

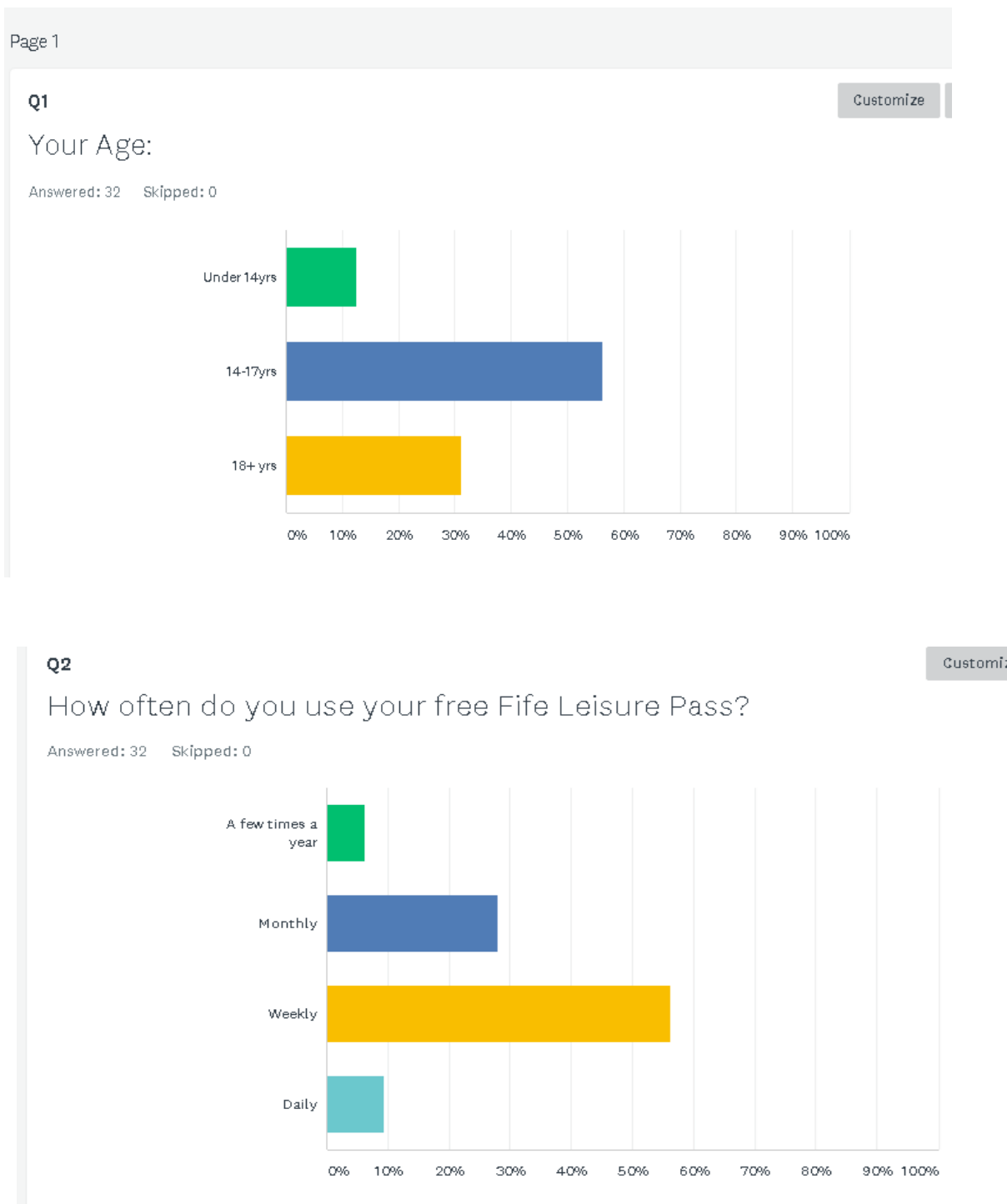
Appendix A Fife - Young Carers Initiative

In Fife, Scotland, Young Carers have access to a free leisure pass and this scheme has been running for 3 years. The Leisure pass has different levels of permissions dependent on age:

- Under 14 – free swimming
- 14-17 - free gym and swim
- 18+ - free gym, swim, fitness suite and health classes

They regularly carry evaluations in order to see the passes effectiveness.

Fife Sports and Leisure Trust – Free access to leisure facilities feedback



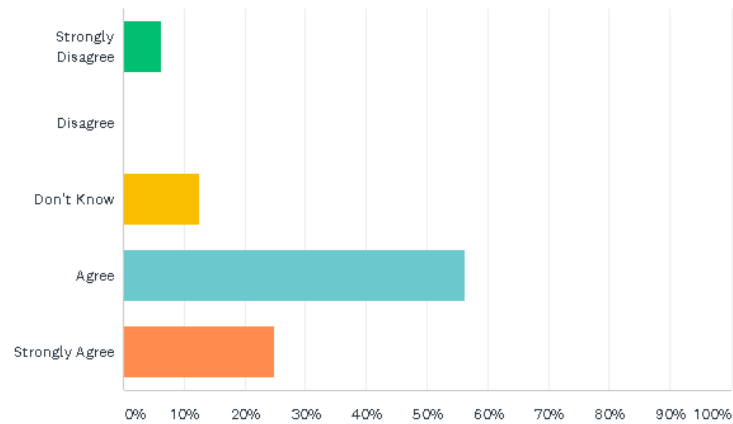
Q3

Customize

Save As

Has the Fife Leisure Pass encouraged you to be more physically active?

Answered: 32 Skipped: 0



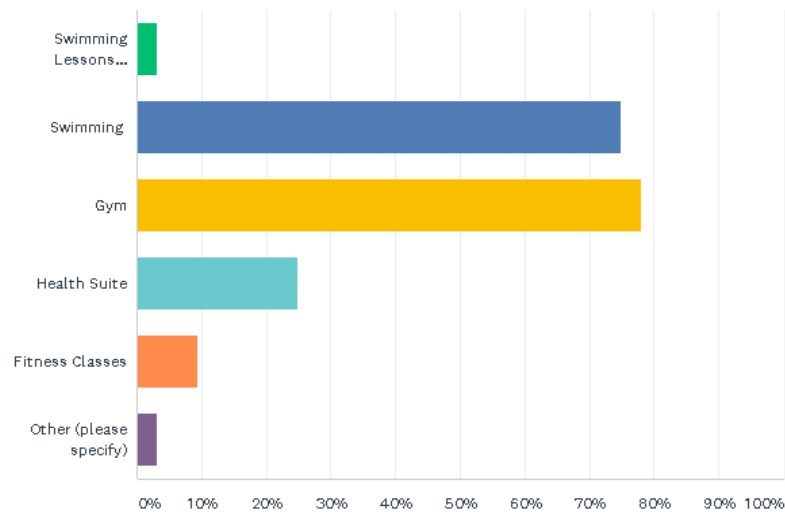
Q4

Customize

Save As

What Activities have you accessed through the Fife Leisure Pass? (You can choose more than one)

Answered: 32 Skipped: 0



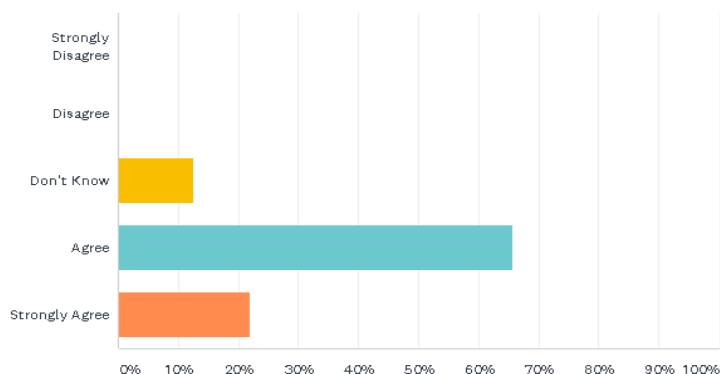
Q5

Customize

Save As ▼

Has the Fife Leisure Pass allowed you to have a break from your caring role?

Answered: 32 Skipped: 0



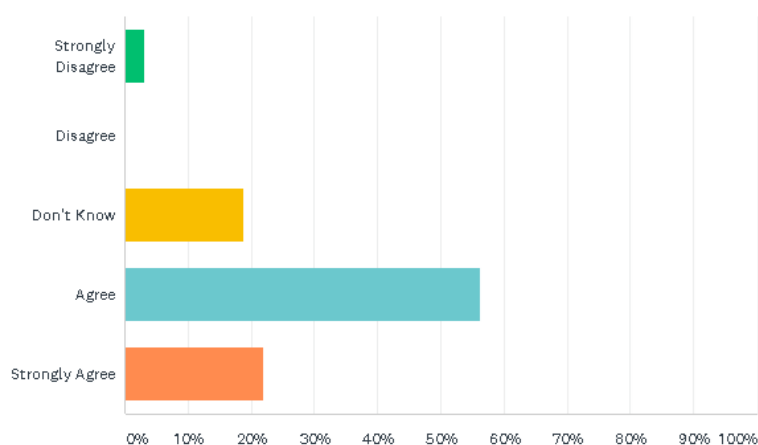
Q6

Customize

Save As ▼

Has accessing Fife Leisure facilities through the pass allowed you to spend time with friends?

Answered: 32 Skipped: 0



Quotes –

'With this I am able to have some alone time when I need it, build up my self confidence and take time out of my caring role, my family also have passes due to other reasons and I am able to go with my siblings and have some fun time with them instead of them sitting at home alone not able to go out because of constantly being at risk of ending up ill' – YAC, East Fife

'It has given me a positive weekly routine which has helped to give me a more positive outlook on life' YC, West Fife

'I love it and it has encouraged me to go to the gym and given me a new hobby' YAC, Central Fife