

The background of the entire page is a collage of images of young people. At the top, there's a group of young women smiling. Below them, a young woman is sticking her tongue out playfully. In the bottom left, two young people are wearing climbing gear and helmets. In the bottom center, a young woman with glasses is smiling with her chin resting on her hand. In the bottom right, a person is wearing a respirator mask and working with a power tool.

# MYTIME

YOUNG CARERS

## SUSTAINABILITY POLICY

OUR COMMITMENT TO THE ENVIRONMENT

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We are wholly dedicated to helping provide the UK's young carers with the support and opportunities they deserve. Our young carers, some as young as 5, are responsible for looking after relatives who may have a disability, illness mental health issue or a drug/alcohol problem. There is nothing that distracts us from this focus.

However, as an organisation we are extremely conscious of the impact we leave on our natural environment. Climate change represents one of the biggest challenges to the future of humanity and the vital life systems that make this planet our home. These challenges will affect our young carers just as they will the rest of our communities.

**MYTIME** Young Carers believe in the value of sustainable actions. We commit to reduce our use of fossil fuels, natural resources and limit our environmental impact.

This policy sets out how we manage our approach to be a sustainable, environmentally responsible and energy efficient organisation.

## OBJECTIVES OF THE POLICY

- Protect the environment by preventing or mitigating our adverse environmental impacts
- Reduce our energy consumption
- Educate young carers and **MYTIME** supporters about the importance of protecting the environment through the activities we carry out

## OUR COMMITMENTS

- **MYTIME** Young Carers has committed to using 100% green energy from Utilities for Less from June 2021 to June 2023, this green energy is used to provide electricity to our R&R Retreat Centre in Worth Matravers, Purbecks.
- We provide multiple bins to dispose of waste, **MYTIME** staff are encouraged to recycle as much as possible.
- To reduce our environmental impact all lights and heating are turned off whilst the office is not in use or when not required.
- Staff are encouraged to only use the office printer when it is truly necessary.
- **MYTIME** provide young carers with reusable water bottles and reusable travel mugs at Making Memories events.
- **MYTIME** staff encourage young carers to remove all litter at the end of Making Memories events and recycle whenever possible.
- When driving to face-to-face **MYTIME** activities such as meetings or events staff car share wherever possible.
- Our office has a bike shed and showers so staff can choose to commute to work on bicycles reducing their carbon footprint.
- Organise activities such as beach cleans and litter picks for **MYTIME** supporters to demonstrate our commitment to our local environment.

## FUTURE PLANS

We have thought long and hard about the role we could play in reducing our own contribution to climate change, at the heart of **MYTIME** is our outdoor centre in Worth Matravers, Dorset. This is where we take young carers for some R&R from their caring responsibilities. Our centre has a fascinating history as it was built during World War II and was the former home of the British radar. However, the **MYTIME** centre is beginning to degrade and the costs of heating the centre and maintaining it are increasing. It is as a result of this that we intend to renovate the **MYTIME** centre, and we are committed to significantly reducing our environmental impact as a result.

### FIVE WAYS WE INTEND TO REDUCE OUR ENVIRONMENTAL IMPACT:

#### 1. We are installing an air flow heating system.

We currently use old, inefficient, electric heaters to heat the **MYTIME** centre. The electricity bill is extremely high and the heaters are ineffective at heating the building. **MYTIME** is planning to install a new air flow heating system which will significantly reduce our electricity bills but will also provide us with a much lower carbon source of energy to heat the building. This will provide the building with underfloor heating all year round to prevent damp and any further damage to the building.

#### 2. We are investing in a wooden cladding system.

The **MYTIME** centre was built for the purpose of housing radar during the Second World War. The building was constructed for functionality and no consideration was paid to the impact this building has on the natural surroundings. The building is an eye sore and not in keeping with the landscape of the Jurassic Coast. All the heat that the old electric heaters produce escapes immediately through the concrete walls. When the centre is renovated the exterior of the building will be wrapped in wooden cladding, allowing it to blend in to its natural surroundings. This will give the building a layer of protective insulation to stop all of the heat from the new air flow heating system escaping, reducing both our electricity bills and our carbon emissions.



## FUTURE PLANS CONT.

### 3. We are investing in renewables.

Currently the heating system runs off electricity, while the gas we use is supplied in large inefficient cylinders. Neither of these systems are good for our carbon footprint. When the centre is renovated solar panels will be placed on the flat roof to generate sustainable energy. It will take between 6-8 years to recuperate this investment, however the charity believes this is a worthwhile investment.

### 4. We are planting a wild garden.

The centre has around half an acre of land where young carers and other visitors can use to play games, have a BBQ or take in the beauty of the local countryside. Local people living in the village of Worth Matravers have offered to help plant a wild garden. This garden will provide a vital habitat for native wildlife such as bats, beetles and birds, but it'll also provide young carers and visitors with an opportunity to connect with the sights, sounds and smells of nature.

### 5. We are going to create a family tree.

Young carers grow up fast and often miss out on so many opportunities other children have. They often experience feelings of isolation and loneliness. Caring for a family member can stop them from having a carefree childhood, which makes them feel different to other children their age. At the centre we are going to create a **MYTIME** family tree. The young carers that visit can carve their name onto a statue of a tree outside our building, leaving their mark for all the other young carers that come and visit. This is to help our young carers to see that whilst their lives may be different from those around them, they belong to the **MYTIME** family and therefore they will never be on their own. Trees are symbolic of Mother Earth and it is believed that a great wisdom flows through them. It is our hope that the **MYTIME** family tree will serve both as a reminder of our connection to one another as part of the **MYTIME** family and of our connection to nature.



# MYTIME

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