

The background is a collage of various photographs of children, mostly in school uniforms, smiling and posing for group photos. The entire image has a red tint. At the top, there are small, partially visible text elements: "ALL THE CHURCH OF ENGLAND", "Visitors, please report to Main Reception", and "CRIST".

MYTIME

YOUNG CARERS

SOCIAL IMPACT REPORT
2023-2024

INTRODUCTION

We are very proud to present the **MYTIME** Young Carers Social Impact Report for 2023-2024. As an organisation we have made enormous strides this year in our fight to ensure young carers have the visibility and support they truly deserve. We have stepped up our work to help us achieve our vision of social justice for young carers, whilst remaining fully committed to eliminating the effects of the social injustices experienced by young carers.

Some of our major successes include:

- ▷ Publishing the first ever report on young carers' Primary school attendance and attainment - a document highlighting the stark impact that having a caring responsibility can have on a young person's education.
- ▷ Giving evidence to the first ever Young Carers All Party Parliamentary Group and contributing to their report on young carers and their educational experiences.
- ▷ Featuring on the ITV documentary Young Carers: A Hidden Crisis
- ▷ Working with over 220 schools across the UK to raise awareness of young carers and giving them the tools to effectively identify and support these amazing young people.
- ▷ Significantly increasing the number of young carers we are working with, providing support to them and their families through our Making Memories and Employability Programmes.
- ▷ Representing young carers and their needs at the Children's Commissioner's round table on young carers.
- ▷ Working closely with the members of the **MYTIME** Youth Action and Advisory Board, where we listened to the voices of young carers and worked hard to improve our support based on their feedback.

We have been very fortunate to continue to work alongside a huge number of wonderful supporters such as Paul Hamlyn, Talbot Village Trust, Garfield Weston, The Pointers Family Trust, Eranda Rothschild and many more. The generosity of these donors has enabled us to continue to scale our services significantly, increasing the number of quality services we deliver through our programmes and helping us to work with over three thousand young carers. We are now in a better position to provide the key support young carers need to diversify their childhood experiences and overcome many of the structural inequalities they face.

We are excited to enter 2024/2025 with plans to continue to scale our work and to launch a new programme of support via the **MYTIME** Young Carer Friendly Award, which will see clubs, sports, community and faith groups access high-quality training on how to become young carer friendly.

There are still thousands of children and young people across the UK who don't realise that the vital care they provide for a loved one means they would be classified as a young carer. We therefore see it as our responsibility to continue to increase awareness, identify more hidden young carers and go on to provide the support they need to truly thrive.



KRISTA CARTLIDGE
CEO

CONTENTS



Who Are Young Carers	4
Our Reason for Being	5
Education Research	6
Impact OF Our Work	7
The Journey	8
Our Life Cycle	9
Charlie's Story	10
What Does It Feel Like For Young Carers Without Support	11
Zainab's Story	12
Theory Of Change	13
Intorduction To The MYTIME Young Carers Programmes	15
Level Up	16
Aims & Objectives	16
Case Study	17
The Impact	18
Our Learning	19
Our Response To Feedback	20
The Future	21
Making Memories	22
Aims & Objectives	22
Case Study	23
The Impact	24
Our Learning	25
Our Response To Feedback	26
The Future	27
Employability Programme	28
Aims & Objectives	28
Case Study	29
The Impact	30
Our Learning	31
Our Response To Feedback	32
The Future	33
What Does It Feel Like For Young Carers With Support	34
The YAAB	35
Measuring The Impact	37
Behind The Scenes	39
Sponsorship and Support	40

WHO ARE YOUNG CARERS?

A young carer is a child or young person, aged between 5 and 25, who helps look after someone in their family, or a friend, who is ill, disabled, living with poor mental health or living with substance misuse. Sometimes, a young person will start caring for a family member or loved one from a very early age, whilst other young people might become carers later in their youth, perhaps even overnight, when a family member suddenly develops a condition or has an accident, for example. Whether they are aware of their young carer status or not, these exceptional youngsters may find themselves regularly responsible for helping someone to wash and get dressed, cooking meals, housework, food shopping, administering medication or taking responsibility for younger siblings. However, we understand that no situation is the same and that every young carer is unique with differing experiences and needs. Many take pride and pleasure in their caring role however, childhood caring responsibilities can, and often do, take a significant toll on a young person's mental and physical health, as well as their academic performance and later, their adult outcomes. It is therefore imperative that these incredible young people understand that they are not alone and that there are many other children and young people out there who are facing the same challenges and disadvantages. All young carers deserve dedicated and unwavering support, and we are determined to make this happen.

HOW MANY YOUNG CARERS ARE THERE IN THE UK?

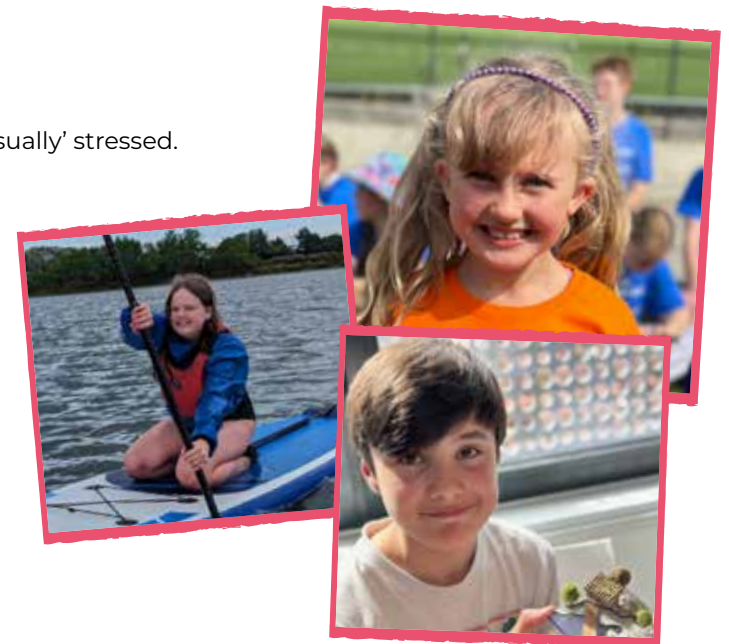
There remain many conflicting reports of just how many young carers there are nationwide. In the Department for Education's Census, 53,976 pupils were recorded as young carers, representing 0.6% of the pupil population and an average of 337 young carers per local authority. However, it should be noted that this figure is likely to be a significant under-representation as these figures came from just 28% of schools; 72% of schools failed to record any young carers at all. Meanwhile the Family Census in 2021 suggested there were approximately 120,000 young unpaid carers (aged 5-17) whereas the world's leading young carer expert, Professor Saul Becker, has given his estimate that up to 1,000,000 children under 18 in the UK are supporting family members as young carers. The figures are uncertain, but what we do know is that whatever the overall estimated number, many young carers remain hidden in society. Predictions suggest that there is likely to be upwards of 80% of young carers operating without any support at all, so it is crucial that identification remains the highest of priorities.



OUR REASON FOR BEING

Every young carer operates within a unique context, and all are impacted differently by their responsibilities. However, there are many shared experiences:

- ▷ **51%** of young carers surveyed reported providing 20-49 hours of care per week for family members, all whilst balancing studies, work and hobbies. (Carers Trust)
- ▷ On average it takes three years for young carers to be linked into any support, and shockingly more than ten years for some. (Young Carers Alliance briefing 'From caring to support – We still need to close the gap for young carers'.)
- ▷ **19%** of Young Adult Carers have little social contact with people and feel isolated. (NHS Digital - Survey of Adult Carers in England, 2021-22)
- ▷ **13%** of young carers have a higher prevalence of anxiety and depression than non-carers (8%). (NHS Digital - Survey of Adult Carers in England, 2021-22)
- ▷ **47%** of female and **37%** of male young adult carers stated they were either 'always' or 'usually' stressed. (Being a young carer is not a choice, it's just what we do - Carers Trust, March 2023)
- ▷ Young carers and young adult carers are more likely to live in financially disadvantaged families with **85%** sharing that the cost-of-living crisis is either 'always' or 'usually' affecting them and their family. (Carers Trust, 2023)
- ▷ **40%** of young carers and young adult carers say they don't get enough support to balance caring and education. (Carers Trust, 2024)
- ▷ **32.9%** of young adult carers are NEET (Not in Education, Employment or Training) compared to 5.3% of non-carers. (UK's Youth Voice Census: 2023 Report)



MYTIME YOUNG CARERS EDUCATION RESEARCH

Research carried out by **MYTIME** in 2023-2024 has also exposed the extent to which a young carer's education can be impacted by their caring role. Our groundbreaking Primary Schools Data, released in April 2024, highlights the alarming disparity in academic achievements between young carers and their peers without caring responsibilities. It showed that:

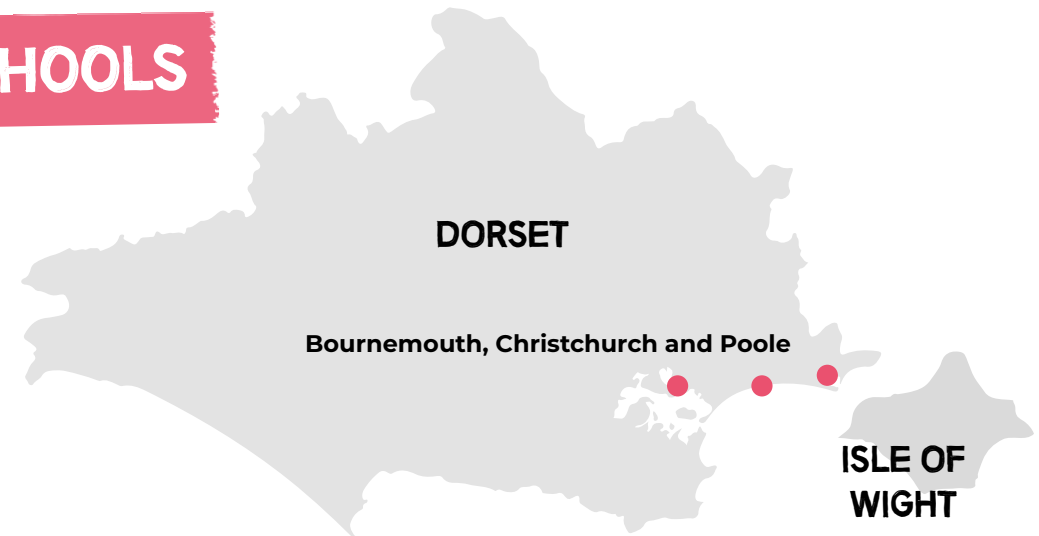
- ▶ **Young carers have double the rate of absence than that of their peers**, which coincides with our secondary school data analysis. Primary young carers have a rate of absence of **8%** (92% attendance) whereas their non-caring peers are only missing 4% of school days. When a young carer misses 8% of their primary education, this equates to **90 DAYS** of missed learning.
- ▶ **44%** of young carers receive **Free School Meals (FSM)** in comparison to only 17% of their peers without a caring responsibility.
- ▶ **53%** of young carers are allocated **Pupil Premium** in comparison to only 20% of their peers without a caring responsibility.
- ▶ **32%** of young carers are on the **SEND (Special Educational Needs and Disabilities) register** in comparison to only 18% of their peers without a caring responsibility.

READING, WRITING, AND MATHS:

- ▶ Only **51%** of young carers reach age-related expectations in **reading**, in comparison to 70% of their peers without a caring responsibility.
- ▶ Only **39%** of young carers reach age-related expectations in **writing**, in comparison to 63% of their peers without a caring responsibility.
- ▶ Only **49%** of young carers reach age-related expectations in **maths**, in comparison to 73% of their peers without a caring responsibility.

THE IMPACT OF OUR WORK IN SCHOOLS

The **MYTIME** Level Up Programme is now being delivered in 76 of the 83 schools across Bournemouth, Christchurch and Poole (BCP). For the first time in 2023, young carers were included in the school census in England and both the 2023 and 2024 census figures demonstrate the positive impact this programme is having on schools' abilities to identify young carers:



	National	BCP	Dorset	Isle of Wight
2023 School Census				
Primary	0.3%	1.4%	0.2%	0.3%
Secondary	0.6%	2.5%	0.4%	1.0%
2024 School Census				
Primary	0.5%	1.9%	0.4%	0.4%
Secondary	0.9%	3.2%	0.9%	1.9%

BCP has become the flagship local authority for young carer identification. Our approach is working and is necessary if we are to continue to find and support the thousands upon thousands of hidden young carers residing in our communities.

"WE NEED TO MAKE SURE THAT THE YOUNG CARERS OF TODAY DON'T BECOME THE CARED FOR OF THE FUTURE, THIS CAN ONLY BE DONE IF WE KNOW WHO THEY ARE."

YOUNG ADULT CARER, AGE 22

THE JOURNEY

MYTIME

YOUNG CARERS

2013

MYTIME Young Carers is founded, providing activity days and funding breaks away for other young carer groups. **The charity supports less than 100 young carers.**

2019

Krista Sharp joins MYTIME as Executive Director. At the time, the charity comprises a team of 3 and supports **160 young carers.**

2020

Krista takes on the role of CEO at MYTIME and launches 3 new programmes: our Making Memories Programme, our Employability Programme and our Level Up Programme, all in the face of a global pandemic!

MYTIME delivers an emergency food provision programme to support young carer families during 2020's Covid-19 outbreak.

MYTIME launches Operation Christmas, aiming to deliver a Christmas goody bag to every young carer across Dorset.

By December 2020, **MYTIME supports approximately 600 young carers.**

2021

MYTIME works hard to improve and scale its provision, and **is supporting approximately 1,360 young carers by December 2021.**

2022

MYTIME launches a Youth Advisory Board comprised of 9 young carers, ensuring that all work is directly led and shaped by the young people the charity serves.

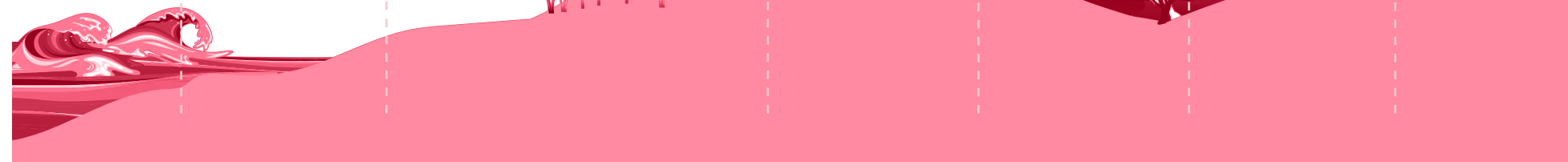
By the end of 2022, **MYTIME is supporting approximately 2,140 young carers.**

2023

MYTIME launched the Level Up Academy, a national pilot working with 55 schools across the country to develop an online version of the local and hugely successful Level Up Programme. This is enabling schools across the UK to develop their provision for young carers.

2024

MYTIME raised the funds needed to develop the Young Carer Friendly Award. A new programme to help sports, community and faith groups understand the needs of young carers, ensuring they have the opportunity and support to access a wide range of extra-curricular activities.



OUR LIFE CYCLE

At **MYTIME**, we do a great deal of work to support young carers, but alongside the work, we do some serious thinking too. These fuel one another, and so we operate a continual process of learning, action and reflection, illustrated in the diagram below.

STEP 01

Identify the need – Nobody knows what young carers need better than young carers themselves, so we provide frequent opportunities for our service-users to share with us the challenges they're facing.

STEP 05

Reflect on the work – We evaluate the efficacy of our work, measuring impact against desired outcomes.

STEP 04

Do the work – We pilot our ideas, monitoring their impact closely.

STEP 02

Identify the changes necessary to meet the needs – We work with young carers to imagine a world that does better by its young carers, and to understand what that might look like.

STEP 03

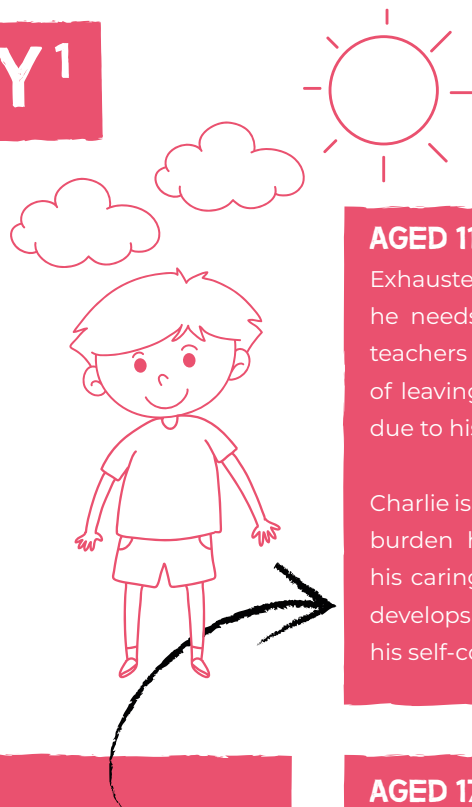
Identify the work that needs to be done to make the necessary changes – Step by step, we plan the course of action through which tangible change can be made.

Step 5 goes back to Step 1 and repeats.

MYTIME acknowledges that there will always be elements of our work that can be improved upon, and that there will always be questions we don't yet have answers to, but strives to provide the highest quality of provision possible for the young carers we serve. We accept that our learning will never be done, and are committed to continual growth and development.

CHARLIE'S STORY¹

At **MYTIME**, we believe that no child's destiny should be defined by their beginning. Young carers are incredibly hard-working, compassionate and resilient and they have so much to offer the world, yet their caring responsibilities can take a real toll on their childhoods and their futures. Meet Charlie...



AGED 5-10

Charlie's mother is wheelchair-bound and lives with depression, and Charlie is his mother's primary carer. From a young age, Charlie spends most of his time caring for his mother. He gets her bathed and dressed for the day, he moves her from place to place and helps her to use the toilet, he does what he can to keep her spirits high and he keeps on top of the housework.

Because his mum is so dependent on him, Charlie doesn't have time to develop his own hobbies or social life as a child, and he tends to feel out of place with peers at school. When classmates start to tease him about his mum's condition, Charlie quickly learns to feel ashamed of his identity as carer, and tries to fade into the background.

AGED 11-16

Exhausted by his increasing caring role, Charlie does the bare minimum that he needs to in secondary school to successfully fly below the radar of his teachers and peers. He doesn't like school; he's always worried by the thought of leaving his mum at home on her own, and often too tired to concentrate due to his busy caring schedule.

Charlie is stressed and overwhelmed, but has nobody to turn to. He would never burden his mother with his own problems, and feels too embarrassed by his caring role to tell anyone else about it. With no-one to confide in, Charlie develops mental health concerns of his own. He turns to food for comfort, but his self-confidence only suffers as he starts to put on weight.

AGED 17-25

Charlie just manages to achieve the grades at GCSE that he needs to go to college. Here, he is held back by low self-worth, and though he forms some friendships, he still doesn't manage to identify anyone who he feels he can open up to. He studies health and social care, not because he loves looking after people, but because this is the only environment where he feels he belongs.

After college, Charlie's low self-esteem prevents him from moving into employment, and leaves him exposed to poor relationship choices in his personal life. He never leaves home – his mum can't do without him – and his own health concerns begin to spiral. By the time he's 25, Charlie has been diagnosed with depression himself.

¹ This is a composite case study, including elements drawn from different young carer case studies

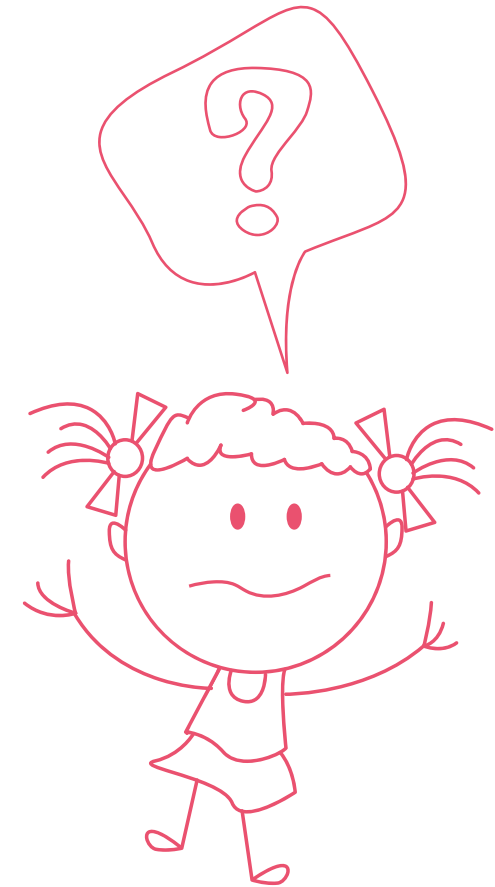
WHAT DOES IT FEEL LIKE FOR YOUNG CARERS WITHOUT SUPPORT?

At **MYTIME**, we are committed to truly understanding the varied experiences and needs of the young carers we work with, and we strive relentlessly to create space for their voices. Here are some of their own words about the most significant challenges they face:

- ▷ Thinking about future prospects is too overwhelming.
- ▷ My freedom of choice is limited.
- ▷ It feels like a 'relief' to get away from my caring responsibilities.
- ▷ My only choice is to sleep less to get things done.
- ▷ My school are unaware of my caring responsibilities.
- ▷ School is my 'biggest time of worry.'
- ▷ School and caring is a huge juggle.
- ▷ Other people 'just don't get it.'

Key words used:

**TIRED, ANGRY, ANXIOUS, WORRIED, LONELY, ISOLATED, DRAINED,
STRESSED, BORN TO CARE, BOUND BY AGENCY**



ZAINAB'S STORY

At the start of this impact report, we met Charlie. Now, let's take a look at Zainab's story, whose life takes a very different direction.



AGED 5-10

Zainab lives with her mum, dad, and brothers. Her father has severe epilepsy and a heart condition. As a young child, Zainab finds herself looking after the house and her three younger siblings while her mother cares for her father.

Zainab derives real self-worth from the role she plays – in her culture, it is considered admirable to look after your relatives. She is also fortunate to have a good relationship with her neighbours, who she knows she can always call on for help if she needs them.

In Zainab's downtime, she loves to read; books provide her with an escape from her caring responsibilities. In school, it has been noticed that Zainab's reading age is very advanced, and this impacts her progress in all subjects. Teachers are very encouraging of Zainab and reward her for her academic achievements. Other children admire her, and Zainab takes pride in her scholarship. She sees herself as a carer but, first and foremost, as a dedicated and competent student, and so develops a strong sense of identity outside of the home.

AGED 11-16

Zainab continues to excel in secondary school, though pressures on her time seem only ever to increase. Her father's health has taken a turn for the worse, and she must often deliver her younger siblings to school nowadays. Zainab does everything in her power to get to her own school gates on time, but is given a detention when she arrives late one morning. Zainab is devastated, but her positive experiences of school mean that she is not afraid to confide in her teachers about the pressures she's facing. Her form tutor is extremely supportive of Zainab, champions her and does everything she can to accommodate her caring role.

Zainab continues to embrace school life. She has a group of good friends who share her passion for learning, and feels secure in her identity and relationships. With her tutor's encouragement, Zainab completes her silver Duke of Edinburgh award, which allows her to develop a new skillset. At first, she worries about leaving home for an extended period to take part in the expedition, but because her own experiences as a carer have not been terribly traumatic, she is ultimately convinced that, with the help of neighbours, her younger sibling will be able to manage. Zainab finds the expedition liberating; it gives her a sense of independence and achievement and broadens her horizons.

AGED 17-25

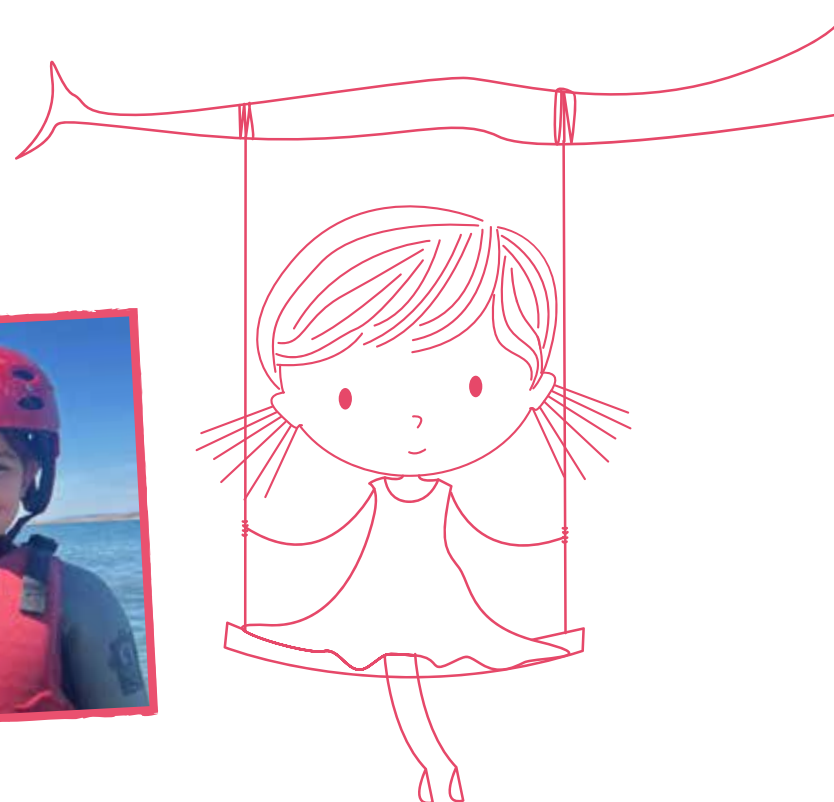
In sixth form, Zainab exceeds all expectations. With the support of her tutor, she applies to Oxford University and is invited for interview. There, she talks about the Duke of Edinburgh award, and the many skills she has learned through her caring role. Ultimately, Zainab is accepted and granted a scholarship. She knows that her neighbours and community will step up to support her family in her absence, and that she is making her family proud.

THEORY OF CHANGE

Our Theory of Change defines the overall impact towards which we strive as 'Improved Childhood Experiences and Adult Outcomes for Young Carers'. It also lays out the short and long-term outcomes that we will need to achieve if we are to be able to accomplish this overarching goal.

Like all of our thinking, the thinking behind our Theory of Change started with the young carers themselves. Just like Charlie, Zainab is a young carer, and just like Charlie, she comes up against challenges as a result. *Unlike* Charlie, Zainab is able to overcome these challenges and to enjoy a full and rewarding childhood, education and adult life. At **MYTIME**, we aspire to see all young carers enjoying the enriching childhood and prosperous future that Zainab experiences.

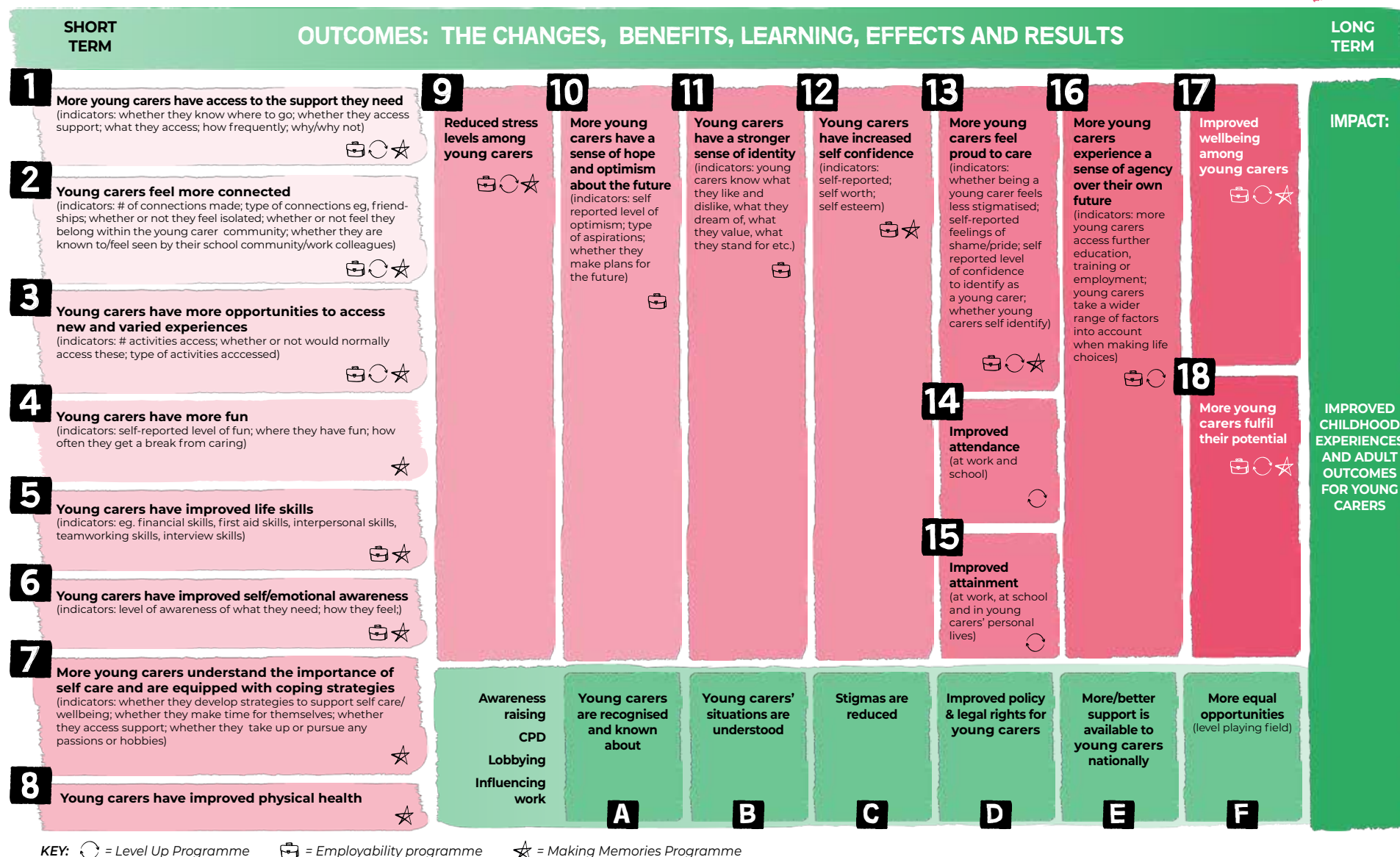
In building our Theory of Change, we had to consider the differences between Charlie and Zainab. What did Zainab have that Charlie didn't? What enabled Zainab to thrive in the face of adversity, while Charlie struggled to cope with it? The answers to these questions dictated the steps of our Theory of Change.



MYTIME THEORY OF CHANGE

YOUNG CARERS

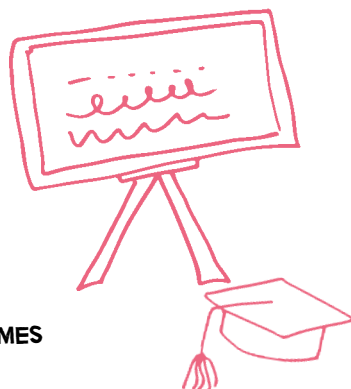
WE COMMIT TO COLLECTING AND ANALYSING DATA, TO UNDERSTANDING THE CHALLENGES YOUNG CARERS FACE, AND THE MOST EFFECTIVE INTERVENTIONS THAT ENABLE YOUNG CARERS TO THRIVE



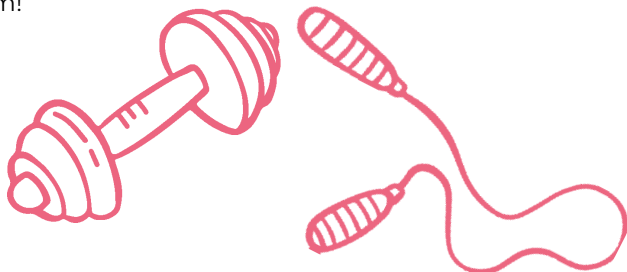
INTRODUCTION TO THE MYTIME YOUNG CARERS PROGRAMMES



DAN MORRIS
HEAD OF PROGRAMMES



Head of Programmes, Dan, is not only a former teacher, with over ten years' experience in education and leadership, but crucially, he is also a former young carer with a deep desire to make a difference to the lives of those facing the challenges he once faced. Dan knows firsthand the importance of strengthening, empowering and encouraging young people to realise their potential and uses his lived experience of the issues we're tackling to drive our work forward. His educational background and skills in strategic planning mean that he is always looking for ways in which to improve, expand and enhance our provision. Dan is married with two small children meaning he doesn't have a lot of spare time, but when he does, you'll usually find him at the gym!



Dan says...

It has been a true privilege to witness significant growth within all three of our programmes throughout the last year. Making Memories delivered more activity days this summer than ever before, providing over 1200 young carers with fun-filled breaks and opportunities to connect with others. Our Employability Programme, now under new leadership, has undergone a considerable revamp and is on the cusp of a new era of growth as it relaunches this autumn. This year, our aim is to train, mentor and support over 100 young carers through this pivotal programme and we are incredibly excited to see the impact this has on young carers as they transition out of school and into further education or employment. Last autumn saw the launch of our pilot Level UP Academy, and, after a hugely successful year, we are now thrilled to announce that the Academy is a fully-fledged and permanent aspect of our school-based provision. With over 220 UK schools actively engaged in this programme, and an ever-growing waiting list, with the right help, our vision is to provide our unique support to young carers across the UK through the continued scaling of this rapidly expanding programme. Our services were all specifically designed to work in concordance with the collection and analysis of data and work in harmony with one another to ensure we operate in a continual cycle of learning, action and reflection. We'll always want to know what we can do better and how we can improve, and we're determined to harness this innate curiosity and use it as a catalyst to drive us forward. As our programmes continue to expand and evolve throughout the coming year, we are excited to see what comes next. Yet no matter where the journey takes us, at the heart of all we do is the simple desire to enrich the childhoods of young carers and maximise the potential of this forgotten community, whom we so passionately serve.

LEVEL UP PROGRAMME

AIMS & OBJECTIVES

Through our Level Up Programme, we aim to:

- ▷ Identify the many thousands of young carers who currently remain unknown to their schools and communities.
- ▷ Equip schools with the understanding, tools and strategies necessary for them to be able to effectively support young carers, both academically and emotionally.
- ▷ Ensure that young carers have everything they need to be happy and successful in education and beyond.

Meet the Level Up Team



LAUREN FRY
LEVEL UP
COORDINATOR



SHAKIRA BRYAN
LEVEL UP
ACADEMY LEAD



JO COOPER
LEVEL UP
COORDINATOR



LIA BRAY
LEVEL UP
COORDINATOR



DAN JOHNSON
LEVEL UP PROGRAMME LEAD

Meet Dan

Dan Johnson is our new Level Up Programme Lead and brings a wealth of knowledge with him. Having worked at a local secondary school for a number of years and, more recently, taking on the role of Young Carer Champion there, he is well placed to understand the needs of young carers within education. Dan acknowledges that his former career has been invaluable for his role here at **MYTIME** and he uses this experience to support all of the schools we work with in Dorset, the IOW and beyond. Outside of **MYTIME**, Dan loves watching and playing a wide range of sports. He also focuses his energy on competing in fitness competitions and enjoys regular sea dips too!



LEVEL UP PROGRAMME CASE STUDY



Level Up Programme Case Study

Bishop Aldhelm's Church of England Primary School in Poole, Dorset, is part of the HAMWIC Education Trust and currently has 643 pupils. In Summer 2022, the school partnered with **MYTIME** Young Carers. Initially, only one young carer was identified, but, committed to improving recognition, the school has since embedded young carer identification into its practices. In Autumn 2022, all staff attended a CPD session led by **MYTIME**, which provided crucial knowledge and understanding of young carers, together with identification strategies.

Bishop Aldhelm's initial training was then followed up with annual whole-school assemblies, led by experienced **MYTIME** Level Up Coordinators, and this has been shown to further elevate awareness amongst the school community. PSHE lessons designed and delivered by **MYTIME** have continued to improve recognition of young carers within the school and now 36 young carers have been identified.

Kelly, appointed as Young Carer Champion at the school in September 2022, has shown great compassion and empathy for young carers. Collaborating with **MYTIME**, she quickly established regular meetings for the young carer community, providing them with a safe space to be heard and experience a sense of belonging. She is also fully engaged in external opportunities, networking and sharing best practices and in June 2023, she was invited to join the professional panel at the **MYTIME** Educational Summit.

Bishop Aldhelm's Primary School has also developed a powerful additional strand of support for the families of young carers, providing them with a warm, understanding, and compassionate environment through regular organised events. Kelly is an outstanding example of how school staff can effectively support young carers and their families, showcased beautifully through her unwavering dedication and commitment.



**"REALLY GREAT THAT THE IMPORTANCE AND RESPONSIBILITY OF YOUNG CARERS IS BEING HIGHLIGHTED AND ENCOURAGED TO NOT BE A STIGMA."
(SECONDARY SCHOOL TEACHER- ISLE OF WIGHT)**

LEVEL UP PROGRAMME IMPACT

2,290 YOUNG CARERS
IDENTIFIED ACROSS DORSET/IOW



46 ASSEMBLIES
17,927 PUPILS

228



SCHOOL PARTNERS

82 BCP, 66 DORSET, 21 IOW, 59 NATIONALLY

2023

Young carers identified
as a group within the
School Census criteria
for the first time.

28
CPD

779 teachers
received
training



DORSET

100%

Headteachers who have said
they would pay for the MYTIME
Level Up Programme

**ISLE OF
WIGHT**

STAFF TRAINING (779 TEACHERS)			
	UNDERSTAND THE CHALLENGES YOUNG CARER'S FACE	CONFIDENT TO IDENTIFY YOUNG CARERS	CONFIDENT TO SUPPORT YOUNG CARERS
PRE-STAFF TRAINING	47% agree/strongly agree	34% agree/strongly agree	27% agree/strongly agree
POST-STAFF TRAINING	99.5% agree/strongly agree	97% agree/strongly agree	99.3% agree/strongly agree

LEVEL UP PROGRAMME: OUR LEARNING FROM 2023-2024

WHAT WE SAID WE'D DO....	WHAT WE DID....
Revise the format of data collection surveys to ensure consistency and accessibility.	<p>All MYTIME staff participated in an insightful training session hosted by Daphna from DS2 Communicate, who explored ways in which to engage all young carers and their families.</p> <p>New and creative data collection techniques were then trialled during our summer activity days and we now aim to educate Young Carer Champions on these methods so they can be used more widely in our partner schools.</p>
Launch a Young Carer Champion Training Programme with the intention of empowering Champions to take full ownership of the Level Up Programme within their own setting.	<p>Many schools now have their own in-house expert which has enabled our Level Up Coordinators to take on more of a support role, allowing them to assist a greater number of schools whilst measuring and analysing impact and efficacy.</p>

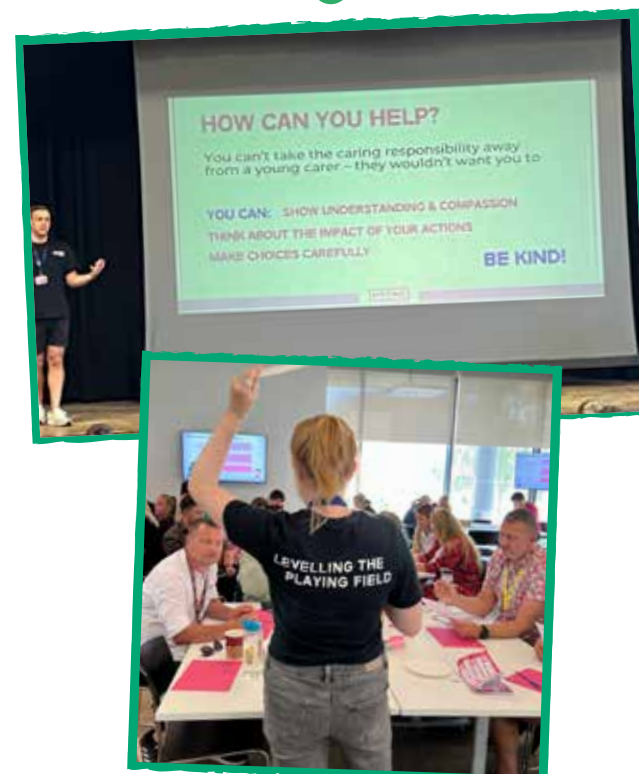


**"I HAVE ONLY RECENTLY LEARNT THAT YOU EXIST AS A CHARITY. THANK YOU FOR WHAT YOU DO, FILLING IN THE GAPS LEFT BY THE LOCAL AUTHORITY."
(MIDDLE SCHOOL TEACHER- BOURNEMOUTH)**

LEVEL UP PROGRAMME: OUR RESPONSE TO FEEDBACK

WE NOTICED...	WE RESPONDED....
The engagement of partner schools can decline over time with the relentless demands and pressures of education.	Recent data shows an improvement in our engagement figures, largely owing to the schools being split into defined areas and supported by one dedicated coordinator. 61% of our partner schools are now ranked as having 'good' or 'high' engagement.
Young Carer Champions must enlist the help of other staff members when collecting the data we need if we are to keep improving our practice.	We have held conversations with some of the MIS (register) providers and are working on producing a step-by-step guide for schools. We are also looking to change the system to enable schools to monitor this data more easily.
Due to their heavy workload and many responsibilities, Young Carer Champions do not always have the time to contact us for support or assistance.	Thanks to our Young Carer Champion Training Programme, Level Up Coordinators have been able to use their time to work alongside young carers themselves to produce a YCC guide and ID Toolkit. These two detailed electronic documents contain key information and solutions and can be utilised by time-constrained Champions. In addition to this, two networking events are planned for schools where all Young Carer Champions can share good practice and learn from one another.
Young Carers often speak about transition as an area of huge worry. Moving from one year-group to the next or moving on to a new school can be a tricky and unsettling time, particularly when coupled with the additional burdens a young carer has to bear.	We have begun to hold specific transition events for young carers moving schools, introducing them to their new designated Young Carer Champion and allowing them the opportunity to meet other young carers in their new settings.

"THE PRESENTATION WAS REALLY INTERESTING, THANK YOU, IT'S CERTAINLY RAISED MY AWARENESS OF THE NEEDS OF YOUNG CARERS. (PRIMARY SCHOOL TEACHER- DORSET)



THE FUTURE OF THE LEVEL UP PROGRAMME - WHAT'S NEXT?

NEXT STEPS	THE PLAN
Standardise our approach across schools in all regions.	A small proportion of low-engaging schools is inevitable, but we will strive to refine proactive engagement processes and monitor this more effectively, leading to increased school engagement. To make processes more standardised across schools, we will look to provide Young Carer Champions with a guide to help support their practice.
Recruit more Dorset and Isle of Wight schools.	With the percentage of schools we work with in the Bournemouth, Christchurch, and Poole (BCP) local authority ever increasing, we will look to expand our recruitment to similar levels within the Dorset Local Authority as well as on the Isle of Wight.
Streamline the data collection process for schools.	In recent consultation with BCP and Dorset headteachers, we discussed and mapped out ways to streamline our school data collection. We will now look to work with key MIS providers for schools. Working in this way will allow us to collect data at regular points and continue to track the impact of our work closely.



MAKING MEMORIES PROGRAMME

AIMS & OBJECTIVES

Through our Making Memories Programme, we:

- ▷ Provide carers with much needed breaks from their caring responsibilities.
- ▷ Build a sense of community amongst young carers and reduce feelings of loneliness.
- ▷ Offer young carers new experiences and enable them to develop a sense of self beyond their identity as carer.
- ▷ Improve physical and mental wellbeing by encouraging social interaction and participation in leisure activities.

Meet the Making Memories Team



KATE HALDEN
ZOOM YOUTH GROUP
ADMINISTRATOR



MARTINA BATES
MAKING MEMORIES ASSISTANT



ANNA GARRETT
MAKING MEMORIES PROGRAMME
MANAGER

Meet Anna

When Making Memories Programme Lead, Anna, isn't hard at work supporting young carers, her favourite things are camping with friends and spending time outdoors – sometimes test-driving options for new Making Memories days! She is passionate about being outside and, of course, supporting young people, so she is a perfect fit for the programme. She's warm, welcoming and great fun. We count ourselves ever so lucky to have her!



MAKING MEMORIES PROGRAMME CASE STUDY

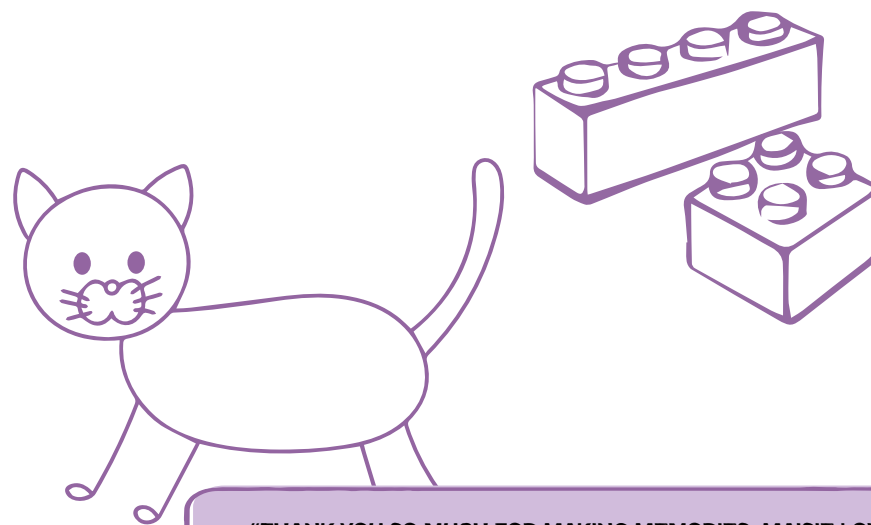
Let's take a look at the day-to-day life of Rohan...

Rohan, aged 13, is just like many other teenage boys. He enjoys Warhammer, and gaming but openly admits that he doesn't particularly enjoy sports! Yet, whilst there are many similarities between Rohan and his peers, unlike them, Rohan takes on the role of a young carer at home. His empathetic personality and supportive actions are pivotal in helping to care for his older brother, Sam - a role in which he takes great pride.

Every day, Rohan takes on many of the caring responsibilities he sees his parents handle. His tasks include making dinner for the family, administering his brother's medication, assisting with household chores, and helping to keep Sam safe. While Rohan often describes his role positively, he acknowledges that it can be frustrating and lonely. Rohan's friendship circle is small, meaning that any opportunities to mix with peers and spend time as a care-free child is key to enhancing his wellbeing and development.

Thanks to the Level Up Team's efforts at Rohan's school, he is now an active member of our online Zoom Youth Group, expanding his social network. He has also participated in our Making Memories activities, which provide a break from his caring responsibilities and offer enriching experiences that might not otherwise present themselves.

Identifying Rohan as a young carer, supporting him in developing social connections, and then offering confidence-building and exciting activity days demonstrates the strength of our programme design and the high level of care it provides to young people who selflessly look after others. And for the future? Well Rohan wants nothing less than to be a Lego designer and live with two cats – Rohan, we will support you avidly in realising your dreams, just make sure you bring those feline friends in to meet us all!



"THANK YOU SO MUCH FOR MAKING MEMORIES. MAISIE LOVES EVERY MINUTE. WHEN I ASK HER WHAT THE BEST BIT IS, SHE SAYS, 'IT WAS ALL SO AMAZING!'" (PARENT OF YOUNG CARER)

MAKING MEMORIES PROGRAMME IMPACT

Our short-term outcomes data reveals the immediate benefits that young carers felt they had experienced as a result of taking part in the Making Memories Programme this year:

- ▷ **100%** of participants felt a greater sense of hope and optimism about the future
- ▷ **100%** felt proud to be a young carer
- ▷ **100%** felt their self-awareness and emotional awareness had improved
- ▷ **97%** felt a sense of belonging
- ▷ **96%** said that their mood had improved
- ▷ **95%** felt more confident
- ▷ **90%** felt physically fitter
- ▷ **87%** felt their social skills had improved
- ▷ **79%** made new friends
- ▷ **77%** had the chance to try something new

Over time, young carers build connections with other young carers which creates an ever-increasing sense of community and belonging. Many swap contact details and go on to spend time together outside of our organised events.

NO. OF YOUNG CARERS	EVENT
1200	30 activity days
155	18 partner events
2	AFC Bournemouth mascot & match experience
30	4 activity breaks
1300	Christmas bags
188	121 ZYG sessions
12	2 residential breaks at the centre

“MY GIRLS ABSOLUTELY LOVE ANY OPPORTUNITIES THEY GET TO JUST BE THEMSELVES, MIXED IN WITH ALL THE OTHER YOUNG CARERS JUST LIKE THEM. (PARENT OF TWO YOUNG CARERS AGED 8 AND 10)”

Participants connect well with MYTIME staff and know that they can trust them to really listen. The knowledge that they belong to a community that accepts and supports them has a positive effect on their mental health.

“BEING PART OF THE MAKING MEMORIES ACTIVITIES AT MYTIME MAKES ME RETURN HOME FEELING PROUD TO BE A YOUNG CARER. (YOUNG CARER AGED 10)”

We know that repeated attendance over a period of months or years has a lasting and positive impact on wellbeing. As participants understand that the other attendees are “all in the same boat,” they feel that they can fully relax and be themselves, something that most will rarely feel anywhere else.

“THANK YOU SO MUCH FOR WHAT YOU DO FOR OUR CHILDREN. IT'S LOVELY FOR THEM TO GO AWAY FOR A FEW HOURS AND JUST BE THEM, BE ABLE TO SWITCH OFF AND JUST BE CHILDREN. THANK YOU FOR MAKING THEIR SUMMER SO SPECIAL, YOU REALLY ARE AMAZING! (PARENT OF YOUNG CARER)”

MAKING MEMORIES PROGRAMME: OUR LEARNING FROM 2023-2024

WHAT WE SAID WE'D DO....	WHAT WE DID....
Young adult carers shared how attending events with younger carers made them feel less able to talk openly and really be themselves.	This year our timetable has been refreshed and renewed with an offer of activities that specifically target the older age group, so they have a chance to interact more with similarly aged peers.
We felt that variety was key to the success of this programme if we were to ensure that all felt welcome and supported.	Our online Zoom Youth Group now runs a very successful fourth weekly session; our Nurture Group. Aimed at those young carers who feel anxious or overwhelmed in a larger group setting, this session has a maximum of ten attendee spaces.
Many of our partnerships for activity days were based in Bournemouth and Poole, which created barriers for those who needed to travel in from wider Dorset.	Our current timetable now includes new bases across a wider geographical area. In addition, stronger partnerships with local transport companies ensure that more rural young carers in Dorset can attend events.

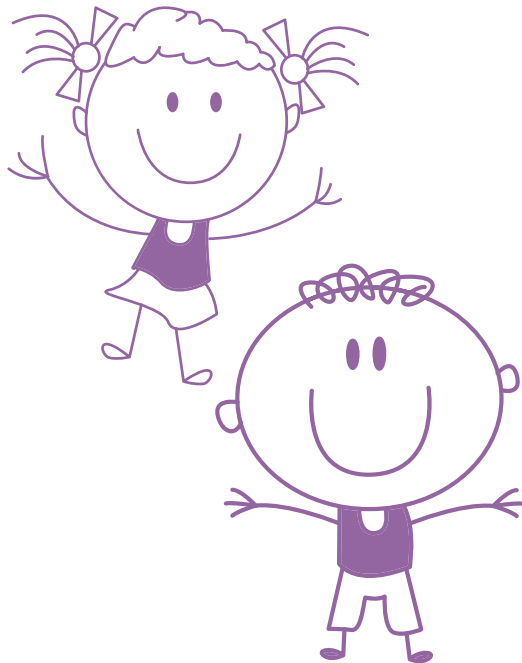


"ZACH IS GOING THROUGH A REALLY HARD TIME AT THE MOMENT AND GETTING TO DO SOMETHING JUST FOR HIM REALLY HELPED HIM FEEL LESS ANXIOUS " (PARENT OF YOUNG CARER)

MAKING MEMORIES PROGRAMME: OUR RESPONSE TO FEEDBACK

WE NOTICED...	WE RESPONDED...
Having historically only taken referrals to the programme through local councils or partner schools, we realised that this was leaving many unregistered young carers without support.	Across 2023-24, we have opened our Making Memories Programme to any young carer that approaches us in need of support. This has enabled us to offer a more inclusive service. Often, young carers will initially sign up for our Zoom Youth Group, which acts as the gateway to our other programmes.

"MYTIME HAS BEEN AN INCREDIBLE ESCAPE FOR MY 10-YEAR-OLD DAUGHTER. SHE HAS FUN ON HER ZOOM YOUTH GROUP SESSIONS AND CAN FORGET THAT SHE IS MY LITTLE HELPER FOR AN HOUR. SO GRATEFUL, THANK YOU ALL"
(PARENT OF YOUNG CARER)



THE FUTURE OF THE MAKING MEMORIES PROGRAMME - WHAT'S NEXT?

NEXT STEPS	THE PLAN
To push our impact measurement further.	Historically, much of our qualitative data has come via post-event surveys but uptake for these is often minimal. This summer, we trialled video messaging, whereby young carers could record their thoughts and feelings live in front of a video camera during an event. We are also taking more time to interview parents or guardians about their experiences of the Making Memories Programme and the support MYTIME offers.
To understand our Impact	We are working to improve utilising our data effectively. We wish to ensure that our offer really does benefit all young carers' wellbeing and mental health and so will use the video feedback to ascertain any trends in thoughts and feelings towards the activities we are providing. From our interviews with parents and guardians, who speak to their young carers regularly at home, we can gain the best insight into their true feelings around activity days.
Increased participation	We wish to increase the number of attendees by 10% across the next year which would mean another 1260 young carers are registered and participating in our programmes.



AT THE END OF ZYG, OLIVER (6) WHO STARTED THE SESSION SAYING HE'D HAD A BAD DAY AT SCHOOL SAID, 'I'M ALL BETTER NOW, I'M FEELING 100%' (YOUNG CARER, AGE 6)

EMPLOYABILITY PROGRAMME

AIMS & OBJECTIVES

Through our Employability Programme, we:

- ▷ Equip young carers with the tools, strategies and skills they need to access employment.
- ▷ Raise aspirations, self-worth and self-confidence among young carers.
- ▷ Raise awareness among employers of the challenges that young carers face, of the incredible skillsets that they could offer and of how best to create supportive workplaces for young adult carers.

To achieve these goals, we include in each course:

- ▷ A CV-writing workshop.
- ▷ An interview skills workshop.
- ▷ Mock interviews.
- ▷ 1:1 mentoring with a professional relevant to each young carer's career aspirations.
- ▷ Personality profiling with the Colour Works Foundation.
- ▷ Presentations from motivational speakers, successful entrepreneurs and former young carers.
- ▷ Workplace experiences.
- ▷ Careers Fair specifically for young carers.

After completing the course:

- ▷ Alumni participants are invited to a Graduation Event, which formally recognises their achievements over the course of the programme, helping to further increase self-worth and self-confidence.
- ▷ Alumni can access a regular online youth group (Tempo) reserved specifically for young adult carers, which enables past participants to keep in touch and support one another.
- ▷ **MYTIME** offer continued support for alumni until each young adult carer reaches their 26th birthday.



CLARISSA BLACKMORE
EMPLOYABILITY PROGRAMME
MANAGER

Meet Clarissa

Clary Blackmore is our new Employability Manager, with a huge passion for improving the opportunities and outcomes of young carers. Clary's background in primary education and EAL tutoring has made her an empathetic and driven individual, keen to target and support our most vulnerable young people. First joining as a Level Up coordinator, Clary has worked with schools across BCP to improve provision for young carers. She is always the first to volunteer for a Making Memories day and loves getting to know the young carers individually. With her deep knowledge of young carer provision and support in the area, Clary is in an excellent position to support young carers as they transition out of school. In her spare time, Clary enjoys cycling and paddleboarding and is always eager to get out and make the most of good weather.

Meet the Employability Team



KAREN CARTLIDGE
EMPLOYABILITY ASSISTANT

EMPLOYABILITY PROGRAMME CASE STUDY

Let's take a look at the day-to-day life of Anastasia...

Anastasia is 20 years old and has been a young carer for years. She looks after her mum who has various disabilities and admits that navigating the day to day is often very difficult. "My mum's disabilities affect her brain and often people can forget about the stresses this can create," she explains. Anastasia also supports her younger sister who has autism. Her caring role can be varied but her regular tasks include cleaning, cooking and providing emotional support. She admits, "I've practically had to act as a second parent, helping with homework and making my siblings breakfast and lunch."

When younger, Anastasia enjoyed studying but found school life tough. With little time to socialise, she found it extremely difficult to form proper friendships and as a result, she says, 'I loved learning but hated going to school.' Whilst in the classroom, Anastasia found that teachers were not as understanding as she had hoped they might be, constantly dismissing her worries and anxieties. The lack of support available meant that school became a 'really challenging' experience for her.

Anastasia's intense caring responsibilities coupled with a less than supportive school environment meant that finding the time and energy to get homework done was difficult. 'I always got it done eventually but around the age of 17 I experienced severe burn out,' Anastasia candidly shares. During her teenage years, she could sense that it was a mixture of being an undiagnosed autistic female combined with stresses at home that led to her finally crumbling. It was at this low point that her school chaplain signposted her towards **MYTIME** Young Carers. Anastasia recalls that at this point in time, she found it very hard to imagine a bright and stress-free future ahead. However, **MYTIME** were able to step into the frame and began to give Anastasia the support, reassurance and future-proofing confidence that she so desperately needed and wholeheartedly deserved.

When her mum fell ill, her dad tried his best to care for her whilst supporting the family financially, however the stress of this then resulted in him having a stroke. With no savings and limited support, Anastasia, like many young carers, then faced the challenge of balancing studying and caregiving with financial pressures and felt compelled to find work. Admirably, Anastasia still went on to complete an Employability Course and follow on Tempo sessions with **MYTIME**, which proved invaluable. There she found a positive and supportive space where she could process her emotions.

Being a young carer has fuelled Anastasia's passion for helping others and this, together with **MYTIME**'s guidance and support, has led her to pursue a career in teaching. She is currently working as a Teaching Assistant where her empathy allows her to connect deeply with students and she has already identified and supported several young carers. Alongside her job, she is also studying for a degree in Maths, with aspirations to become a secondary school Maths teacher. Anastasia notes that **MYTIME**'s Employability Programme helped her to develop friendships and gave her confidence around being a young carer, describing it as an 'interesting, inspiring and understanding' experience. "I learned how to talk about my caring experience and use it as an advantage," she says. We are so proud of Anastasia and cannot wait to hear more about her journey into teaching.

"EMPLOYABILITY HAS TAUGHT ME ABOUT ALL THE TRANSFERRABLE SKILLS YOU LEARN AS A YOUNG CARER THAT YOU CAN ALSO USE IN AN EMPLOYED ROLE." (EMPLOYABILITY PROGRAMME GRADUATE, AGED 21)

2023-2024 EMPLOYABILITY PROGRAMME IMPACT

Of our most recent graduates:

- ▷ **100%** say that the Employability Programme helped them with their aspirations for the future.
- ▷ **100%** report that they now feel confident to present themselves effectively in an interview.
- ▷ **100%** explain that they feel 'confident' or 'very confident' in understanding how their skills as carers could be useful in the workplace.
- ▷ **100%** would recommend the Employability Programme to other young adult carers.

BEFORE COMPLETING AN EMPLOYABILITY PROGRAMME	AFTER COMPLETING AN EMPLOYABILITY PROGRAMME
38% had a clear plan for the future.	100% have a clear plan for the future.
15% had a CV.	100% have a CV.
54% felt confident in answering interview questions.	100% feel confident in answering interview questions.
25% felt confident that they could present themselves effectively in an interview.	80% feel confident that they can present themselves effectively in an interview.
42% understood and could articulate how the skills they have developed as a carer could be useful in the workplace.	88% understand and can articulate how the skills they have developed as a carer could be useful in the workplace.

51 | **11**
YOUNG CARERS | COURSES

113 | **EP RELATED**
YOUNG CARERS | EVENTS

5 | **FIND YOUR WAY**
YOUNG CARERS

20 | **TEMPO**
YOUNG CARERS

EMPLOYABILITY PROGRAMME: OUR LEARNING FROM 2023-2024

WHAT WE SAID WE'D DO....	WHAT WE DID....
We hoped to pilot an Employability course specifically for 'hard-to-reach' young carers facing social, emotional, or behavioural challenges as well as those with poor school attendance. We aimed to minimise the time commitment whilst remaining committed to relationship-building.	We launched our 'Find Your Way' Pilot Programme; This innovative one-day programme was piloted in 2023 and was an immediate and unanticipated success. Due to its success, we plan to run further 'Find Your Way' programmes in early 2025.
Our goal was to reach those older young carers who have already left education but find themselves not in education, employment or training (NEET) by establishing a Community Young Carer Friendly training programme. By recruiting as many youth workers and professionals as we possibly can, we can identify and reach more of those young carers.	A new member of the MYTIME team, Holly, has come on board to help us develop this community aspect so that young carers can be identified and feel supported at the clubs they attend as well as in the workplace.



"I'VE REALLY ENJOYED THE SESSIONS; IT OPENED MY EYES AND HAS BEEN SOMETHING TO LOOK FORWARD TO EVERY WEDNESDAY." (YOUNG ADULT CARER, AGED 20)

EMPLOYABILITY PROGRAMME: OUR RESPONSE TO FEEDBACK

WE NOTICED...	WE RESPONDED...
Demand for our face-to-face Employability Courses was growing as much as it was for our online version.	We are now reshaping our offer for in-person delivery by working with our Level Up colleagues to find host schools for new courses.
Our Employability Courses are shared via young carers, schools, families and our wider team. However, accreditation would offer another formal pathway for sharing our programme.	In order to support the future growth of the programme, talks are under way with Bournemouth University for endorsement of the courses and further accreditation.
Though Tempo is our online support group for Employability Alumni up to the age of 25, we are keen to remain connected with these young adults and share in their future successes with them.	We are developing a tool to measure engagement amongst all current and past participants. With this, will come a monitoring form allowing alumni to share updates and celebrate successes.

"THANK YOU FOR THE SUPPORT AND ADVICE, IT HELPED ME DEVELOP MY SKILLS AND GROW MY CONFIDENCE." (YOUNG ADULT CARER, AGED 22)



KEY WORDS SHARED BY EMPLOYABILITY GRADUATES:

**'INSPIRING', 'SUPPORTIVE',
'BENEFICIAL', 'USEFUL',
'INFORMATIVE', 'ENCOURAGING'**

THE FUTURE OF THE EMPLOYABILITY PROGRAMME - WHAT'S NEXT?

NEXT STEPS	THE PLAN
Increased 'hands on' experiences	This summer we arranged 'A Day in the Workplace' which will provide Employability participants with insights and experiences that are otherwise difficult to gain in a course delivered virtually.
Tempo topics for development and learning	Currently Tempo is run as a 'catch up and check in' session, but the timetable is being redesigned. One session a month will now focus on offering development and learning. Some of the planned sessions include, 'My Careers' where professionals will talk about their career history and take questions, information on self-employment, support with basic administrative tasks and motivational talks. By developing our offer in this way, we ensure that we continue to fully support our alumni until they reach 25.
Graduation	This year, we are going to hold our Employability Graduation on or around Young Carers Action Day (YCAD) for the first time. To make this a wonderful celebration, alumni will be invited alongside this year's graduates. We will also increase the reach to other stakeholders such as community businesses, funders and headteachers, so that the value of what we are doing is shared far and wide.

"TEMPO FOR ME IS A CHANCE TO CONNECT WITH OTHER YOUNG CARERS. BEFORE, I DIDN'T HAVE ANYONE THAT I FELT COULD UNDERSTAND WHAT IT WAS LIKE BEING A YOUNG CARER - I SPENT TIME WITH OTHER FRIENDS, AND I FELT DISTANT FROM THEM AND LONELY. TEMPO HELPED PULL ME BACK FROM A LOT OF DANGEROUS THOUGHTS AND THE GROUP SHOWED THAT I DIDN'T NEED TO FEEL ALONE. IT GIVES ME A CHANCE TO JUST HAVE A CHAT WITH PEOPLE AND INTERACT WITH PEOPLE I WOULDN'T NORMALLY SPEAK TO, WHO ALL GET IT. I DON'T KNOW IF I COULD PUT INTO PROPER WORDS HOW MUCH JUST EVERYTHING MYTIME HAS DONE IS HELPING ME AND MY MENTAL HEALTH."

(EMPLOYABILITY PROGRAMME GRADUATE, AGED 24)

"THE PROGRAMME HELPED ME BE ABLE TO TALK ABOUT MY PERSONAL SKILLS AND EXPERIENCE."

(CRAIG JEFFERSON, EMPLOYABILITY GRADUATE, AGED 23)

WHAT DOES IT FEEL LIKE FOR YOUNG CARERS WITH SUPPORT?

- ▷ I have time to rest and recuperate
- ▷ I can connect with others and build social networks.
- ▷ I can turn to my teachers for help or a chat.
- ▷ There are chances to 'try new things.'
- ▷ I am encouraged to plan for my future.
- ▷ Making Memories 'takes my mind off of things.'
- ▷ There is someone at school who understands my caring role.
- ▷ I can broaden my horizons and develop new skills.

Key words used:

**FOCUSED, SELF-WORTH,
BELONGING, WORRY FREE,
UNDERSTANDING, DEVELOPING,
FRIENDSHIP, SENSE OF
IDENTITY, PROUD, FOCUSED.**





OUR YOUTH ACTION AND ADVISORY BOARD – THE YAAB

Establishing the Board

In September 2023, our Youth Action and Advisory Board (YAAB), run by young adult carers, celebrated its first birthday! As passionate advocates of change for all young carers, we remain committed to our value of authenticity; representing the authentic voice of young carers and staying true to them in everything we do. Our board (YAAB), led by chairperson Jemima and comprising nine board members, are empowered to have an influence over programme design and the supportive mechanisms we implement. Through collaborative efforts at regular YAAB meetings, the board leads on decisions which are then integrated into tangible initiatives within our wider work. This acknowledgment helps young caregivers to feel seen and ensures they have their wonderful voices listened to. Young carers often struggle to accept any other identity other than 'caregiver' and so by offering them roles on the YAAB, we provide them with a new identity as change-makers and valued citizens beyond the caring sphere. Their successes in this role highlight the power of collective action and the kindness, empathy, and compassion they embody.

Achievements

It's been a whirlwind of a year with these incredible young people at the helm, and we're bursting with pride about all they've accomplished:

- ▶ They began by creating their own 'Code of Conduct'; a guiding light that shapes how they interact, communicate and collaborate. The key ingredients? Respect, inclusivity, and mutual support.
- ▶ The board has recommended tailoring some activities specifically for older young adult carers. Enthusiastically embracing this idea, the Making Memories timetable now has a focus on creating a safe space and unique opportunities for 11 to 19-year-olds, especially those who lack confidence or are at risk of not reaching their full potential.
- ▶ They played a pivotal role in creating a Young Carer Identification Toolkit. This guidance acknowledges young carers' unique challenges in our education system and gives school staff the tools to identify and assist, leading to more empathetic and supportive educational settings.
- ▶ The board's boundless creativity has led to the implementation of a buddy system for new young carers attending their first Making Memories day, thoughtfully designed to ease anxieties.
- ▶ The board has engaged with Carer Support Dorset, a local charity who support carers in Dorset, and had a game-changing conversation about Carer ID cards. This dialogue sparked the creation of tailored training programmes for pharmacists and healthcare professionals, making the collection of medication for loved ones an easier process.

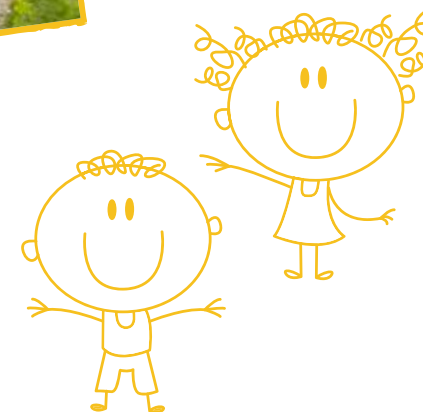
WHAT'S NEXT FOR THE YAAB?

The board are keen to establish a dialogue with local councillors and Members of Parliament (MPs) to advocate for policies that support young carers. We have already begun to establish links with our new local MP and our CEO has arranged a meeting with him to see how we can partner going forward.

They're also laser-focused on enhancing support for young carers at home, equipping them with essential life skills, whilst bridging the gap with younger carers.

The year ahead will see the board redesign their logo, mission statement and refine their vision and strategies.

We fearlessly envisage a future that recognises, supports and celebrates young carers in all capacities as all of these incredible young people possess immense potential to enrich the world. By striving relentlessly today, we can give these incredible young people a better tomorrow and a brighter future.



MEASURING OUR IMPACT

At **MYTIME**, we prioritise social impact measurement. To quote Professor Saul Becker, '**MYTIME** is one of the clearest examples of a young carers project which is data and evidence informed. All its actions priorities services and interventions are based on up to date and reliable data from academic research and from their own systematic monitoring and evaluation of their activities and outcomes for young carers. This ensures that **MYTIME** is leading the sector in terms of evidence-based practice and being responsive to the real needs and aspirations of young carers.'



"ONE FOCUS OF THE YAAB HAS BEEN TO CREATE OPPORTUNITIES FOR MYTIME TO ASK YOUNG CARERS QUESTIONS WHICH DO NOT HAVE TO ALL LINK DIRECTLY TO DATA COLLECTION, BY CREATING A CULTURE AND ROUTINE OF INTERACTIVE FEEDBACK THE THOUGHTS AND FEELINGS SHARED BECOME MORE GENUINE AND OPEN. OVER TIME THIS CREATES THE BEST CLIMATE FOR MEANINGFUL DATA COLLECTION WHEN REQUIRED."
(LAUREN FRY, LEVEL UP PROGRAMME COORDINATOR)

"YOUNG PEOPLE RELISH THE CHANCE TO INTERACT, TO SEE THEIR MARK AND FIND COMMONALITIES WITH THEIR PEERS. BY CREATING LARGE, VISUAL DISPLAYS TO COLLECT THOUGHTS, IDEAS AND FEELINGS, CONVERSATIONS ARE SPARKED THAT OUTLIVE THE ACTIVITY ITSELF."
(LAUREN FRY, LEVEL UP PROGRAMME COORDINATOR)

MEASURING OUR IMPACT – WHAT'S NEXT?

LEVEL UP

Our partner schools have agreed to share their young carer attendance and attainment data whilst information collected from schools that have not yet begun working with **MYTIME**, has enabled us to form a baseline picture. Moving forwards, we will:

- ▶ Continue to be proactive in requesting attendance and attainment data from our active partner schools.
- ▶ Ask staff to record young carer numbers on a specific register. We routinely see a large increase in numbers following our CPD sessions and pupil assemblies but will check in with schools three times a year to track progress.

MAKING MEMORIES

Through the **Making Memories Programme**, we will:

- ▶ Generate 'live' verbal and physical feedback during events.
- ▶ Ask staff to engage young carers in open conversations about their experiences during events and record their feedback and observations.
- ▶ Share feedback forms with young carers and their families after events which can be reviewed by the Making Memories Team.

EMPLOYABILITY PROGRAMME

To capture the impact of the **Employability Programme**, we will:

- ▶ Distribute identical surveys to participants for completion both before and after their course.
- ▶ Hold small focus groups or 1:1 interviews with participants to obtain more detailed feedback, and to identify development areas.

Together, these data collation methods create platforms through which young carers can make their voices heard and directly shape our provision.

BEHIND THE SCENES AT MYTIME YOUNG CARERS

- ▶ Through this year's **Operation Christmas Campaign**, we delivered Christmas goody bags to over **1300** young carers. Bags included a Christmas jumper, selection box, craft activity and a book and our army of amazing volunteers assisted with handwritten Christmas cards!
- ▶ 2023-24 saw the 9 dedicated members of our **Youth Action and Advisory Board** contribute to developments within the Making Memories and Level Up Programmes. Their voices have been listened to in the wider community too, contributing to the Carer ID card scheme and Young Carer Action Day support videos.
- ▶ In Spring 2023, **MYTIME** Young Carers teamed up with **Carer Support Dorset**, an agency who support young carers, to co-produce services with Dorset Council and other agencies. Collaboratively, we recorded a video about young carers experiences in Health and Social Care. This video has been used to help inform health professionals how to better support young carers.
- ▶ **MYTIME** Young Carers Inaugural **Community Hero Awards** evening was a huge success. This event was dedicated to recognising and celebrating the outstanding contributions of individuals and organisations who have supported both the charity and young carers in the community.



SPONSORSHIP AND SUPPORT

- ▶ As a charity, we receive no government funding at all, so we rely on donations and the support of our community. We are so grateful to the wonderful corporate organisations and community heroes that go the extra mile to raise funds and awareness for our important cause.
- ▶ **Corporate supporters, Fretten Solicitors**, have done so much to support **MYTIME** over the last three years. From sponsoring materials for the charity, to organising their own fundraising events and volunteering at activity days, they have really gone above and beyond for us, and we're so grateful.
- ▶ **MSP Capital** are an amazing supporter of local charities and have shown **MYTIME** Young Carers incredible support over the past couple of years, including attending events, holding in-house fundraising events, hosting young carers for a brilliant employability day and also gifting us the front-of-shirt sponsorship at Wimborne Town FC, a prominent local football team.
- ▶ A whole host of **community heroes** take part in physical challenges every year to support **MYTIME**, and last year was no exception. In January, a group of supporters took on 'Brave the Wave,' immersing themselves in the sea or another cold-water source for 8-10 minutes every day. These individuals made a splash to show support for all the incredible young people dedicating their time and energy to care for loved ones and their collective efforts raised over £18,000 for **MYTIME**!
- ▶ At just 9 years old, the awesome Emberly is **MYTIME's youngest ambassador**. As a young carer herself, Emberly knows the true worth of our work and has completed multiple fundraisers for **MYTIME**, including a dance-a-thon, a sponsored cycle and most recently 44 lengths of an Olympic-sized pool. Her fantastic efforts have raised over £2000! What an absolute superstar!



MYTIME is thankful to our existing core cost funders whose support keeps us in operation. These include:

GARFIELD WESTON	LEATHER-SELLERS	THE NATIONAL LOTTERY	MSN	CABWI	NCS	PAUL HAMLYN
CHILDREN IN NEED	TALBOT VILLAGE TRUST	BARBARA WARD	PRINCE OF WALES	TRIANGLE TRUST	THE POINTER FAMILY TRUST	CHK FOUNDATION
THE AMATEURS TRUST	THE VALENTINE CHARITABLE TRUST	POSTCODE LOCAL TRUST	SOUTER CHARITABLE TRUST	RICHARD DAVIES CHARITABLE FOUNDATION	PERCY BILTON CHARITY	DORSET HAF FUNDING
GALLGHER FINANCE	ALPKIT	ALEX ROBERTS-MILLER FOUNDATION	HAPPY DAYS	FITTON TRUST	BATTENS CHARITABLE TRUST	THE ELLINGHAM SHOW

If you or your company would like to find out how you could support MYTIME, we'd love to hear from you.

For ideas, or for more information about anything you've read in this report, please contact us at enquiries@mytimeyoungcarers.org or on **01202 710701**.

MYTIME

YOUNG CARERS

GOING ABOVE AND BEYOND

WE WOULD LIKE TO EXPRESS GREAT APPRECIATION FOR ALL YOUR HARD WORK AND DEDICATION. WE ARE A FAMILY OF 7, FOUR OF OUR CHILDREN ARE YOUNG CARERS OF TWO ADULTS IN OUR HOUSE. MYTIME GAVE THEM OPPORTUNITIES THEY WOULD OTHERWISE NEVER HAVE, OFFERING CARE AND SUPPORT WE COULD ONLY DREAM ABOUT. OUR TWO TEENAGERS HAD THE PRIVILEGE OF MEETING POP STARS AND THE ROYAL FAMILY DURING THE CORONATION CONCERT. THEY HAVE ALSO BEEN TO AN ICE-SKATING RINK, A WATER PARK, AN OUTDOOR CENTRE, AT PICNICS AND MORE. ALL OF THOSE ACTIVITIES GAVE OUR CHILDREN A SHORT BREAK FROM HOME, FROM DAILY CHORES AND GAVE THEM FRESH, HAPPY TIME WITH PROFESSIONAL ADULTS. MYTIME HAS PROVIDED TRANSPORT WHEN WE WERE IN HOSPITAL, SAFE AND SECURE PLACES WHEN HOME WAS JUST A MESS AND STRESSFUL AT THAT TIME AND MYTIME PROVIDED PASSIONATE ADULTS WITH BIG WARM HEARTS! WE ARE EXTREMELY GRATEFUL FOR ALL YOU HAVE DONE FOR US. (EMAIL FROM ONE FAMILY)

 01202 710701

 enquiries@mytimeyoungcarers.org

 www.mytimeyoungcarers.org

