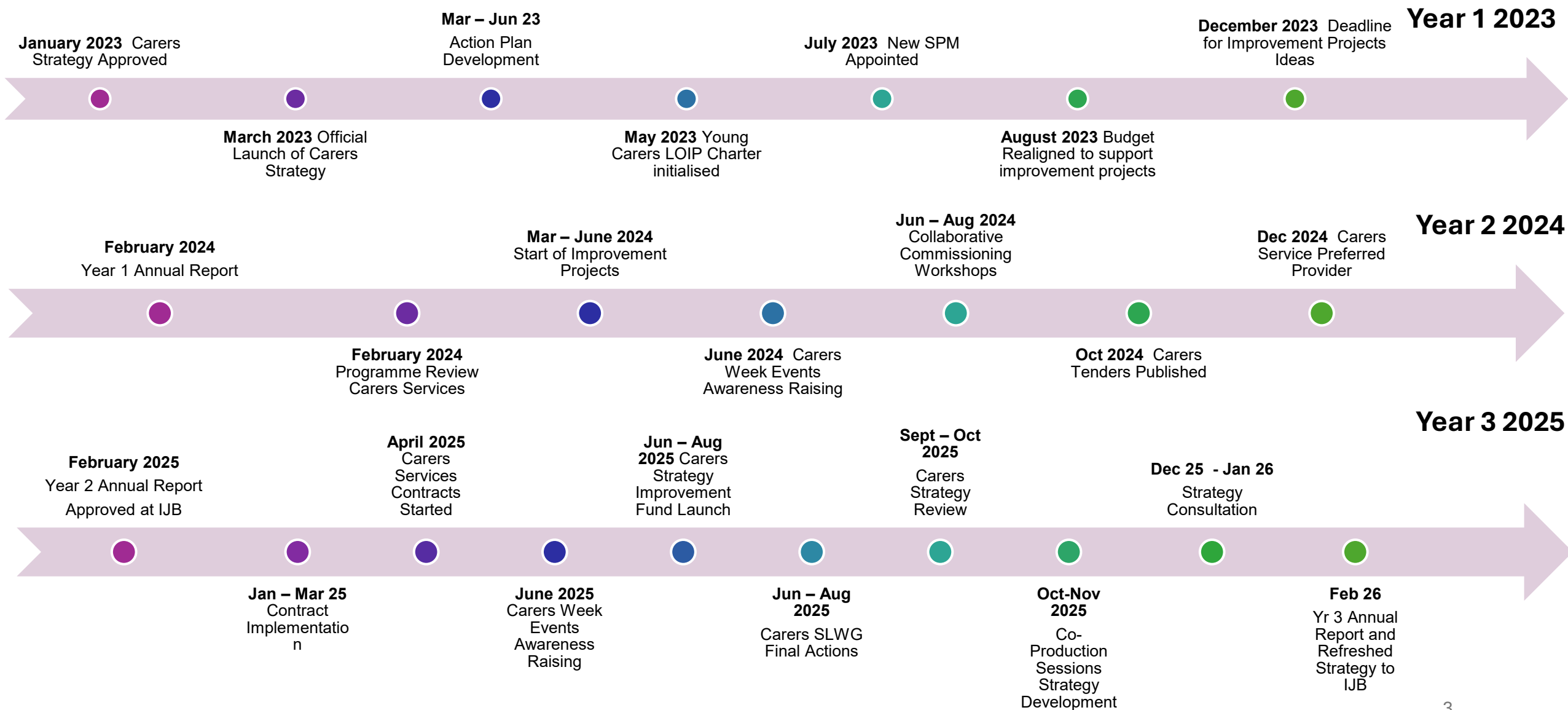


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# Strategy Implementation Key Stages





# Plan on a Page

## A CITY FOR ALL CARERS - ABERDEEN CITY CARER STRATEGY 2023 - 2026

**Aim:** We will demonstrate overall improvement in all four priority areas by receiving a minimum of 40% positive responses to our Carer Experience statements (what we want Carers to be able to say about their support) when surveyed in 2026

### Aberdeen City Strategic Plan Priority - 'Caring Together'

#### Strategic Enablers - **WORKFORCE - TECHNOLOGY - FINANCE - RELATIONSHIPS - INFRASTRUCTURE**

These enablers are the key resources which will support the implementation of the Aberdeen City Carer Strategy 2023 - 2026

PRIORITY 1 - Identifying as a Carer and the first steps to support	PRIORITY 2 - Access to advice and support for Carers	PRIORITY 3 - Supporting future planning, decision making and wider Carer involvement	PRIORITY 4 - Community support and services for Carers
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#### What we want Carers to be able to say about their Support

"I am supported to identify as a Carer and am able to access information about the support I may need."

"I am supported as a Carer to Manage my Caring Role."

"I am respected, listened to and involved in the planning and development of the services and support which I and the person(s) I care for receive."

"I have a sense of belonging and a life alongside caring, if I choose to."

#### What will each priority focus on?

▶ This priority focuses on the importance of carer's being recognised by themselves and others and having an easy entry to support.	▶ This priority focuses on support and advice which is universally accessible to anyone who identifies as a Carer in Aberdeen City.	▶ This priority focuses more specifically on support with future planning as a Carer and accessing more intensive support where the caring role requires this both for the Carer and the Cared for person. It also includes how carers can be involved in the wider development of support for carers.	▶ This priority is focussed on the practical supports available to Carers to support them to be well connected to their communities and have a life alongside their caring role including hobbies and employment. There will be a strong emphasis on Carer choice here and that no one size fits all.
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#### What actions will we take to achieve these priorities?

<b>1.1</b> Proactively create opportunities for more people across Aberdeen City to identify as a Carer. <b>1.2</b> Improve the knowledge of Carer's Rights and Carers support services with the Education, Health and Social Care Workforce. <b>1.3</b> Improve the Knowledge of the wider Community of Aberdeen City of Carers Rights and Carers Support Services	<b>2.1</b> Ensure Young Carers have access to a Young Carer Support Service who can provide individual advice and support. <b>2.2</b> Ensure Adult Carers have access to an Adult Carer Support Service who can provide individual advice and support.	<b>3.1</b> Young Carers have the opportunity to be leaders in planning their own support (Future Planning). <b>3.2</b> Young People with Carer responsibilities experiencing transition from Child to Adult Services have access to individual advice and support to enable future planning. <b>3.3</b> Ensure Adult Carers have the opportunity to be leaders in planning their own Support (Future planning). <b>3.4</b> Carers have the opportunity to be involved in planning the support of the person they care for. <b>3.5</b> There are opportunities to access independent sources of support for both the Carer and the Cared for Person. <b>3.6</b> All Carers have opportunities to be involved in decision making about Carer Support Services, the Carer Strategy and the wider work of the ACHSCP (Participation and Engagement).	<b>4.1</b> Promote a culture of Creativity to encourage innovative approaches to Carer Support. <b>4.2</b> Support the ongoing development of a range of mainstream supports and services to enable Carers to receive a break from Caring in line with the proposed 'right to a break' within the National Care Service Bill. <b>4.3</b> Continue to develop a range of support options for Carers, where the cared for person has high level needs, which allow choice and control in line with the proposed 'right to a break' within the National Care Service Bill.
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# 2025 Actions

What actions will we take to achieve these priorities?			
<p><b>1.1</b> Proactively create opportunities for more people across Aberdeen City to identify as a Carer.</p> <p><b>1.2</b> Improve the knowledge of Carer's Rights and Carers support services with the Education, Health and Social Care Workforce.</p> <p><b>1.3</b> Improve the Knowledge of the wider Community of Aberdeen City of Carers Rights and Carers Support Services</p>	<p><b>2.1</b> Ensure Young Carers have access to a Young Carer Support Service who can provide individual advice and support.</p> <p><b>2.2</b> Ensure Adult Carers have access to an Adult Carer Support Service who can provide individual advice and support.</p>	<p><b>3.1</b> Young Carers have the opportunity to be leaders in planning their own support (Future Planning).</p> <p><b>3.2</b> Young People with Carer responsibilities experiencing transition from Child to Adult Services have access to individual advice and support to enable future planning.</p> <p><b>3.3</b> Ensure Adult Carers have the opportunity to be leaders in planning their own Support (Future planning).</p> <p><b>3.4</b> Carers have the opportunity to be involved in planning the support of the person they care for.</p> <p><b>3.5</b> There are opportunities to access independent sources of support for both the Carer and the Cared for Person.</p> <p><b>3.6</b> All Carers have opportunities to be involved in decision making about Carer Support Services, the Carer Strategy and the wider work of the ACHSCP (Participation and Engagement).</p>	<p><b>4.1</b> Promote a culture of Creativity to encourage innovative approaches to Carer Support.</p> <p><b>4.2</b> Support the ongoing development of a range of mainstream supports and services to enable Carers to receive a break from Caring in line with the proposed 'right to a break' within the National Care Service Bill.</p> <p><b>4.3</b> Continue to develop a range of support options for Carers, where the cared for person has high level needs, which allow choice and control in line with the proposed 'right to a break' within the National Care Service Bill.</p>

All actions from Action plan progressed, some actions have been taken forward as part of our service developments for next Carers Strategy.

2025 Carers Week was packed with different initiatives and awareness raising, we have taken the learnings from the engagement and will develop and annual calendar of events for Carers Strategy Implementation Group to promote

Carers Strategy Improvement fund has opened further opportunities for all Carers, including young carers one to one support, mentoring and respite. Carers skills development and employment, peer to peer support and family learning sessions as well as practical support solutions for those with complex needs.

Collaboration, info sharing and listening has been at the forefront of the Carers Strategy Implementation Groups priorities in 2025, developing the Carers Reference Group, Co-Production of the Carers Strategy 2026-2030 and our annual local survey and engagement events.

# Data



Identified Carers receiving support	2022/23	2023/24	2024/25	2025/26
Adult Carers open to Quarriers Adult Carer Support Service	803	1006	1682	2065
Young Carers registered with Barnardos.	135	133	237	306

250% increase of number of Adult Carers supported from 2022 – 2026

Just over 225% increase in number of Young Carers registered since 2022.

[SWBG-Aberdeen-Report.pdf](#)

This year the Aberdeen Gender Inequality and Poverty report was produced, and key findings around Women in caring roles and the inequalities they face.

“Between 2015 and 2019 I had to provide more intense care to my adult daughter, which meant that I could not work many hours, which really impacted my ability to keep my career going - ended up having to take low paid precarious jobs. I’ve not really fully recovered my mental health, life feels really precarious

“It has taken over my life for the past three years and I have stopped and started working multiple times as his care needs increased. I am left exhausted and unable to concentrate so am currently barely working

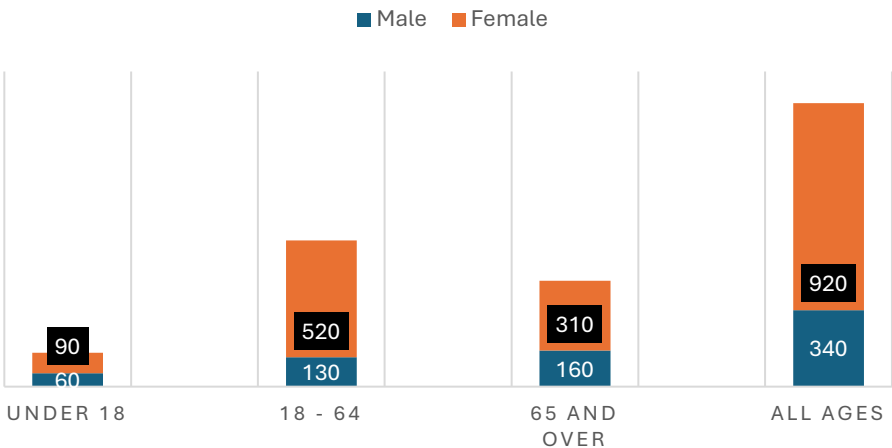
Priority 1 – Identifying as a Carer and the first steps to support. Increasing numbers shows the effort put into identifying Carers. Benefits of the three LOIP project makes this evident.

National Indicator (N18) Updates August 2024	Aberdeen Rate 21/22	Aberdeen Rate 23/24	Scotland Rate 21/22	Scotland Rate 23/24
Percentage of carers who feel supported to continue in their caring role	32%	37% ↑	30%	31%

Carers Strategy **AIM STATEMENT** “We will demonstrate overall improvement in all four priority areas by receiving a minimum of 40% positive responses to our Carer Experience statements (what we want Carers to be able to say about their support) when surveyed in 2026. We are hoping to achieve this if trend continues

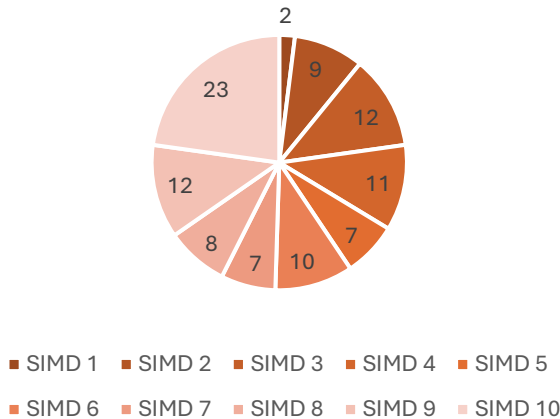
# National Carers Census Data – Aberdeen City

ABERDEEN CITY CARERS CENSUS - AGE GROUPS

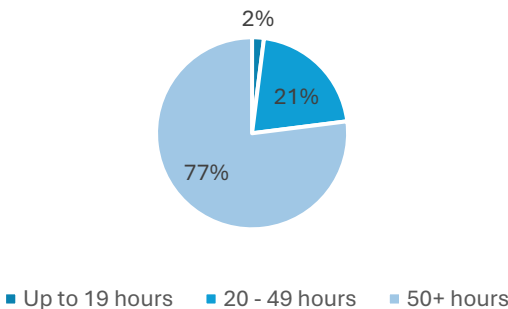


Similar to our Local data survey, there is a higher percentage of Carers spending more than 50 hours per week in their caring role.

Carers - SIMD Areas (1= Most Deprived - 10 Least Deprived)



Number of Hours spent Caring per week



Caring for Specific Groups	Percentage of Census Response
Dementia	7%
Mental Health	2%
Learning Disability	5%
Autism Spectrum Disorder	5%
Learning Disability and Physical Disability	1%
Physical Disability	3%
Elderly Frail	5%
Other	6%
Unknown / Missing	65%

Interestingly the census responses note a slightly higher percentage of carers in least deprived areas. However its worth noting it is generally spread across most SIMD zones.


[Carers Census, Scotland, 2023-24 - gov.scot](#) For comparisons across Scotland and other supporting figures.



# What we have heard – Public/ Carer Engagement Feedback so far

Respite - there is a desperation around this for people. "I'm not sure I'll be able to keep doing this" statements are often made.

Communication – Carers report on what they feel to be significant breaks in communication between themselves and services as well as services to each other. Also awareness of useful groups and healthcare opportunities.

  
Carers report they are still struggling to find relevant information, balancing their caring role with life/ other responsibilities and affecting Mental Health and Wellbeing


Emergency Care Planning - some concerns raised over how effective these are, some confusion over who should be doing them

Continuity is key – people want continuity of support for the people they care for, without that, it can increase stress levels as a whole new relationship and rapport and trust needs to be developed. It also saves Carers – Telling the story repeatedly.

Rights - particularly at the start of their Caring journey are unaware of what their rights are (benefits, breaks, respite, groups, organisations etc..).

*"Strategies are aspirational, and all the priorities will always be important to Carers, but we need more than white papers – we need to see the actions!" Talk the Talk and Walk the Walk!*

  
Carers who responded deliver more than 50 plus hours of care per week.

  
Majority agree or strongly agree with the current Carers Strategy Priorities



# Carers Week June 2025

Carers week took place between the 9 – 15<sup>th</sup> June 2025, it was great to see another programme of events to support awareness for unpaid Carers across Aberdeen.

Carers Strategy implementation group have committed to and create a coordinated calendar of events all year round.

We already have a vast number of activities and events available, and we recognise our network and collective community are able to drive better promotion.



Aberdeen City Health & Social Care Partnership  
*A caring partnership*



ABERDEEN CARERS SUPPORT SERVICE

## Carers Week Aberdeen City

9 - 15 June 2025

### Monday 9 June

12 – 2pm  
Aberdeen Brain Health & Dementia Resource Centre, King Street

Quarriers in collaboration with Alzheimer Scotland Centre, open session to carers, presentation followed by Q's & A's and a light lunch. All welcome

### Tuesday 10 June

12-3:30pm  
Talk to the Dementia Group  
Cornhill Hospital

Talk about Quarriers Carers Support service to unpaid carers who care for someone with a Dementia Diagnosis – in partnership with NHS

### Wednesday 11 June

12-4pm  
Woodend Aroma Café  
Pop up awareness session

Nip in past to meeting Quarriers about Carers Support service to unpaid carers.

### Wednesday 11 June

13.30pm-15.30pm  
Carers Scotland and Carer Positive in partnership with Age Scotland invite you to our Carers Week 2025 Employers and Managers online session focused on Planning for Your Future and Age Inclusive Leadership

This session explores how ageing and later-life planning are handled in the workplace - both by individuals, and by the people who manage them. Participants will be invited to reflect on preparing for the future, how confident they are supporting others, and what needs to shift in workplace culture to do both better.

Find out more about this free online employers sessions and sign up here: [Carers Scotland and Age Scotland Employers Session, 11 June 2025](#)

### Thursday 12 June

10am -11am & 2pm -3pm  
CLAN, Westburn Road

Meet Quarriers, showcasing new partnership working with CLAN. Awareness session to carers who attend CLAN.  
[More information Here](#)

### Thursday 12 June

11am - 12noon  
Online session - Employers Event  
Carer Awareness session

Hear from Carers Scotland about Carers Positive organisations and the benefits. Also hear from Aberdeen City Health and Social Care Partnership and Support services available to unpaid carers.  
Email [gracemilne@aberdeencity.gov.uk](mailto:gracemilne@aberdeencity.gov.uk) to sign up.

### Friday 13 June

11am - 1pm  
Wee Blether Drop In  
Aberdeen City Vaccination and Wellbeing Hub

All Carers and cared for welcome to the Wee Blether drop in session. Available every Friday - make the most of it this week to find out more.

### Saturday 14 June

10am - 4pm  
Care to Contribute Fair 2025  
Trinity Centre, Aberdeen  
Open to all

Celebrate and Support Our Community  
Visit lots of organisations offering incredible advice, support and opportunities.

10am - 12pm  
Barnardos  
Celebrating Carers Week Event  
Fountainhall Church

Family fun activities and food, celebrating our Young Carers in Aberdeen City.

for anymore information on any of these events, please contact [gracemilne@aberdeencity.gov.uk](mailto:gracemilne@aberdeencity.gov.uk)



Changing childhoods. Changing lives.



# Carers Improvement Projects 2025

- Barnardos – ELM Music Therapy
- Barnardos – Residential Trips
- PAMIS – PMLD Family Sessions
- We Too – Ninjas
- Sport Aberdeen Carers SPACE Programme
- Quarriers – EPIC
- MCR Pathways – Mentorship Programme

We launched the 2<sup>nd</sup> round of Carers Strategy Improvement projects in July 2025, projects we scored and agreed by the Carers Strategy Implementation group and we thank all that put forward submissions. We understand that this takes a good bit of effort and a nerve wracking presentation session. It is however brilliant to see the number of projects coming forward to provide creative and innovative solutions for carers. This improvement fund supports the Implementation group to deliver the Strategy, and has been a welcomed resource to enable creativity and collaboration. The projects are only half way through, but we have provided some updates on the progress so far.

# Improvement Projects

## We Too Update

### Digital Expansion – Magazine & YouTube

[Read We Too! Magazine Online - We Too!](#)

A major milestone has been the launch of the We Too! Magazine on our website, making it instantly accessible to families and professionals across Aberdeen and beyond. This was driven on feedback from the CSIG. Phionna loves that it has the **“magazine page flicking effect”**! Recent feedback from our printed magazine from social worker Ross

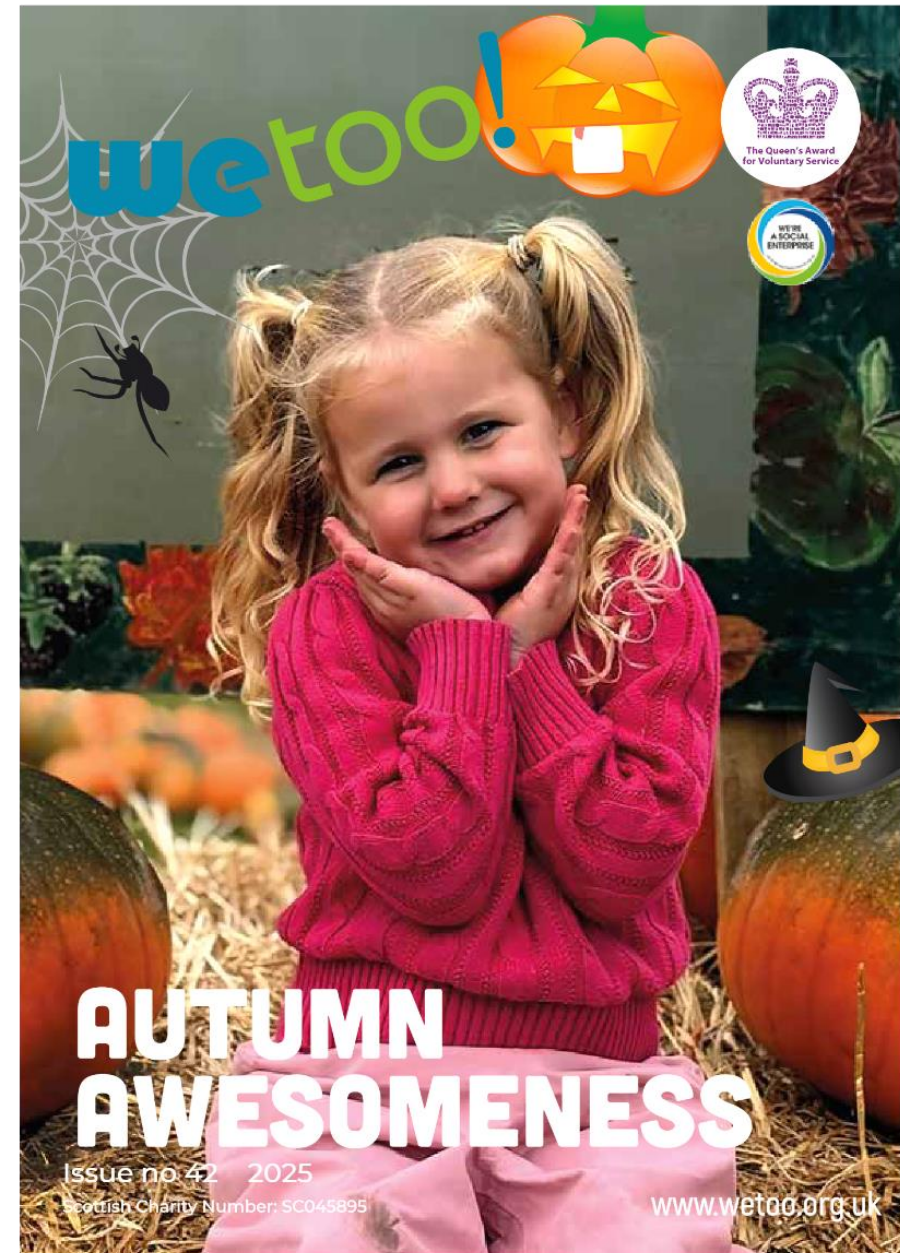
Stoker commented: **“Loving your work It’s always a great day when we get the latest edition of the**

**magazine into the office and then get them out to parents.”**

[Our Events - We Too!](#)

We have also seen exciting progress on our “Ask the Ninja” YouTube workshops, designed to offer carers practical, peer-to-peer advice in a flexible digital format. The Ninjas are currently scripting and filming the first series, ensuring that carers can access trusted support

whenever they need it - whether it’s during a quiet coffee break or late-night moment of worry.





# Improvement Projects

## PAMIS

What we said we'd do	What we've done	Reflections and Outcomes
Increase the number of carers we support from 22 to 25 by September 2025	We have increased the number of carers we support from 22 to 29 as of 3 November 2025.	We are only one carer away from achieving our projected outcome for the project by March and hope to now exceed this.
Increase our young carers from 3 to 6.	We have increased the number of young carers from 3 to 4.	One of our young carers has now become an adult, so though the actual movement on this figure is 2, data reflects one.
Deliver more training through four (4) scholarships	Carers have been offered access to three (3) training opportunities. None have been uptaken.	We will reflect and review, as carers have let us know staff teams and professionals are acutely in need of training and would like this address. This priority may shift.
Increase the number of Changing Places Toilets in Aberdeen	2 new toilets have been registered since the start of this project.	At least 2 facilities are in process of registering a Changing Places Toilet in Aberdeen city due to PAMIS involvement, and more Aberdeen facilities have applied to the Changing Places Toilet fund, which closed for applications on 20 October. Outcomes on those applications will be shared at the end of the year.
Increase our partnership working from 3 organisations to 8 organisations.	We are currently working in partnership with 6 organisations, newly adding: Orchard Brae School Parents Group, Len Ironside Day Centre and AMZ (activity service).	We have also connected with WeToo and Linx Ice Arena and hope to work toward strengthening those connections over the coming months. We have also begun to develop a connection with Frozen Light Theatre as a direct result of this funding, and are starting work on a project to help carers communicate how they experience emotions as a holistic and sensory experience to begin to address mental wellbeing for carers and people with PMLD.
Host carer support groups in a medium chosen by carers	We hosted an introductory session at the Aberdeen Art Gallery cafe, and further 1:1 conversations to understand what our carers want.	We anticipate further updates in Spring 2026.
Facilitate engagement with services for adult or young carer plan	No action taken here yet.	We have had some delays due to a staff member being off long term sick and this action has not been prioritised yet.





# Improvement Projects

## **MCR Pathways: Vital Sparks**

### **Targeted Mentoring Support for Young Carers Across Aberdeen**

Young carers are a core focus of our work.

Balancing school with significant responsibilities at home - often caring for a parent, sibling, or family member - young carers carry a burden well beyond their years. Their caregiving role can limit their ability to participate fully in school, engage with peers, or plan for their future. Without targeted support, their potential may go unseen, and their ambitions quietly set aside.

Mentoring provides young carers with something many have never had: someone there just for them. A trusted adult who listens, encourages, and believes in them. With consistent support from their mentor, young carers grow in confidence, broaden their aspirations, and begin to see a future defined by choice and opportunity - not just responsibility.

To date MCR have received 13 referrals and ongoing efforts to raise awareness and identify young carers through partnerships with youth clubs and family support organisations. The team is developing a young carers group, new marketing materials, and recruiting volunteer mentors.

## **Sport Aberdeen – Care and Connect**

To use a child-centred, relationship-based approach to support the rights, wellbeing and life outcomes of young carers in Aberdeen through the power of sport, physical activity and play.

After a successful first year, Sport Aberdeen secured funding again from Carers Strategy Implementation Group to continue the Care and Connect project and its expansion.

Sport Aberdeen have recruited a new Project Activator who works alongside schools and Barnardos. To date the project is running well with the Project Activator supporting 10 young people and developing strong relationships with families and schools. The team is planning a leadership course and expanding support through a further pilot project with Adult Carers.

# Improvement Projects

## Quarriers

Delivering the EPIC projects, the aim is to look at four areas of support Quarriers can provide to unpaid adult carers to support them in their role.

- Equality and Empowerment
- Confidence to learn, to grow to thrive
- First Aid Wrap Around Support - Practical and emotional support
- Social Inclusion and Wellbeing

Referrals have come forward for counselling services, those that use listening services but requiring extra support. Wellbeing sessions around arts/ cooking and sessions with Sport Aberdeen underway and links being made with the upcoming Aberdeen City Wellbeing Festival in May 2026. Quarriers also supported Childrens Toy Appeal, with 220 bags of toys being distributed across Aberdeen City.

## Barnardos

To develop and deliver inclusive Stay and Play sessions for Young Carers and their families across Aberdeen City, regardless of their registration status with Barnardo's. These sessions will improve the emotional wellbeing of Young Carers, reduce the impact of their caring responsibilities, and alleviate isolation by providing a safe, supportive, and engaging environment: - To date Barnardos have delivered stay and play sessions in collaboration with CFINE and Wild Science, support whole family support and approach where Young Carers and their parents can also get involved.

**Barnardos 2<sup>nd</sup> project delivers** ongoing therapeutic music support groups for Young Carers across Aberdeen City, regardless of their registration status with Barnardo's, to enhance their emotional wellbeing, reduce impact of caring, and reduce isolation.; - This has taken place this year at Northfield, which is the first time in a few years. 6 individual have utilised these therapy session with opportunity to continue one to one session where most needed. This is supporting feedback on Young Carers looking for more one to one support.

# Co-producing Refreshed Carers Strategy 2026-30



Local Survey open  
(DATES)

CSIG Evaluation –  
DATE

Co-Production  
Session 2

Draft Strategy  
Consultation

Engagement Events

Co-production  
Session 1

Co-Production  
Session 3

IJB for Final  
Strategy Approval

## Strategy Evaluation and Engagement

Local Carers Survey launched

## Co-Production Sessions

Key Elements for Strategy coproduced with Carers, Partners and Professionals

## Consultation and Finalisation

Draft Carers Strategy out for consultation with fully coproduced plan on a page.

### Help Shape Aberdeen's Carers Strategy (2026 – 2030)

Are you an unpaid Carer? We want to hear from you

Please come to one of our engagement meetings in September.  
Your views and insights will help ensure the new strategy is realistic and effective.

Date	Time	Venue
Wednesday 10 <sup>th</sup> September	6.30pm – 8.30pm	North East College, Gallowgate, room
Tuesday 16 <sup>th</sup> September	10.00am – 12.00md	Marischal College, room 1N – 01
Friday 19 <sup>th</sup> September	10.00am – 12.00md	Marischal College, room 3W - 01
Saturday 20 <sup>th</sup> September	10.30am – 12.30pm	Tillydrone Campus, Donbank room
Wednesday 24 <sup>th</sup> September	6.30pm – 8.30pm	North East College, Gallowgate, room
Thursday 25 <sup>th</sup> September	1.00pm – 3.00pm	Marischal College, room 3W - 01
Saturday 27 <sup>th</sup> September	10.30am – 12.30pm	Central Library, Information Centre
Tuesday 30 <sup>th</sup> September	7.00pm – 9.00pm	Online (Microsoft Teams): call or email for link to join.
Wednesday 1 <sup>st</sup> October	2.00pm – 4.00pm	Online (Microsoft Teams): call or email for link to join.

To get involved, or find out more....

Phone: 1224 067039 or Email: [achscpengagement@aberdeencity.gov.uk](mailto:achscpengagement@aberdeencity.gov.uk)



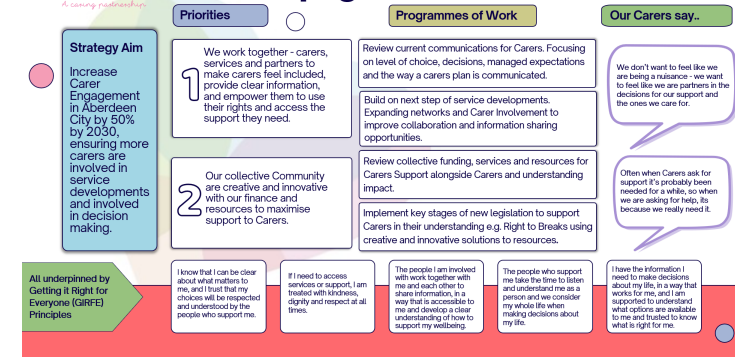
**Co-Production Session 1**  
What we know and what we can shape together. -  
**Key Elements**  
Aim  
Priorities  
Key Actions  
**6/10/25**  
**Marischal College**

**Co-Production Session 2**  
Refining  
Priorities and  
Assigning key  
actions  
**22/10/25**  
**Marischal College**

**Co-Production Session 3**  
Developing Plan  
on a Page  
Aim, priorities and  
key programmes  
of work agreed  
**07/10/25**  
**Marischal College**



### Plan on a page Aberdeen City Carers Strategy 2026 -2030



# Young Carers Services Annual Report



## ABERDEEN YOUNG CARERS SERVICE ANNUAL REPORT 2023/24

### Introduction

Barnardo's Aberdeen Young Carers Service was commissioned in April 2019 by Aberdeen City Council - now having been in contract for 5 years. It is the only dedicated Young Carers service in Aberdeen City, working with children and young people from age of 5 to 18 years old with integrated transition support to adult carer services- Quarriers Aberdeen. This report covers 1st April 2023 to 31st March 2024.

We continue to support Young Carers in Aberdeen City to live a happy and fulfilled life alongside their caring roles that aims to reduce the impact upon their own mental health and wellbeing, and offer short-term respite opportunities.

We offer family supports through one-to-one and group opportunities that include an adults group and family events. Furthermore, we provide a range of additional supports including targeted group work, social activities, advocacy, signposting/linking to other services, and financial support.

This year, our aim was to continue supporting schools, services, and the community to increase the awareness of the needs of Young Carers by informing professionals of the challenges that Young Carers face, their needs, and the potential risks associated with being a Young Carer.

We successfully worked in partnership with a wide range of professionals and sectors to implement a culture change with the ideology of 'Think Young Carer' being embedded across various settings including education, health, Social Work, other Third Sector organisations, community groups, and adult services. Whilst also helping to build effective systems to identify Young Carers that have a carer friendly ethos to promote inclusion, making them aware of their rights as a Young Carer, and offering every Young Carer in Aberdeen City a Young Carer Statement.

We have been pro- actively working alongside partners on the Carers Strategy 2023-2026 to identify how a multi-agency approach can be taken to increase the number of Young Carers recognised and receiving support within Aberdeen City with the recommendations from the Strategy continuing to shape service development in how we develop this approach with other organisations.

As part of our Contract Monitoring processes both our Carers service provide quarterly reports and an annual report.

Both these reports give us an in depth view of all that has been achieved within the services, some things mentioned throughout this report.

We are glad we are able to commit within our Carers Strategy 2026-2030 stable Carers services, as the new Contracts started in April 2025 and will be in place for the next 5 to 7 years.



## Annual report 2023-2024



# Carers Strategy 2026- 2030



## Plan on a page **Aberdeen City Carers Strategy 2026 -2030**

