

SHEFFIELD YOUNG CARERS

IMPACT REPORT 2022-23

Making a difference, for life



Doing everything we can to make life better for young carers and young people affected by drug and alcohol issues in their family.

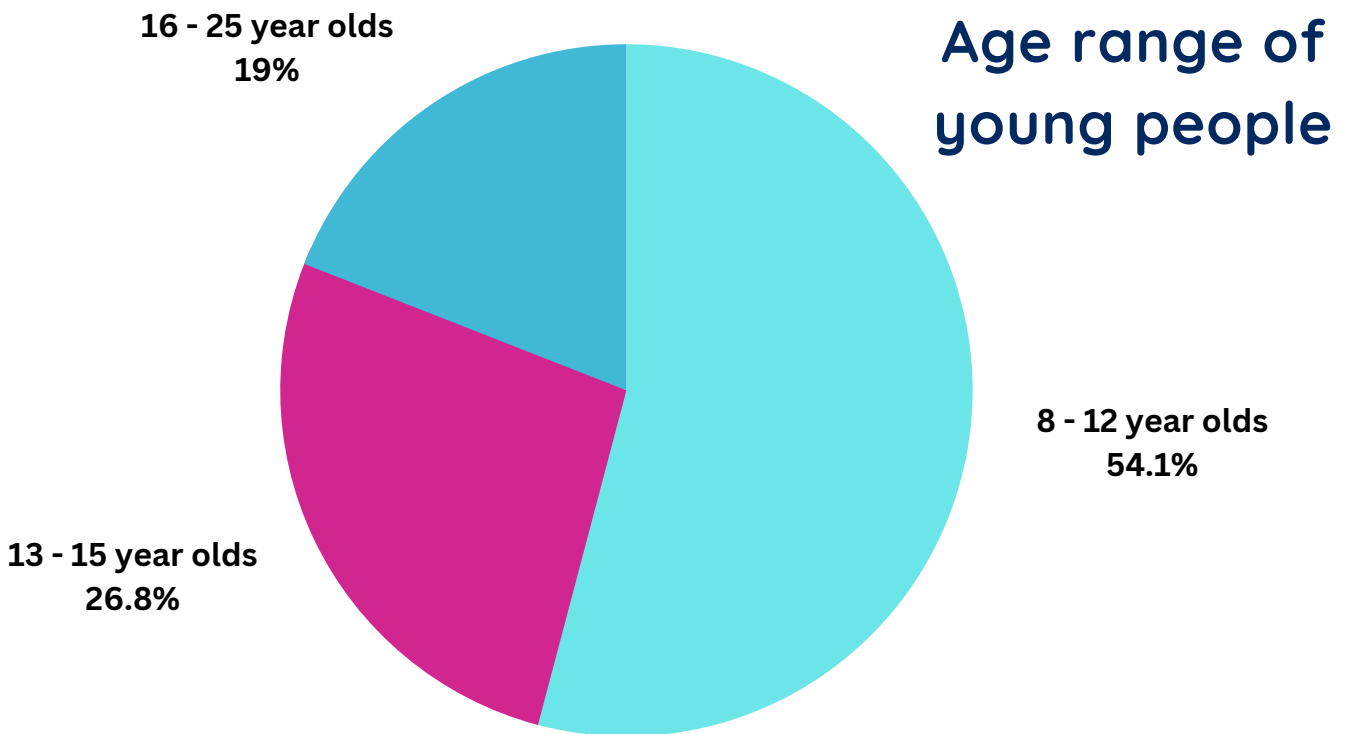
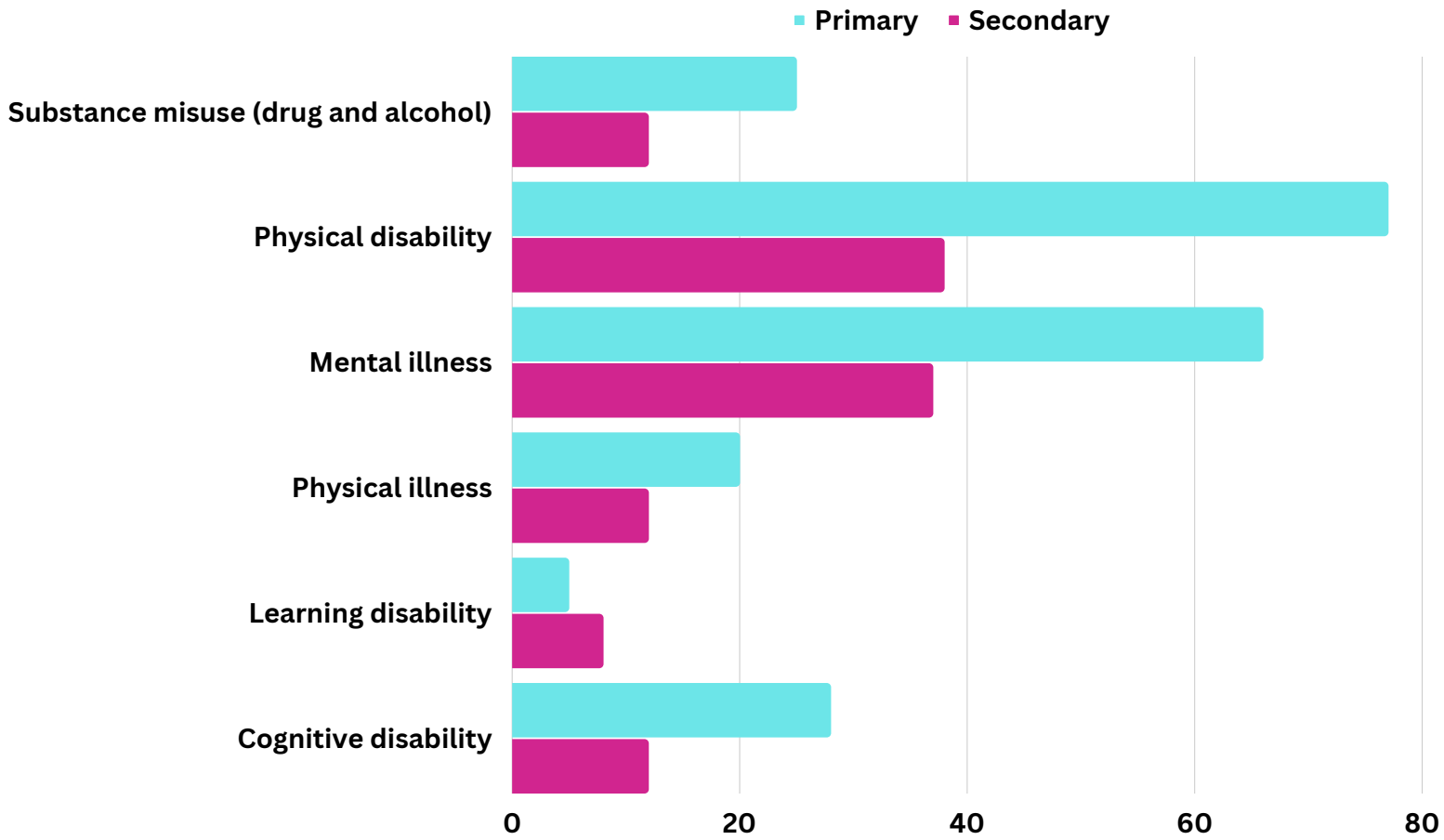
Our year in numbers

In 2022/23:

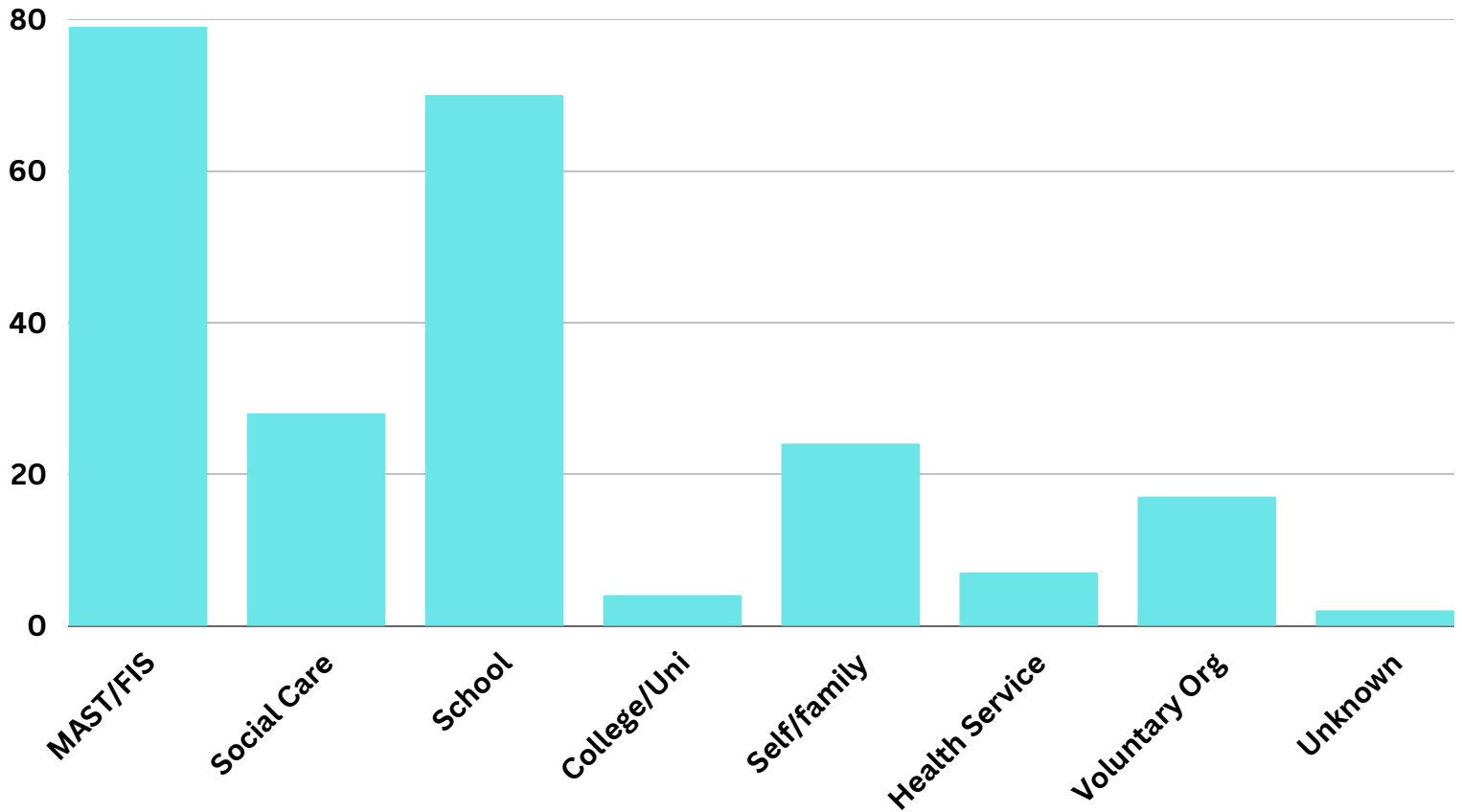
- We received **157** new referrals last year - which is a **20%** increase on last year!
- We supported a total of **231** young people and **157** families.
- We worked with more than **120** schools, colleges, universities and other educational settings to help them identify and support young carers.
- We delivered **778** one-to-one direct support sessions with **159** young people.
- We ran **145** group sessions attended by 98 young people.
- We delivered **35** school holiday group activities, attended by **120** young people.
- We provided **41** families in need with **£50** gift cards.
- We made **23** referrals to the Free to be You counselling service which we offer to our members that need it.



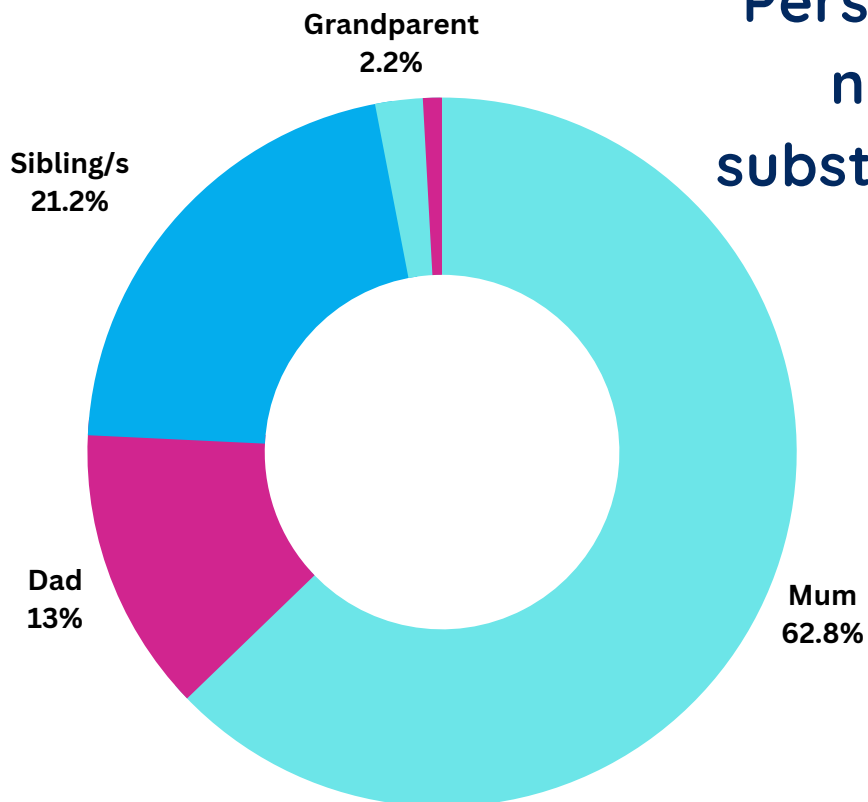
Reason for referral to our service



Referring organisation



Person with care needs and/or substance misuse issues



0114 258 4595

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Our work with young people

2022/23 has been an **incredible** year, with our wonderful support workers back delivering all our services in-person.



- During 2022/23 our Young People's Team were fully back to face to face delivery. They provided support through one-to-one sessions, giving practical and emotional support, a break and access to wellbeing activities.
- We ran **145** group sessions, attended by **98** young people, allowing respite from caring responsibilities and the opportunity to build resilience, confidence, life skills and support networks.
- We delivered **35** school holiday group activities, attended by **120** young people, which included: rock climbing, horse riding, open air swimming, short residential stays, ice skating and a trek with alpacas.

“I've loved doing 121s I feel like I can tell you anything and trust you.”

“I always ask my mum when the activities are because they're so much fun!”



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Our work with young people



Escape Room trip



Pets as Therapy visit our 8-12 year olds



Ninja Warrior Sheffield



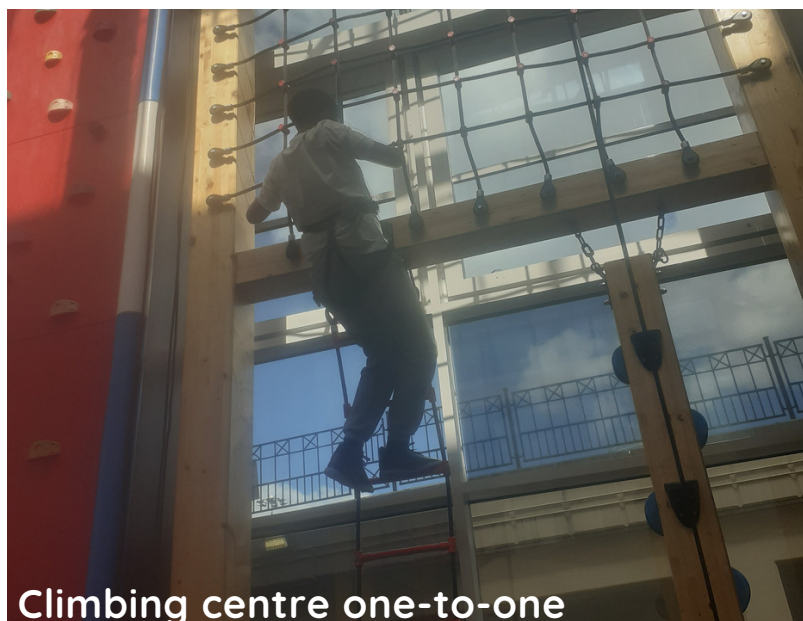
Superhero identity and costume fun



All smiles at a weekly group session



Painting one-to-one



Climbing centre one-to-one

Our work with families

Our Family Project works with the whole family to reduce the impacts of caring and make life better for the young carer. **In 2022/23:**

43 adults with care needs attended a range of group activities:

- Compassionate Sheffield event gathered stories from Covid-19 to form part of an archive at Sheffield Libraries.
- Six-week wellbeing course - Managing Stress - delivered by Workers Educational Association.
- Evaluation and celebration event May 2022
- Two members talked about their experiences to a delegation from Japan.

Six Parent Engagement Network Events held, **with 35 adults** with care needs participating. A chance to socialise, reduce isolation, build confidence and skills, take part in and lead a range of activities including:

- Celebrating International Women's Day.
- Skills share, needle felting craft activity, lead by one of the parents.
- Anti-racism workshop
- Mandala crafts.
- Dosh Charity budgeting workshop on how to save money on household bills.

Family trips to give families a chance to relax, have fun and bond together:

- **34 families**, totaling **107** individuals visited Yorkshire Wildlife Park.
- **35 families** totaling **137** individuals watched a festive screening of Elf.





Our Community Engagement worker had over **600 interactions with 113 families**, including:

- Sharing useful links to the **Parents WhatsApp group**, including advice on school allocations, the warm homes discount scheme and locally available activities.
- Producing and distributing **three newsletters**.
- Tailored **signposting and referrals**.
- Accompanying adults with care needs to appointments

Adults in our Family Project have naturally developed confidence, skills and abilities to support each other and lead activities and discussions.

We have offered **support with benefit applications and grant applications** for **46 families**. Requests for assistance with utility bills and food were a common theme this year, with applications made to a range of funds for individuals facing hardship.

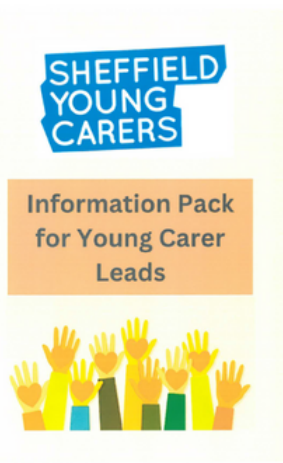


Value of grants and benefits achieved for 43 families over 12 months = £115,464

Our education work

Our Education Development Worker has been busy building relationships within our Schools Network and delivering training to education professionals to help identify and support young carers. **In 2022/23:**

- **Half-termly** meetings to share local and national developments and best practice, including interactive training for staff to gain skills and provide resources for delivering awareness-raising and support activities for young carers in school. Network members have access to the dedicated membership area on our website, which contains resources for working with young carers.
- This year we have held **seven** Schools Network meetings with Young Carers Leads from **23** schools and colleges attending.
- There are currently one hundred members of the network from primary and secondary schools and other agencies (up from 95 last year) and **three** members of our newly restarted Young Carers College Network.
- Network membership has enabled schools to identify large numbers of previously hidden young carers and offer targeted interventions, leading to **significant improvements** in attendance, attainment and well-being.
- **Three** training and awareness sessions delivered to schools and higher education providers.



SYC have produced a **Young Carers Lead in Schools information pack**, with everything from getting started to identifying and supporting young carers in schools, and creating a culture of understanding and awareness.

Greater Reach Brighter Futures (GRBF)

Our GRBF project is working with seven schools from across Sheffield (six primary and one secondary) and the University of Sheffield to pilot approaches to improving educational outcomes for young carers through targeted awareness, identification and support.

Feedback has included:

"I just wanted to let them know that what they're doing resonated with me. I really would have benefited from a teacher having the information that SYC gave us. I got into this line of work to make sure kids like me didn't slip through the cracks like I did and to be given some really helpful tools to make that part of my job easier and to see the school take a proactive approach with that was a really nice full circle moment. It's really validating to know that I'm where I'm meant to be and schools are taking strides in doing right by these kids"

Teacher following SYC training

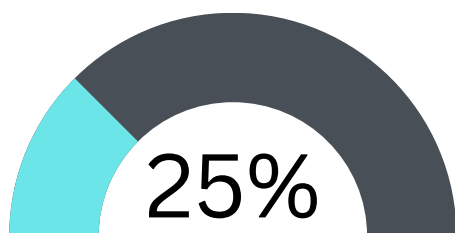
"Thank you ever so much, you genuinely left everyone buzzing with inclusivity"

Headteacher

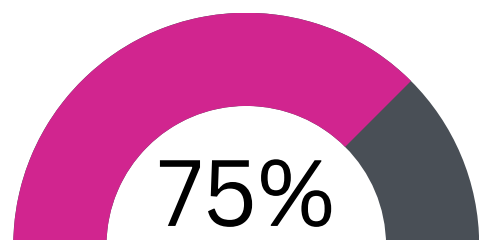
After completing SYC training, we asked:

"Would you feel confident that you would know how to identify a Young Carer?"

The scales below show the impact SYC training had.



Before SYC training



After SYC training

Young peoples' voice and influence

Empowering young people to share their experiences, stories and ideas is at the heart of our organisation.

Our Action Group is for young people who are current or recent users of our service who want to have more of a say in running SYC and help improve other services locally and nationally. **In 2022/23, 36** young people participated in **24** Action Group sessions.

The Action Group participate in and influence SYC's development, including:

- working with our Chair of Trustees on three strategic areas: **Equity, Inclusion and Diversity**
- planning our new **five-year strategic plan**
- being part of our **annual strategic planning day** with staff and trustees.



The Action Group also participated in research projects including;

- A **joint research project with Gloucestershire Young Carers and the University of Gloucestershire** about experiences of co-production when caring for someone with mental illness and/or substance misuse issues,
- The **Young Carers Research Advisory Group** - Reducing barriers and improving access to support for young carers.
- Higher Education Progression Partnership research focus group on young carers and barriers to university.

As well as that:

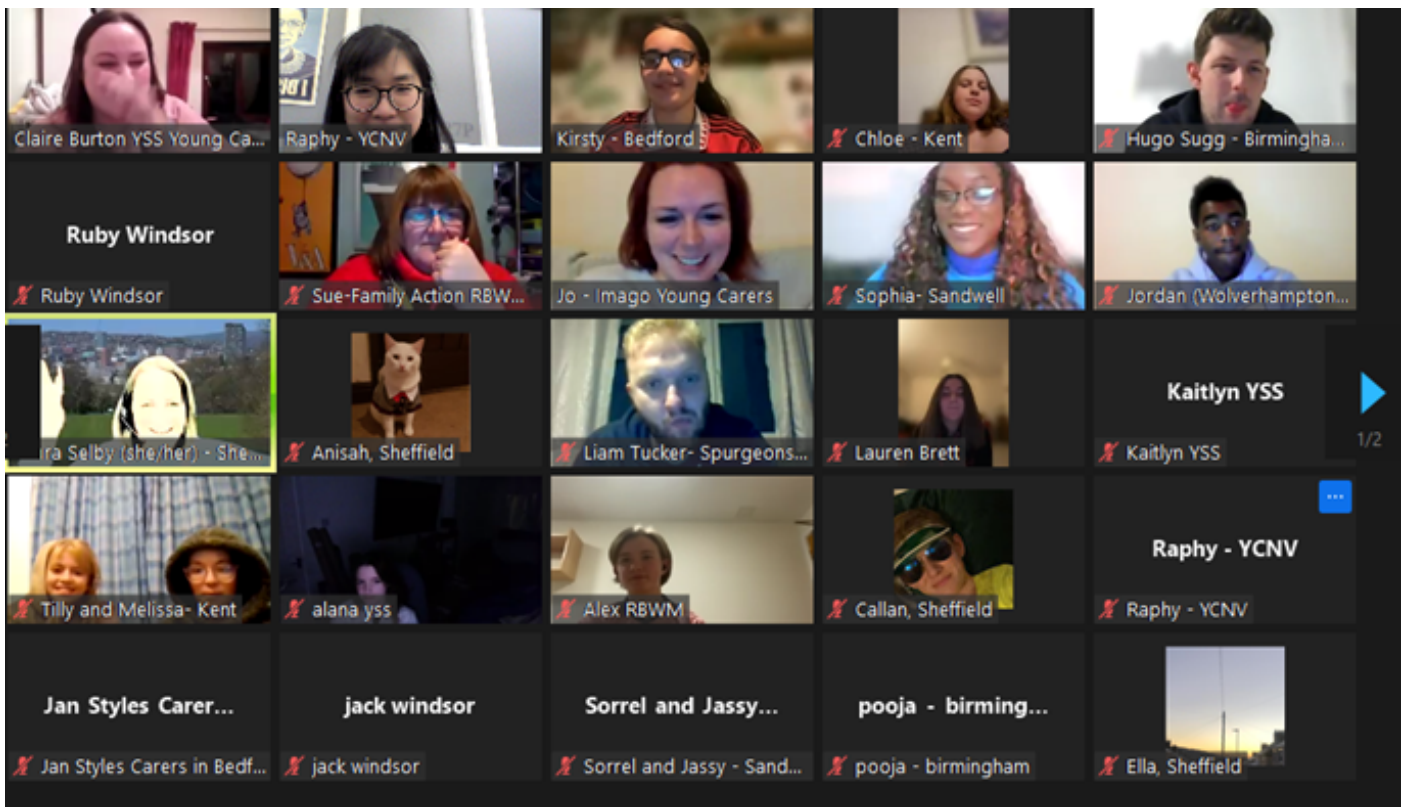
- **Eight young people attended a 3-day residential trip** to London including a training workshop session on citizenship, activism and rights, and a tour of the Houses of Parliament.
- **11 received training in presentation delivery**, and went on to deliver presentations to launch the national Young Carers Alliance, the South Yorkshire launch of a Carers Resource Pack for primary care, and a presentation to two Sheffield MPs, plus many more.
- The group have worked with **local, national and international policy makers and researchers** this year, meeting with the Lord Mayor to share their issues and concerns.



- Members also had the chance to be part of Young Carers National Voice (see pages 13/14). They helped **develop this year's education campaign** and also met with the Children's Commissioner for England.
- **Two young people attended Parliament**, one celebrating young carers inclusion in the Health & Care Act; and one delivering an Open Letter calling for more support for young carers and young adult carers direct to No. 10 Downing Street!

Young Carers National Voice

The Young Carers National Voice (YCNV) network brings together young carers from across the country to campaign collectively on the issues that are important to them. It is also a space for young carers' workers to come together and share resources and practice around participation and voice. The network is coordinated by SYC.



Young people from YCNV have been involved in meeting the Children's Commissioner and the All Party Parliamentary Group for Young Carers and Young Adult Carers, where they shared their experiences and ideas for policy changes.

In 2022/23, Young Carers National Voice:

- Held **six** online meetings.
- Grew our network membership - there are now **26 young carer organisations** in YCNV.



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For their campaign this year:

YCNV wanted to **raise awareness about young carers with education providers**, help schools prepare and respond to the new schools' census category, and help schools and other education settings better support young carers.

To achieve this, **they developed an education resource** which highlights examples of support from schools that have made a difference to young carers and created template emails and social media feeds to get the resource out to schools.

This has **gone out to hundreds of schools and colleges** across the country, and has also been added to the national young carers in schools website.

YCNV Education Resource

EMOTIONAL SUPPORT

I like it that my school keeps it private that I'm a young carer and they don't make it obvious that I'm one when they're talking about young carers

I have a teacher that does 'chat walks' with me

My tutor always checks if I'm OK first thing in the morning. This helped me attend because he made me look forward to going and feel safe before the rest of the day

Sometimes I have to miss school because of things at home. My school still let me go on the Alton Towers trip for good attendance though, which meant a lot

My teacher checked if I'd had breakfast. Sometimes it's hard to have time for breakfast though. When I said no, she gave me a hot chocolate - it was so nice!

WHAT HELPS YOUNG CARERS AT SCHOOL/UNIVERSITY ...

- TO LEARN AND DO OUR BEST?
- TO JOIN OUT OF SCHOOL ACTIVITIES?
- WITH OUR HEALTH AND WELL-BEING?
- TO GET OUR VOICE HEARD?

My college teacher would let me get everything off my chest; any worries and struggles and it helped me be in college and focus as she understood

My school gave me compassionate leave when I had a bereavement and were understanding

YOUNG CARERS LEAD

In primary, they gave me someone to talk to if I had any problems - I didn't end up going but just knowing they were there helped

Letting me know who my Young Carers Lead in my new school was going to be really helped when I changed schools

There are special people at my school to help us young carers

My college gave me financial help to pay for books

My college tutor understood my situation and let me do remote learning or late hand ins. It helped me get my grades

During A Levels, life was hard. School asked me what would help and then let me board for a few days so I could do work and have a break from caring

My school always has spare ingredients or back-up things we can cook. It really helps as sometimes it's hard to buy ingredients when things are going on at home

My teacher let me do homework at school when I explained it was stressful doing it at home

My school gave me time out of lessons for one-to-ones with young carers workers and gave teachers the heads up about this

Homework club and story time gives me space to catch up on work and have a quiet time

I can go to a sensory room to help me calm down

I find lunchtimes really noisy and stressful. My head of sixth form lets me go to her office for some quiet time in between lessons

School did my referral to a young carers organisation and other support outside school

YOUNG CARERS

Supported by Insha Buttler

PROVIDING SPACE

SIGNPOSTING

SUPPORT WITH LEARNING WITH

BE THE CHANGE!

Supported by Insha Buttler

Our Strategic and Policy work

Alongside our direct work with young people and families, we work hard to influence the policy and practice that affects them, locally and nationally.

In 2022-23 we also extended our reach working with young adult carers and researchers in Japan and Poland.

We continue to participate in a wide range of partnerships, networks and forums to ensure young people who are carers and/or impacted by familial substance misuse are fully included in service development and delivery across the city and beyond.

Here are the highlights of activities and actions:

Local work

- Led the review of Young Carers Assessments in Sheffield, producing a report with a series of recommendations. This links into the Council's statutory obligations under the Care Act 2014 and the Children and Families Act 2014.
- Contributed to the development of a South Yorkshire-wide Primary Care, Carers and Young Carers Toolkit with NHS England as part of their Commitment to Carers Programme. The toolkit was launched with a young carer from our Action Group speaking about his experience of health and social care services.
- Contributed to the development of a new city-wide Adult Social Care Strategy.
- As part of the Children and Young People's Partnership Network, we have worked with voluntary sector partners and the City Council to develop a Youth Partnership and Strategy.



National Work

- Worked with CUSP Films, who produced a **short film to raise awareness on young carers** and supported a young carer to engage with the production.
- Contributed to the Young Carers Alliance's **evidence to the House of Lords Select Committee Hearing** on the Children and Families Act.
- Young carers **met with the Children's Commissioner** to inform her report on school attendance
- **Responded to a number of national consultations** on government papers/reviews including No Wrong Doors (joint agreement between adult and children's services) and the All-Party Parliamentary Group on Young Carers and Young Adult Carers' action plan.



International Work

- We **hosted a Polish researcher**, Barbara Chojnacka for three months. She was embedded in SYC to see how we support young carers, from our direct work to our strategic and policy work.
- We **hosted a delegation of young adult carers and researchers from Japan**. They met young carers, families and staff, as well as the Lord Mayor and Paul Blomfield MP. They were really impressed by the service we deliver.
- **A young carer presented at a Japanese symposium** on identifying and supporting young carers, attended by 60 Japanese professionals.

Our training and awareness work

Building capacity in other agencies is critical to increasing the identification and support for young people who are carers and/or impacted by familial substance misuse. We achieve this through our training, awareness, research and campaigning work. **In 2022/23:**

- **We've trained social work and PGCE students** and delivered **three multi-agency training courses** in partnership with Sheffield Carers Centre.

We **delivered multiple presentations** at events including:

- Sheffield's **Primary Care Board** and the Health and Care Partnership.
- a senior leader's meeting at **Sheffield City Council**.
- **Higher Education providers**.
- University of Sheffield's **Department of Sociological Studies**
- **Young Carers in Education conference** held by Edinburgh Young Carers.

"I liked how young carers were included in this training. This put things into perspective for me. I was grateful for them for sharing their experiences".

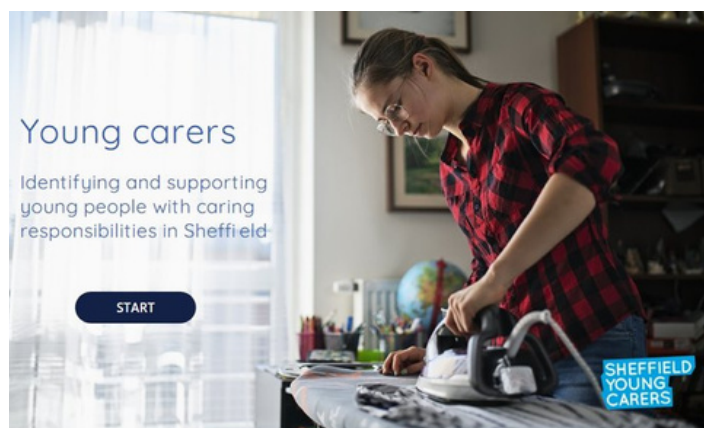
Feedback from Multi agency training, December 2022

Making a difference

Following a successful national campaign (which our amazing Action Group are part of), the **Health and Care Act 2022** contains key rights for young carers in health settings, including at hospital discharge. In partnership with Sheffield Carers Centre, we are supporting Sheffield Teaching Hospitals to **improve their discharge process and include questions that will identify both young and adult carers**.

We also **launched our CPD accredited e-learning course** 'Young Carers: Identifying and supporting young people with caring responsibilities in Sheffield'.

Aimed at professionals and co-produced with young people from our Action Group, it is available as a module on the 'Blue Stream' platform/SYC website for primary care professionals.



(98% of learners would recommend the course to their colleagues)

We have continued to **develop our research skills and expertise** this year, recognising where we can play our part as expert practitioners and help to effect change on the ground.

Our two main areas of research have been:

- **REBIAS-YC** research project with the **London School of Economics** (a two-year funded project into how young carers access support and the gaps in provision) is in its final stages. We have contributed to the final report, an academic paper and to co-organising the **Young Carers Research Advisory Group** where young carers from three of the sites explored ideas for animation and podcasts as methods for disseminating the findings. We coordinated the three Research and Action events to present the findings to young people, families and professionals.
- Joint research with **Gloucestershire Young Carers** and **University of Gloucester** into the ethics and experiences impact of young carers telling their personal stories as part of training and awareness work. Findings from this research will be published in 2023-24.

Our funders!

A massive thanks has to go to our incredible funders, partners and supporters; without you we wouldn't be able to support young people and families.

We can't name you all, but from fantastic grants to help us provide young people with vouchers and holiday activities to amazing individuals who took on epic challenges to raise money and awareness or made generous one-off gifts, we can't thank you enough.

Your paragraph text



Worshipful Company of Pewterers



Get involved

From selecting us as your chosen charity, to events and sponsored challenges, there are lots of ways to get involved with SYC.

Below are just a few of the wonderful people, groups and business in our local community who chose to support our work during 2022/2023.

Cheque presentation at the wonderful Rock Choir Sheffield



Westside Singers fundraising for SYC in February



100km Rowing challenge attempt by Richard



Elevation Recruitment pre marathon photo



Mina pizza-party



Team SYC Great North Swim 2022



Rock Choir Sheffield fundraiser concert in October



STEELSTEEL Sam at a fundraising event



If you'd like to know more about getting involved with us, we'd love to have a chat. You can get in touch with us by email at fundraising@sheffieldyoungcarers.org.uk, or call **0114 258 4595** and ask for a member of the Fundraising Team!