



Young Carers Development Trust

IMPACT REPORT




**January
2023**


Contents

.....

Foreword	3
Mission	4
What we do - 4/5 year programme	5
Ambassadors	6
Impact	7
Young Adult Carer Aspirations Conference	8-9
Young Carers	10-13
Income	13
Funders	14

YCDT helped me develop my skills and learning so I could get into university. They supported me in both a practical way and cheered me on during the process, helping me believe in my potential, something I am eternally grateful for.

Amy, YCDT's first young carer in 2013



Foreword

INSPIRING YOUNG CARERS TO ACHIEVE THEIR POTENTIAL

Young carers miss out on all sorts of opportunities, from basic education to social and developmental activities. Their childhoods are very different to their peers, with responsibility from a young age. YCDT supports young carers to raise their aspirations and reach their potential.

Young carers are resilient, resourceful and dedicated young people and YCDT's work harnesses these qualities and challenges the fact that young carers are less likely to succeed. We aim to nurture the development of these talented young people through a 4 or 5 year programme of support.

YCDT's unique approach changes the lives of the young carers we work with. All the young carers we have supported so far have gone on to attend university or develop a skilled career. This is a remarkable achievement given the challenges these young people face, combining their time-consuming caring roles with the dedication required to study. Our young carers are unanimous that without our

intervention they would not have achieved their GCSEs or considered university as an option.

At the end of their YCDT programme of support, our young carers are invited to be Ambassadors for the charity. They then become invaluable role models for our current young carers and an inspiration for young carers everywhere.

Over the last ten years, the expertise and continued support of our development mentors has been pivotal to enabling our young carers to achieve their potential. It is a privilege to have such dedicated volunteers as part of our team.

Karina Eccles

Karina Eccles
Charity Manager

Melanie Rees

Melanie Rees
Service Manager

Mission

YCDT provides intensive one to one support to enable young carers to achieve their potential. We achieve this by encouraging them to strive for ambitious goals, to advance in life and to become active, inspiring role models for others from backgrounds similar to their own.

Young carers are at the centre of everything YCDT does as we aim to inspire and nurture them to achieve their potential.

Our approach is to work with local young carers services to identify young carers with real potential who are unlikely to succeed without targeted support.



Encouragement and Direction

Young carers are 3 x as likely to be *'not in Education Employment or Training'* (NEET)

Supporting the Many

There are approximately 800,000 young carers in the UK

Impact on Education

A young carer misses 48 days (10 weeks) of the school year on average due to their caring role

Aspire to Achieve

On average young carers achieve the equivalent of 9 lower GCSE grades than their peers

Achieving Potential

Young Carers without support like YCDT's are 4 x more likely to drop out of university or college

What We Do



4/5 YEAR PROGRAMME



Ambassadors

Young carers are offered the chance to become Ambassadors for YCDT. This role includes raising awareness of the charity and our work, raising awareness of young carer issues, using public platforms to describe their experiences and becoming Development Mentors.



Oli, speaking to Nailsea & Backwell Rotary Club about his experiences as a young carer and the difference YCDT has made to his life.



Alise, speaking to the Percent Club in Bath about her life as a young carer and the impact YCDT has had.



Callam preparing for his new role as an Ambassador for YCDT.



"Thank you for everything you've done for me. I know I wouldn't be where I am now if it wasn't for YCDT."

"YCDT gave me the support I needed to build my confidence."

Impact

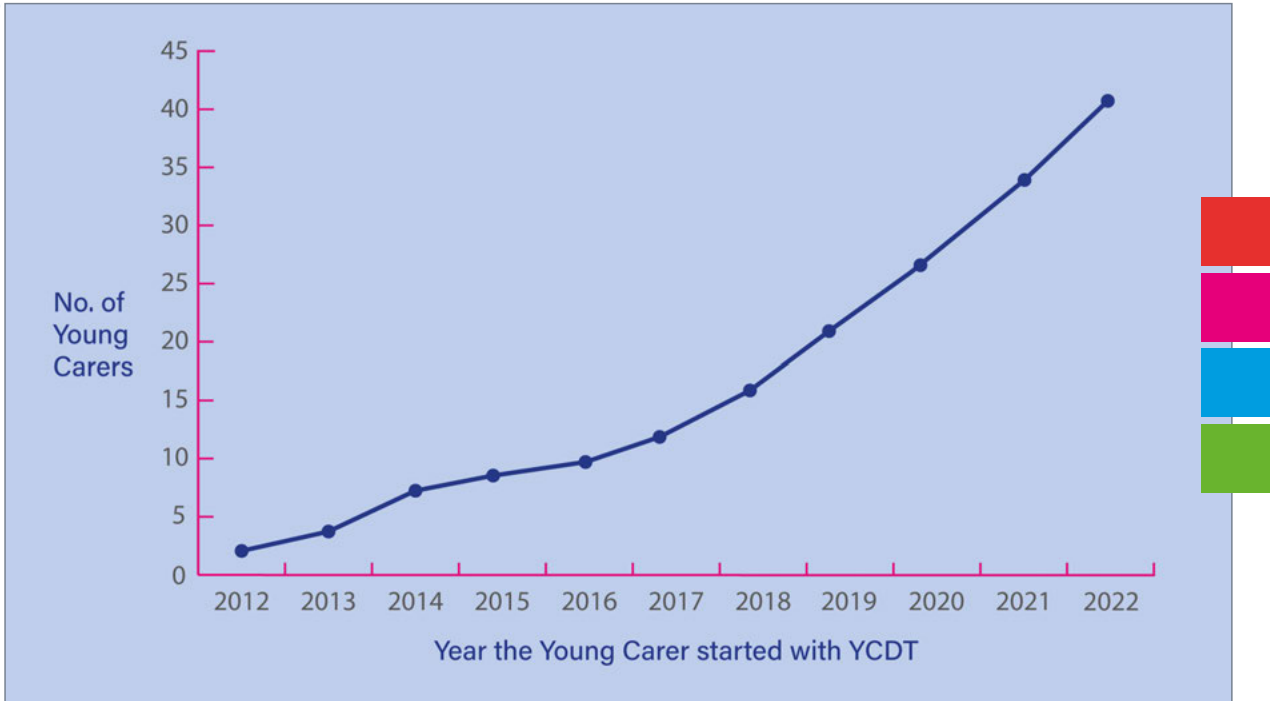
In September 2022 we took on eight new young carers, taking the total number of young carers we have supported to 41. The majority of the young people we support start with us in year 11, this is to ensure our support is in place before they start their GCSE exams.



YCDT's support has resulted in our young carers achieving:

- An overall improvement of 2 grades (average)
- 80% into university (50% of which were Russell Group)
- 20% into apprenticeships and meaningful employment in line with their aspirations
- 100% remaining in 'Education, Employment or Training' (EET)
- 25% obtaining scholarships to fee paying schools
- 80% continuing their relationship with us and becoming Ambassadors
- 1 has become a Development Mentor

"Because of YCDT I aimed higher and achieved my potential"



Young Adult Carer Aspirations Conferences

YCDT has been busy developing its services with the aim of reaching an even wider audience of young carers, young adult carers and the professionals who support them. Many young carers across the UK experience issues exacerbated by their caring responsibilities, such as mental health difficulties and increased financial hardship. YCDT believes it's important to try and prevent these issues escalating and to put the right support in place to meet these challenges head on.

Despite the Covid pandemic resulting in work having to be moved online, this didn't stop the rollout of our YAC Aspirations Conferences, with virtual events held in 2020 & 2021, providing support to over 60 young carers.

Our conferences aim to increase awareness of the further and higher education options for young adult carers, whilst improving their understanding of the dedicated support available to them. The workshops focus on areas related

to education and employment, including apprenticeships, financial support, YAC rights, as well as tools to better equip young carers to manage their mental health. Afterwards, filmed footage is added to our website to make sure that even those unable to attend in person due to their caring commitments, don't have to miss out on these invaluable resources. As a result of strong partnerships forged with other organisations (including local colleges and universities), we are able to offer a wide selection of carefully-targeted workshops, ensuring that the varied needs of our young carers are met.

In 2022, we were able to build on the success of our online conferences with our first in-person conference at Bristol City Hall in April. The event featured an ambitious twelve workshops and welcomed over 70 attendees. The conference was deemed a huge success with overwhelmingly positive feedback from the young people and professionals who attended.



"I learnt new techniques to cope with stress and other emotions"
(Young Adult Carer)

"What I gained most from the conference was an understanding of other services and their limitations, and hearing young carers open up" (YC Project Worker)

"What I liked most was speaking to others who have been through similar experiences and overcome their issues" (Young Carer)



Young Carers



Cory...

... is a young carer with multiple caring roles for both parents and his younger siblings. Cory and his Mentor have built up a strong relationship with Cory flourishing under the Mentor's guidance. When Cory first started with YCDT

his aspirations were to become a motor mechanic; A Levels were something he hadn't considered as being for him. Cory's thoughts of his Mentor: "At first I was nervous but me and Peter communicated a lot about my anxiety about the future and he really helped get towards my aspirations and realise my true potential."

A FEW OF OUR YOUNG CARERS' THOUGHTS ON THEIR DEVELOPMENT MENTORS (DM):



"My DM showed me all the different paths I could take."

"My DM showed me my strengths and helped me believe in myself."

"My DM's support has improved my well being."

"Knowing someone was there for me made all the difference."

CASE STUDY

Since engaging with YCDT, Cory is now studying for his A-levels and is particularly enjoying in history. Cory has developed into considering engineering rather than a mechanic so his aspirations have really grown. He greatly benefited from the maths tuition arranged through his Mentor and there was always very positive feedback from his tutor..

Cory has already started developing relationships with other YCDT young carers, enabling shared experiences and peer support.

Whilst he has only been with YCDT for 2 years, Cory says of the impact on his life:

"YCDT has helped me to see that despite my young caring responsibilities, I can go on to go to things like university. The Young Adult Carer Conference in Bristol this year had workshops that helped me realise all the different skills I have developed through all of this and that it has overall made me believe in myself more and have more confidence in myself."

CASE STUDY



Dekeisha...

... has been a young carer for most of her life. Her mum was diagnosed with cancer and became extremely ill and her caring role intensified even further when her dad fell ill with brain cancer. Dekeisha's responsibilities included housework and assisting her mum to move around the house. Once she started secondary school, her focus and time were absorbed by her caring role, juggling taking her parents to doctor appointments, worrying over her dad's imminent brain surgery and further support of her mum who was having to manage the care of her husband with her own illness.

As her dad's condition worsened, her mum's mental health suffered and sadly Dekeisha lost her father at the age of 13.

"Being a young carer is an extremely isolating experience, not many people understand it and at times it can feel like you are completely alone facing unique challenges that often get overlooked and forgotten."

Dekeisha had received no support until her referral to YCDT in 2017.

"My life as a carer, as well as my life experiences, had led me to a point where I felt like I had no space to think about my own future and what I had wanted to do with my life. When I was referred to YCDT it finally gave me that extra support that I really needed for my future."

Dekeisha was paired with a Development Mentor and together they made a plan for her future which included tuition to improve her GCSE and A-Level results.

"Tuition was something I would have never had been able to afford and never would have dreamt of receiving without YCDT."

Dekeisha made the decision, with the support of YCDT, that university wasn't the right choice for her after A levels. After discussing the many options available to her, Dekeisha applied for a job at YCDT!

"I now work as YCDT's Charity Administration Assistant and this role has opened up so many opportunities to gain new experiences, knowledge and also insight into what I want to do in the future."



Young Carers



Phoebe...

... has a complex caring role and provides support for her younger sister who has Autism, her father who has Epilepsy and Crohns Disease, which includes fits as a side effect, as well as her mother who has mobility issues. Phoebe has also faced her own challenges; she has Hypermobility Syndrome which can be very painful and her attendance at school has suffered due to this. Phoebe, 18 years old, now attends University studying Psychology and Criminology and is getting on well. Phoebe is in her 4th and final year of YCDT support which has included

Maths, English and Psychology tuition, a bus pass to college, and a laptop light enough for her to carry.

"I didn't feel I would be able to achieve the grades necessary to get into University, so with the help of my Development Mentor Becky we found a psychology tutor, funded by YCDT, who helped me over the course of my A Levels and I was able to get into university."

"Without the support of YCDT I strongly feel I would have not been able to achieve my goals."



CASE STUDY



Oliver...

... lives alone with his mother who has very serious physical health issues. Oliver is responsible for ensuring she takes her medication (including injections), cooking the meals and looking after the house. He also cared for his Nan who he described as his "best friend" until she sadly passed away. He frequently missed school to accompany his mother to hospital.

Oliver had a difficult time at school with a combination of numerous missed school days, bullying and dyslexia. Oliver is in the fifth year of his support from YCDT and having completed a highly successful course in carpentry, passed his 6-month probation as a carpenter. Oli is now studying a level 3 apprenticeship in carpentry, taking his skills to the next level.

"During my time with YCDT they have supported me in many ways and helped me with reaching my potential. This was through: giving me time to think about my



future and how I can achieve it, whilst having a much needed break from caring, when meeting up with my mentor."

"It was great that YCDT supported me to have the future I have always dreamt of and never thought was possible."

CASE STUDY



Income



- We fundraise for 100% of our income
- We receive no statutory funding
- Funding comes from a variety of sources including Trusts, Foundations, individual donations, corporate giving, events and community fundraising.
- Our support is offered free to young carers and their families.
- All funding we receive goes directly towards our provision for these young people.
- The more funding we receive, the more young carers we can help.
- It costs £5,750 to support a young carer for 4/5 years in direct costs and over £9,000 with the cost to YCDT
- We always ensure the money is in place for all 4/5 years before taking on a young carer.

Funders

An enormous thank you to all of our funders, your support has enabled YCDT to grow from a fledgling local charity to one of regional standing, with increasing impact on the lives of young carers. Through your funding we have changed their lives.

4814 Charitable Trust
 Albert Hunt Trust
 Alchemy Trust
 Amazon Europe (Smile)
 Ann D Foundation
 Anton Jurgens Charitable Trust
 Awards for All
 Barbara Ward Charitable Fund
 Bath Boules Charitable Trust
 BOM IT Solutions
 Chippenham Borough Lands Charity
 Cranbrook School
 Denman Charitable Trust
 Ecclesiastical
 Eva Reckitt Fund
 Four Acres Trust
 Friendly Brothers of St Patrick
 Gilchrist Educational Trust
 Giveacar
 Hedley Foundation
 Helen Hamlyn Foundation
 Helianthus Trust
 Joan Wilkinson Charitable Trust

Leslie Smith Foundation
 Marsh Christian Trust
 Masonic Charitable Foundation
 Mountbatten Memorial Fund
 Mrs R P Tindall's Charitable Trust
 Nailsea & Backwell Rotary Club
 One2one Design Group Ltd
 Paradigm Norton Trust
 Queen Elizabeth's Hospital, Bristol
 Redcliffe Homes
 Robert McAlpine Trust
 Roger & Sarah Bancroft Clark Charitable Trust
 Scobell Charitable Trust
 Singer Foundation
 Sir Jules Thorn CT
 Sisters of Mercy Union of Great Britain
 Society of Merchant Ventures
 Somerset County Senior Ladies Golf Association
 South Stoke Church
 St James' Palace Charitable Foundation

Swire Charitable Trust
 The Edward Gostling Foundation
 The Fitton Trust
 The Grace Trust
 The Grant Foundation
 The Kass Foundation
 The Lark Trust
 The MacRobert Trust
 The Mears Foundation
 The Russell Kin Trust
 The Truemark Trust
 TK Maxx & Homesense Foundation
 Tula Trust
 University of Bristol
 UWE
 Violet Wills Will Trust
 Waitrose
 Wakefield Trust
 Walter Guinness Charitable Trust
 Weston College
 Woodward Trust
 The W O Street Foundation
 Yeovil Round Table



INSPIRING AND NURTURING YOUNG CARERS TO ACHIEVE THEIR POTENTIAL



“YCDT showed me my strengths and helped me to believe in myself.”



Young Carers Development Trust

Charity Manager - Karina Eccles
+(44) 7368 366660

www.ycdt.org.uk info@ycdt.org.uk

c/o The Carers Centre, Woodlands, Lower Bristol Road, Bath, BA2 9ES

The Young Carers Development Trust is a charity (1150197) and a company limited
by guarantee (England and Wales No. 07771110)