

Empowering Daisy: A Young Carer's Journey to Resilience



Background

Daisy, a 15-year-old student, was referred to YMCA Sutton Coldfield by her teacher, who was concerned about her wellbeing. The teacher had noticed that Daisy, had been missing lessons, arriving late to school, appearing visibly tired, and struggling to concentrate. As she was about to start her GCSE mock exams, there was concern that her grades would suffer. At this stage, little was known about Daisy's home life, but it was clear that she needed additional support.

Support Provided

Daisy had lived with her grandparents for nine years. After building a trusting relationship with Daisy, during a 1:1 session, staff discovered that she had been looking after her Grandad, who had fallen unexpectedly ill. At that time, there was no clear diagnosis.

Daisy was eager to open up and was in need of someone to listen to her. Over the following weeks, staff provided emotional support, allowing Daisy to talk about her experiences and express her emotions in a safe space. When she learned that her Grandad had terminal cancer, the school and YMCA staff agreed to continue providing support for as long as Daisy needed it.

Daisy received weekly 1:1 mentoring sessions for 30 minutes every Tuesday. At the beginning of the mentoring, she was asked what kind of support she felt would be beneficial. It became clear that simply having someone to talk to and provide emotional support was what she needed most.

Although Daisy was invited to respite sessions outside of school, she chose not to attend, as she wanted to spend as much time as possible with her Grandad. Daisy accessed mentoring for four months before deciding that she no longer needed weekly sessions and transitioning to support from the school mental health officer.

The Impact

With the consistent support from YMCA staff, Daisy was able to navigate an extremely difficult period in her life. Having lived with her Grandparents since she was six years old, she was incredibly close to her Grandad, making his passing an even more profound loss.

Despite the emotional strain, Daisy managed to complete her GCSE mock exams and is now preparing for her final exams. Staff worked with her to rebuild her confidence, develop her self-belief, and strengthen her resilience. Additionally, they helped her implement coping strategies to manage stress and pressure more effectively.

The Difference

Daisy expressed deep gratitude for the support she received, stating, "I don't know how I would have gotten through this without you. You've helped me so much."

She also shared that before receiving support, no one had asked her why she was struggling; instead, they had only focused on her declining performance. The school staff also noticed a significant improvement in Daisy's mood and ability to cope, noting that she was visibly better in class, particularly after her Tuesday mentoring sessions.

Furthermore, school staff reported feeling better equipped to identify and support other potential Young Carers in their setting. They committed to sharing their new understanding with colleagues to improve support for all young people in similar situations.

Support

We provide help to [Young Carers](#) and provide support and advice to [Young Adult Carers](#), aged 18 to 25 from our partner, YMCA Sutton Coldfield.



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