



# MYTIME

## YOUNG CARERS



**PARTNERSHIP 2024**

# ABOUT US

## WE BELIEVE THAT NO CHILD'S DESTINY SHOULD BE DEFINED BY THEIR BEGINNING

**MYTIME** Young Carers is fighting to level the playing field for young carers. Young carers have been hidden in society for too long, with the vast majority juggling a huge amount of responsibility unsupported. At **MYTIME** we recognise and celebrate the incredible young people who do so much to support those that they care for. We believe that young carers should have access to the support, the friendships, and the opportunities every child deserves.

A young carer is a child, just like any other. The only difference is that young carers are responsible for the care of at least one member of their family, though they may be as young as 5 years old themselves. These children work incredibly hard to take care of their loved ones, yet they represent a largely forgotten community, and often face significant disadvantages as a result.

Dorset-based charity, **MYTIME** Young Carers, fights for the rights of young carers to ensure that these remarkable young people receive the support, opportunities, and friendships that every child needs and deserves.

### SADIE'S STORY

Sadie is twelve years old. Her mum is sick, her dad's not around, and it's Sadie's job to look after her mum and little brother. At home, she does almost all the housework. At school, she's usually too tired and stressed to concentrate. She's often picked on because her peers see that there's something different about Sadie, and there's no one to turn to for help. Nobody knows that Sadie's a young carer. She doesn't even realise it herself.





# PARTNER WITH US

## SO YOU'RE THINKING OF PARTNERING WITH MYTIME... WHAT'S IN IT FOR YOU?



Morale-boosting volunteering and mentoring opportunities for staff



Brand exposure and a reputation as a socially responsible company



Company-wide training on how to create young carer-friendly workplaces



Resources to support simple and easy fundraising

## BUT WAIT – THERE'S MORE!

When you partner with MYTIME, you'll enjoy priority access to:



### The MYTIME Corporate Championships

Meet, eat and compete at our yearly networking sports day



### MYTIME's Annual Employability Celebration Event

Join us to celebrate some of Dorset's most exceptional young adults



### Exclusive Corporate Partner Experiences

From Conker Gin brewery tours, to rides around the coast in a rib!

## AND WHAT A DIFFERENCE YOU'LL MAKE!

Your support empowers MYTIME to:



Create young carer-friendly school communities through our **Level Up Programme**



Provide fun-filled breaks from caring responsibilities through our **Making Memories Programme**



Tackle young carers' feelings of isolation through our **Zoom Youth Group**



Support young adult carers into further education or employment through our **Employability Programme**



Continue to operate and to grow as a charity



# PARTNER WITH US

## BUT DON'T JUST TAKE OUR WORD FOR IT...

We're not just asking you to fund our mission. We're inviting you to become a part of it! When you partner with **MYTIME**, you'll have the chance to take part in our programmes and to see for yourselves the life-changing difference your support makes.

## OUR PROMISE TO YOU

**MYTIME** prides itself on understanding the needs of the young carers we serve, and we approach our corporate partners with the same level of detail too. We know that long-lasting partnerships are built on strong foundations of trust and shared values, which is why we take the time to:



Get to you know, as an organisation and as people



Understand the things that matter most to you



Create a personalised partnership plan that reflects your needs and interests

**SO JOIN US TODAY ON OUR MISSION TO LEVEL THE PLAYING FIELD FOR YOUNG CARERS.**

Contact [enquiries@mytimeyoungcarers.org](mailto:enquiries@mytimeyoungcarers.org) or call us on 01202 710701 for more information.





# OUR PROGRAMMES OVERVIEW

**MYTIME** aims to provide support for young carers whenever there is a need. Caring responsibilities can have far-reaching impact on a child's life, and no two young carers' needs are the same. That's why **MYTIME** offers a range of programmes, each designed to address a different area of need and to provide a different kind of support. Our various services include:

## MAKING MEMORIES LEVEL UP EMPLOYABILITY

### MAKING MEMORIES

We provide fun and enriching activity days, weekend retreats and online youth group sessions, which allow young carers to take much-needed breaks from their caring responsibilities, to form a sense of identity and, most importantly of all, to meet other young carers. Our Making Memories Programme aims to create vital opportunities for young carers to build support networks and to have some fun along the way.



### LEVEL UP

School can be challenging for any child, but particularly for young carers. Our Level Up Programme exists to raise awareness of young carers within their school communities, to help schools identify and more effectively support young carers and, ultimately, to ensure that young carers have everything they need to be happy and successful in their education and beyond.



### EMPLOYABILITY

Some young carers may find it difficult to find their way into further education or employment if their caring responsibilities take up much of their time, or if they've left school without many qualifications. We work with young adult carers to help them identify and access a job or further education course which both interests them and fits around their caring role.

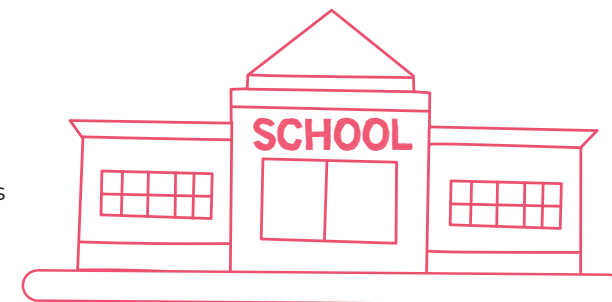


# LEVEL UP PROGRAMME

## LEVEL UP

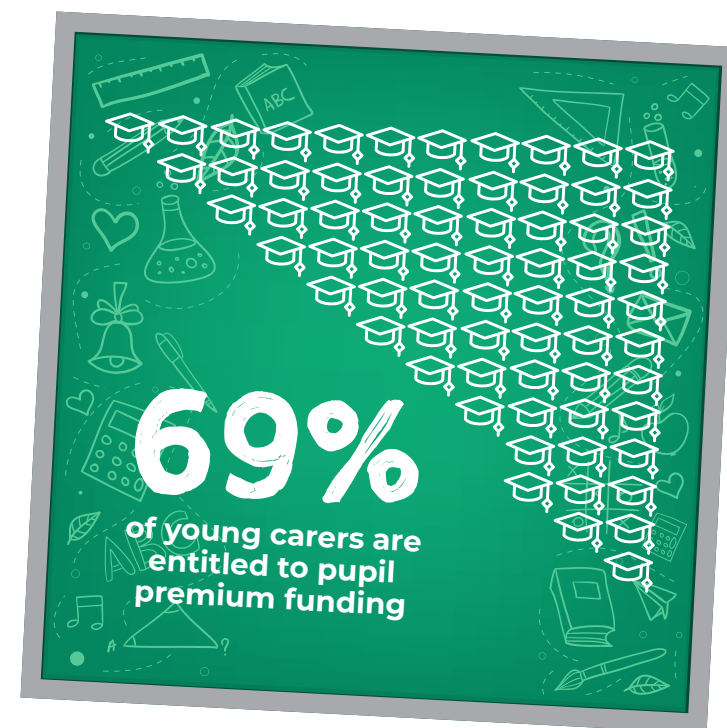
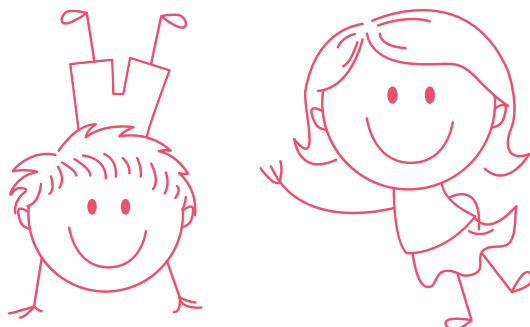
School can be challenging for any child, but particularly for young carers. **MYTIME**'s Level Up Programme exists to help schools' identity and more effectively support young carers, and to ensure that they have everything they need to be happy and successful in their education and beyond.

The Level Up Programme is all about creating the conditions in which young carers can thrive and achieve their full potential. The programme raises awareness of young carers within school community and to equip schools with the tools and knowledge they need to support young carers both academically and emotionally.



### Our services:

- Staff training designed to enable staff to identify and support young carers
- Educational student assemblies and PSHE lessons
- Individualised young carer policies, tailored to the unique contexts of each school
- Assistance launching and running a young carer support group
- Half-termly support meetings for designated Young Carer Champions
- Dedicated and bespoke training for Young Carer Champions
- Access to our Making Memories activity days, residential retreats and Zoom Youth Group
- Access to our Employability Programme for young adult carers





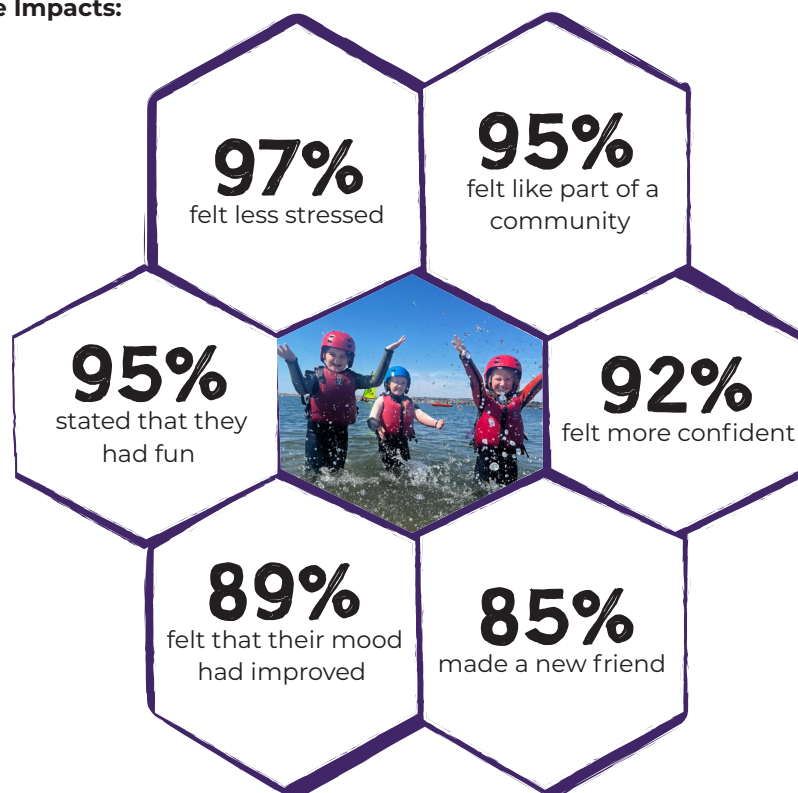
# MAKING MEMORIES PROGRAMME

## MAKING MEMORIES

Through this programme, **MYTIME** provides fun and enriching activity days, weekend retreats and online youth group sessions for young carers. These events allow young carers to take much-needed breaks from their caring responsibilities, to form a sense of identity and, most importantly of all, to build a support network.

In 2024-2025 **MYTIME** intends to run 30 Making Memories days, this will enable us to provide over 1000 young carers in BCP and Dorset with an incredible day out. They will have the chance to go paddleboarding, to take part in outdoor adventure activities, to go sailing, and participate in art, music, and drama workshops. Activities which they would never get the chance to do normally because of their caring role.

### Programme Impacts:



# EMPLOYABILITY PROGRAMME

## EMPLOYABILITY

Research conducted by Professor Saul Becker, indicates that almost 50% of young adult carers are not in education, work or training. This can have a huge impact on their health and wellbeing, as well as their financial wellbeing. Young carers are hardworking, organised, empathetic and exceptionally skilled. They deserve to have the same opportunities as all other young people their age and pursue their chosen career path and passions.

The **MYTIME** Employability Programme supports young adult carers of ages 15-25 into further education, training, or employment. Young carers who participate in the course will have access to the following:

- Personality profiles provided by The Colourworks Foundation
- CV Writing Workshop
- Developing interview skills and practice interviews
- Work experience opportunities
- Mentoring in their chosen field
- Ongoing support until they reach 25 years of age





# EMPLOYABILITY PROGRAMME

Young Carers who participate in the Employability Programme also have the chance to join our online 'Tempo' group so they can stay in touch with other young carers they meet, attend career events, and participate in residentials aimed at introducing them to new careers.

## Programme Outcomes

100%

said they would recommend the course to another young adult carer



94%

report feeling more confident in applying for sixth form/college, university or employment after completing the programme



100%

are now in education, training or employment



100%

now have a clear plan for the future



97%

now feel confident with interview questions



94%

now understand and can articulate how the skills they have developed as a carer could be useful in the workplace



# PARTNERSHIP OPPORTUNITIES

12 ways to support MYTIME, along with the benefits and CSR Criteria

- 1 ORGANISE A FUNDRAISING EVENT
- 2 TAKE PART IN A SPONSORED CHALLENGE EVENT
- 3 PARTICIPATE IN OUR HAIR2CARE CAMPAIGN ON YOUNG CARERS ACTION DAY
- 4 PARTICIPATE IN AND GET SPONSORED FOR OUR BIG BEACH CLEAN
- 5 MATCH FUND A MYTIME FUNDRAISING EVENT OR CAMPAIGN
- 6 SUPPORT OUR OPERATION CHRISTMAS CAMPAIGN THROUGH DONATIONS, GIFTS OR TIME
- 7 DONATE EXPERIENCES OR ITEMS TO BE USED AS RAFFLE OR AUCTION PRIZES
- 8 ALLOW US TO HOST EVENTS IN YOUR SPACES
- 9 MAKE A DONATION TO MYTIME YOUNG CARERS
- 10 INVITE CLIENTS TO DONATE VIA CARD MACHINES, COLLECTION TINS OR ONLINE
- 11 INTRODUCE MYTIME TO OTHER POTENTIAL CORPORATE PARTNERS IN YOUR NETWORK
- 12 SPONSOR MYTIME'S PROGRAMMES OR MATERIALS





# 2024 EVENTS

## JANUARY

THROUGHOUT JANUARY -  
BRAVE THE WAVE

## FEBRUARY

DO YOUR OWN  
FUNDRAISING ACTIVITY!

## MARCH

FRIDAY 15TH MARCH -  
MARCH FOR MYTIME  
WEDNESDAY 27TH MARCH -  
YCAD QUIZ

## APRIL

SATURDAY 13TH APRIL -  
EMBERLY'S SWIMATHON!  
SUNDAY 21ST APRIL -  
LONDON MARATHON

## MAY

SATURDAY 5TH MAY -  
TODDLE WADDLE  
MONDAY 27TH MAY -  
WORTH MATRAVERS FETE

## JUNE

TUESDAY 4TH JUNE -  
CORPORATE GOLF DAY  
FRIDAY 28TH JUNE -  
TALENT GROUP TENNIS TOURNAMENT  
FRIDAY 28TH JUNE -  
4x4x48

## JULY

1ST AND 15TH JULY -  
BIG BEACH CLEAN!  
WHOLE OF JULY -  
FACE YOUR FEARS  
TUESDAY 20TH JULY -  
INFLATABLE RUN

## AUGUST

MONDAY 26TH AUGUST -  
DORSET PLANE PULL

## SEPTEMBER

DATE TBC -  
MYTIME BINGO NIGHT  
FRIDAY 13TH SEPTEMBER -  
CORPORATE CHAMPIONSHIPS

## OCTOBER

SUNDAY 13TH OCTOBER -  
RUN BOURNEMOUTH  
SATURDAY 5TH OCTOBER -  
DORSET WINE FESTIVAL

## NOVEMBER

THURSDAY  
14TH NOVEMBER -  
MYTIME BALL

## DECEMBER

12 DAYS OF MYTIME  
DATE TBC - MYTIME  
CHRISTMAS QUIZ

# DIY FUNDRAISING IDEAS



Quiz or Bingo – Host a quiz, **MYTIME**'s very own Tim Sills is always happy to play Quiz Master, so just ask if you need some support!



Hair2Care – Wear your hair in a whacky way and donate to **MYTIME** to show you care about young carers



Bake-Off / Bake Sale – organise your own bake-off and ask participants to pay an entry fee by way of donation



Break the Rules – Create a set of 5 rules to be broken in your workplace, such as arriving on time. Staff pay £5 per rule they wish to break.



Forfeit Day – Staff vote for the forfeit they'd most like to see their boss face, by placing money in the appropriate bucket



Raffle – Have a company raffle. To make it really appealing, raffle something like a duvet day for one member of staff!



Office Sweepstake – Whether it's Eurovision or the UEFA Euros, charge £2 per name and split the prize pot with the winner and **MYTIME**



Office Olympics – Get competitive with an office Olympics fundraising day. From chair racing to speed typing, who's going to take gold?!



Talent Show – Go head to head with department rivals in a lunch time talent show and fundraise for **MYTIME** through ticket sales



Dress Down Day – Wear your comfies to work for a £5 donation to **MYTIME** Young Carers. Or pick a theme like Hawaiian shirt day!

# CURRENT AND PAST PARTNERS







# MYTIME

## YOUNG CARERS

 01202 710701

 [enquiries@mytimeyoungcarers.org](mailto:enquiries@mytimeyoungcarers.org)

 [www.mytimeyoungcarers.org](http://www.mytimeyoungcarers.org)

